PLANT FACT SHEET

Cirsium lipskyi Petrak

GENUS *Cirsium* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Flowers

The young shoots are edible.
The flowers are eaten.

DESCRIPTION

A herb. It is a thistle. The stem has a cottony coating. The leaves are 6-15 cm long. The flowers are in crowded heads. The seeds are oval and 4 angled.

HABITAT

It is a subtropical plant. It grows up to 1,800 m above sea level in Northeastern India.

NOTES

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

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Wild edible plants of Himachal Pradesh

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

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