PLANT FACT SHEET

Carlina acanthifolia All.

GENUS *Carlina* **FAMILY** Asteraceae

COMMON NAMES Acanthus-leaved thistle, Acanthus-leaved carline thistle, Stemless carlien thistle

EDIBLE PARTS AND USES

Edible parts: Flowers

The receptacle of the flower is used like an artichoke. They are eaten raw.
The leaves can be used to curdle milk.

DESCRIPTION

A stemless thistle. It has a long taproot. It grows 10 cm high and spreads 30 cm wide. The leaves form in a ring around the plant. The leaves are oval and divided into leaflets along the stalk. There are spines at the ends. The leaves have white felt underneath. The lower leaves have stalks. The flower heads are large. They are 30-70 mm wide and have pink florets and yellowish flower bracts. In fertile soils, flowers develop stalks.

HABITAT

It is a Mediterranean climate plant. It grows in dry grassy habitats. It grows on hills and mountains. It needs well drained soil and neutral to alkaline.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

There are about 20-28 Carlina species.

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