PLANT FACT SHEET

Cirsium eriophoroides (Hook.f.) Petr.

GENUS *Cirsium* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Root

The root is eaten as a vegetable.

DESCRIPTION

A herb. It is a thistle.

HABITAT

It is a temperate plant.

REFERENCES

Zhang, L., et al, 2016, Ethnobotanical study of traditional edible plants used by the Naxi people during droughts. Journal of Ethnobiology and Ethnomedicine. 12:39

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8ce92c8e-d327-430e-9de5-65d7cf9e20bb