PLANT FACT SHEET

Cirsium undulatum (Nutt.) Spreng.

GENUS *Cirsium* **FAMILY** Asteraceae

COMMON NAMES Wavy-leaved thistle

EDIBLE PARTS AND USES

Edible parts: Root, Stem, Flowers, Seeds, Leaves

The roots are cooked and eaten.
The leaves are cooked and eaten.
The stalks can be peeled and eaten raw.
The seeds are eaten raw or cooked and made into a meal.

DESCRIPTION

A herb. It is a thistle. It has a tap root and usually takes 2 years to complete its life cycle but can grow from a few years. The leaves are in a ring near the base and have prickles.

HABITAT

It is a temperate plant. It grows in dry, well drained open places.

NOTES

There are about 150-250 Cirsium species. They grow in temperate regions.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 230

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

Syst. veg. 3:374. 1826

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 69

Turner, N., 1995, Food Plants of Coastal First Peoples. Royal BC Museum Handbook p 60

Turner, N., 1997, Food Plants of Interior First Peoples. Royal BC Museum Handbook p 95

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/9a754438-206b-45cf-8893-7a7bb1a388e4