PLANT FACT SHEET

Echinops cornigerus DC.

GENUS *Echinops* **FAMILY** Asteraceae

COMMON NAMES Blue globe thistle

EDIBLE PARTS AND USES

Edible parts: Root

The root is used in salads.

DESCRIPTION

A herb. The leaves are silver grey and divided into many segments along the stalk. The edges of the leaves have sharp spines. The leaves have white cottony hairs underneath. The flowers heads are almost round and made up of closely packed small blue flowers. There are spines between the flowers.

HABITAT

It is a subtropical plant. In the Indian Himalayas it grows between 2,400-4,300 m above sea level.

REFERENCES

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Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131

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