PLANT FACT SHEET

Carduus nutans subsp. macrocephalus (Desf.) Nyman

GENUS *Carduus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

The leaf stalks are boiled and dressed in olive oil and lemon. They are also stir fried or scrambled with eggs and cheese.

DESCRIPTION

A thistle.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24 (As Carduus nutans subsp. scabrisquamus)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/88034942-2e5e-49dc-a3a7-63d773b8ae1d