PLANT FACT SHEET

Cirsium arvense (L.) Scop.

GENUS *Cirsium* **FAMILY** Asteraceae

COMMON NAMES Perennial thistle, Creeping thistle

EDIBLE PARTS AND USES

Edible parts: Root, Shoot, Leaves, Stems, Seeds, Roots - coffee

The young leaves are used in vegetable soups and stews. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The young shoots and flower stalks are boiled and eaten as a vegetable. It has been used to curdle milk.
The white fleshy part of the stems is eaten raw after peeling.
The roots are eaten raw or cooked. They are also dried as a coffee substitute.

DESCRIPTION

A herb. It is a thistle which keeps growing from year to year. It grows up to 1 m high. It has creeping underground stolons. The flowering stems are branched and erect. They are furrowed and can be smooth or cottony. The leaves near the base are oblong to sword shaped. They have lobes along the sides. They are narrowed towards the base. The leaves are white and woolly underneath and have spines around the edge. The flowers occur singly or as 2-4 together and are purple. They are at the ends of the upper branches.

HABITAT

It grows in temperate and Mediterranean regions. In China it grows between 100-4,300 m above sea level. Tasmania Herbarium. In Sichuan.

NOTES

There are about 150-250 Cirsium species. They grow in temperate regions.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ahmad, K. & Pieroni, A., 2016, Folk knowledge of wild food plants among the tribal communities of Thakht-e-Sulaiman Hills, North-West Pakistan. Journal of Ethnobiology and Ethnomedicine, 12:17

Ajain, M., Ali, T., & Siddiqui, M.F., 2015, A Survey of Ethnobotanically Important Herbaceous Plants of Tehsil Jatoi,District Muzaffar Garh, Punjab, Pakistan. Int. J. Biol. Res., 3(2): 87-92, 2015.

Aldhmoun, M., et al, 2025, Old Plants for New Food Products? The Diachronic Human Ecology of Wild Herbs in the Western Alps. Plants 2025, 14, 122.

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 126

Amin, M. et al, 2023, Edible wild plant species used by different linguistic groups of Kohistan Upper Khyber Pakhtunkhwa (KP), Pakistan. Journal of Ethnobiology and Ethnomedicine 19:6 p 8

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 11

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 83 (As Carduus arvensis)

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 452

Bussman, R. W., et al, 2021, Unity in diversity—food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 6

Cakir, E. A., 2017, Traditional knowledge of wild edible plants of Iğdır Province (East Anatolia, Turkey). Acta Soc Bot Pol. 2017;86(4):3568.

Chon, S. et al., 2009, Total Phenolics Level, Antioxidants Activity and Cytotoxicity of Young Sprouts of Some Traditional Korean Salad Plants. Plant Foods for Human Nutrition. 64:25-31 (As Cephalonoplos segetum)

Cormack, R. G. H., 1967, Wild Flowers of Alberta. Commercial Printers Edmonton, Canada. p 362

Dangol, D. R., 2002, Economic uses of forest plant resources in western Chitwan, Nepal. Banko Janakari, 12(2): 56-64

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Dogan, Y., et al, 2004, The Use of Wild Edible Plants in Western and Central Anatolia (Turkey). Economic Botany 58(4) pp. 684-690

Dogan, Y., 2012, Traditionally used wild edible greens in the Aegean Region of Turkey. Acta Societatis Botanicorum Poloniae 81(4): 329-342

Dogan, Y., et al, 2015, Of the importance of a leaf: the ethnobotany of sarma in Turkey and the Balkans. Journal of Ethnobiology and Ethnomedicine, 11:56

Dogan, A. & Tuzlaci, E., 2015, Wild Edible Plants of Pertek (Tunceli-Turkey). Marmara Pharmaceutical Journal 19: 126-135 (As subsp. vestitum)

Duke, J.A., 1992, Handbook of Edible Weeds. CRC Press. p 74

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 36

Fl. carniol. ed. 2, 2:126. 1772

Harris, S., Buchanan, A., Connolly, A., 2001, One Hundred Islands: The Flora of the Outer Furneaux. Tas Govt. p 135

Heo, B., et al., 2009, Antiproliferative Activity of Korean Wild Vegetables on Different Human Tumor Cell Lines. Plant Foods for Human Nutrition. 64:257-263 (As Cephalonoplos segetum)

https://en.wikipedia.org/wiki/List of wild edible plants in Mongolian cuisine (As Cirsium setosum)

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 94

Hyde-Wyatt, B.H. & Morris D.I., 1975, Tasmanian Weed Handbook. Dept of Ag Tasmania. p 29

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 147

Jan, M., et al, 2018, Ethnobotanical Study of Plants Used By Ethnic People of Karbari Grant Village Dehradun, Uttarakhand. SERBD-International Journal of Multidisciplinary Sciences

Kalle, R. & Soukand, R., 2012, Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s) Acta Societatis Botanicorum Poloniae 81(4):271-281 (As Cirsium arvense var. mite)

Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26 (As Cirsium arvense var. setosum)

Kolosova, V., et al, 2020, Foraging in Boreal Forest: Wild Food Plants of the Republic of Karelia, NW Russia. Foods 2020, 9, 1015; p 8

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 77

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 60

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 24

Full reference list (20 more) at https://www.echocommunity.org/en/resources/7de11c4f-78bb-42fc-b483-d4426d51fde6

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7de11c4f-78bb-42fc-b483-d4426d51fde6