PLANT FACT SHEET

Carduus nutans subsp. micropterus (Borbas) Hayek

GENUS *Carduus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: leaves

The leaf stalks are boiled in mixtures.

DESCRIPTION

A thistle.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a31e7813-6c22-4d00-bec7-5a5affb54ea2