PLANT FACT SHEET

Centaurea aspera L.

GENUS *Centaurea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves - drink

The flowers are peeled and stewed.
The leaves are used to make a drink.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Bonet, M. A. & Valles, J., 2002, Use of non-crop food vascular plants in Montseny biosphere reserve (Catalonia, Iberian Peninsula). International Journal of Food Sciences and Nutrition (2002) 53, 225–248

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9ca868d8-0dd2-4feb-b3eb-b64edcbe0349