PLANT FACT SHEET

# *Cynara sibthorpiana* Boiss. et Heldr.

**GENUS** *Cynara* **FAMILY** Asteraceae

## EDIBLE PARTS AND USES

**Edible parts:** Flowers, Stems

## DESCRIPTION

A herb.

## HABITAT

It is a Mediterranean climate plant.

## NOTES

There are about 10 Cynara species.

## REFERENCES

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 73

**PROVIDED BY** **Food Plants International**

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/ac328c5e-c93b-4162-8859-253af650bd8c