PLANT FACT SHEET

Cirsium occidentale (Nutt.) Jeps.

GENUS *Cirsium* **FAMILY** Asteraceae

COMMON NAMES Cobwebby thistle

EDIBLE PARTS AND USES

Edible parts: Root, Stem

DESCRIPTION

A herb. It is a thistle which completes its life cycle over 2 years. It is a spiky plant. The leaves form a ring or rosette near the base. It grows 60-150 cm high and spreads 90 cm wide. The flower heads are in clusters and are spiny. There are white woolly bracts around the flower head. The flowers are bright red. The leaves are deeply divided and bear spikes.

HABITAT

It is a temperate plant. It does best in full sun. It can grow in average soils but they should be well drained.

PRODUCTION

Cultivation

Plants are grown from seed. The seed are sown directly. Plants should be 20-30 cm apart. Plants reseed easily.

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)

Burnie, G. (Ed.), 2003, Annuals and Bulbs. The Gardener's Handbooks. Fog City Press. p 140

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

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/9a8cabc2-3115-4acc-a9c9-47f1e5a36de0