PLANT FACT SHEET

Carduus pycnocephalus subsp. albidus (M. Bieb.) Kazmi

GENUS *Carduus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Stems, flower

The young stems are peeled and eaten with bread.

DESCRIPTION

A herb. It is a thistle.

HABITAT

It is a temperate plant.

REFERENCES

Dogan, A. & Tuzlaci, E., 2015, Wild Edible Plants of Pertek (Tunceli-Turkey). Marmara Pharmaceutical Journal 19: 126-135

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Pieroni, A., et al, 2024, Isolated Mediterranean foraging: wild greens in the matrifocal community of Olympos, Karpathos Island, Greece. Journal of Ethnobiology and Ethnomedicine (2024) 20:98

Senkardes, I & Tuzlaci, E., 2016, Wild Edible Plants of Southern Part of Nevsehir in Turkey. Marmara Pharmaceutical Journal 20:34-43

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)

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/9285c071-8b07-4901-a4d0-4f103b886dea