PLANT FACT SHEET

Carthamus arborescens L.

GENUS *Carthamus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A thistle like plant which keeps growing from year to year. It is a stout plant with a woody base. It grows 2.5 m tall. The stems are straw coloured and covered with woolly hairs. The leaves are sword shaped and have lobes. The edges are spiny. The upper leaves clasp the stem. The flower heads are yellow and 30-50 mm across.

HABITAT

It grows on rocky sites and sandy coastal regions.

NOTES

There are 14 Carthamus species. They are thistle like plants. They are mostly Mediterranean.

REFERENCES

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Hermandez Bermejo, J.E., and Leon, J. (Eds.), 1994, Neglected Crops. 1492 from a different perspective. FAO Plant Production and Protection Series No 26. FAO, Rome. p 263

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