PLANT FACT SHEET

Cirsium souliei *Franch.) Mattf. ex Rehder & Kobuski

GENUS *Cirsium* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are eaten raw after removing the skin.

DESCRIPTION

A herb. It is a thistle. It keeps growing from year to year. It does not have a stem. The leaves are in a ring at ground level. The leaves are narrowly oval with 7-11 lobes or segments along the stalk.

HABITAT

It is a temperate plant. It grows in flooded areas and moist places by water between 1,900-4,800 m above sea level. In Sichuan.

REFERENCES

Boesi, A., 2014, Traditional knowledge of wild food plants in a few Tibetan communities. Journal of Ethnobiology and Ethnomedicine 10:75

Jia, X., et al, 2022, Ethnobotany of wild edible plants in multiethnic areas of the Gansu–Ningxia–Inner Mongolia junction zone. Journal of Ethnobiology and Ethnomedicine 18:53

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8943cedd-a787-4582-96da-a11d31dd41a0