PLANT FACT SHEET

Cirsium rivulare (Jacq.) All.

GENUS *Cirsium* **FAMILY** Asteraceae

COMMON NAMES Meadow thistle

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves before flowering are boiled and used as a potherb.

DESCRIPTION

A herb. It is a thistle. The leaves have prickles. The flowers are purple.

HABITAT

It is a temperate plant. It grows in wet meadows.

REFERENCES

Łukasz Łuczaj and Wojciech M Szymański, 2007, Wild vascular plants gathered for consumption in the Polish countryside: a review. J Ethnobiol Ethnomedicine. 2007; 3: 17

Lukasz, L., 2016, Wild Edible Plants Traditionally Used in Poland.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9a93b8ba-03f2-4c6b-9002-35281a3a4183