PLANT FACT SHEET

Carlina vulgaris Linn.

GENUS *Carlina* **FAMILY** Asteraceae

COMMON NAMES Carline thistle

EDIBLE PARTS AND USES

Edible parts: Flowers, leaves

The flower receptacles are used like an artichoke.
The young leaves are boiled in mixtures of leafy vegetables.

DESCRIPTION

A thistle herb that has a 2 year life-cycle. It grows 50 cm high and spreads 50 cm wide. The stem is erect and stiff. It has a purple tinge. The leaves in the first year are flat and strap like. They are hairy and have spines. The leaves in the second year are sword shaped and stiff with bristles. The edges are wavy. The leaves on the stem clasp the stem. The flowers are yellow with purple towards the centre. They are in clusters of 2-5. The fruit are cylinder shaped nutlets.

HABITAT

It is a temperate plant. It grows on dry chalky soils often in stony places. It is resistant to drought and frost.

PRODUCTION

Cultivation

Plants are grown by seed.

NOTES

There are about 20-28 Carlina species.

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 84

Biscotti, N. & Pieroni, A., 2015, The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy. Acta Societatis Botanicorum Poloniae 84 (3): 327-338

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 215

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 35

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 164

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/9dc2cd54-287f-494a-a897-1793be80ac3f