PLANT FACT SHEET

Onopordum macracanthum Schousb.

GENUS *Onopordum* **FAMILY** Asteraceae

COMMON NAMES Cotton Thistle

EDIBLE PARTS AND USES

Edible parts: Stems, Leaves, Flowers

The flowers are used to curdle milk.
The lower leaves and stem are peeled and used in stews.
Caution: There is some indication that they are poisonous probably unless well cooked.

DESCRIPTION

A herb. It is a thistle. It grows 1 m tall. In its first year it grows a ring of leaves at its base and then next year grows a flower stalk.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 14

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/79c0c48a-6d7f-400c-9e35-626b54a7b99d