PLANT FACT SHEET

Centaurea solstitialis L.

GENUS *Centaurea* **FAMILY** Asteraceae

COMMON NAMES St Barnaby's thistle, Yellow star-thistle

EDIBLE PARTS AND USES

Edible parts: Leaves

It is also the source of a sweet honey.
The leaves are boiled and seasoned with olive oil and eaten.

DESCRIPTION

An annual plant. It grows 1 m tall. It is stiff and erect and has a downy white covering. The leaves at the base are much divided. The lobe at the end is the largest. The leaves on the stem do not have stalks. They are narrow and entire. They continue as wings down the stem. The bracts around the flower have spines. Some spines are smaller than others.

HABITAT

It is a Mediterranean plant. It grows in dry habitats and stony ground. It grows in warm temperate places. In Argentina it grows from sea level to 1,500 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by seed.

NOTES

There are 400 to 600 Centaurea species. A disease of horses has been recorded in the USA from eating this plant.

REFERENCES

Al-Sodany, Y. M., et al, 2013, Medicinal Plants in Saudi Arabia: I. Sarrwat Mountains at Taif, KSA. Academic Journal of Plant Sciences 6 (4): 134-145

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Biscotti, N. & Pieroni, A., 2015, The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy. Acta Societatis Botanicorum Poloniae 84 (3): 327-338

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

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 456

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 236

Demir, I. & Ayaz, N., 2022, Wild edible plants contributing to the traditional foods of Mardin (Turkey) Province. Indian Journal of Traditional Knowledge Vol 21(3), July 2022, pp 569-582

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

Ertug, F., 2004, Wild Edible Plants of the Bodrum Area. (Mugla, Turkey). Turk. J. Bot. 28 (2004): 161-174

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 35

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 92

Kaya, O. M., et al, 2020, An ethnobotanical research in Sanhurfa central district and attached Villages (Turkey). Indian Journal of Traditional Knowledge. Vol. 19(1) pp 7-23

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 62

Morley, B.D., & Toelken, H.R., (Eds), 1983, Flowering Plants in Australia. Rigby. p 311

Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 159

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Senkardes, I., et al, 2019, An Ethnobotanical Analysis on Wild Edible Plants of the Turkish Asteraceae Taxa. Agric. conspec. sci. Vol. 84 No. 1 (17-28)

Sp. pl. 2:917. 1753

Tasmanian Herbarium Vascular Plants list p 6

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/8c58c7cd-04d0-4d7c-81ee-05c48490148e