PLANT FACT SHEET

Poisonous

This plant, or parts of it, can be poisonous. Do not eat it unless you know which parts are safe and how they must be prepared.

Carlina gummifera (L.) Less.

GENUS *Carlina* **FAMILY** Asteraceae

COMMON NAMES Distaff thistle

EDIBLE PARTS AND USES

Edible parts: Flowers

Caution: It is very toxic.
The ashes are boiled and mixed with semolina and butter.
The flowers are cooked.

DESCRIPTION

A thistle herb.

HABITAT

It is a Mediterranean plant.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ab13bd70-f2ac-4baa-9ffb-07326a39af51