PLANT FACT SHEET

Notobasis syriaca (L.) Cass.

GENUS *Notobasis* **FAMILY** Asteraceae

COMMON NAMES Syrian thistle

EDIBLE PARTS AND USES

Edible parts: Stem, Roots, Leaves, Shoots

The young leaves and stems are eaten raw or boiled. They are eaten with bread and goat's cheese. The stems are peeled.

DESCRIPTION

An annual herb. It grows 30-100 cm tall. The leaves are arranged in spirals on the stems. They are deeply lobed. They have sharp spines on the edges and at the tip. The flowers are purple. They are in a dense flower head 2 cm across.

HABITAT

It is a Mediterranean plant. It grows in dry soils. It can grow in arid places.

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