PLANT FACT SHEET

Cicerbita alpina (L.) Waller

GENUS *Cicerbita* **FAMILY** Asteraceae

COMMON NAMES Blue sow thistle, Mountain sowthistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The bitter stems are peeled and eaten raw. They are preserved in oil or vinegar.
The young shoots are also cooked and eaten.

DESCRIPTION

A herb. It grows 80 cm tall. The leaves are alternate and triangle shaped. They clasp the stem. The flowers are blue to violet.

HABITAT

It is a temperate plant. It usually grows between 1,000-1,800 m above sea level.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8d0e1491-6237-4d02-a874-95bc6abea27a