PLANT FACT SHEET

Carthamus tenuis (Boiss. & Blanche) Bornm.

GENUS *Carthamus* **FAMILY** Asteraceae

COMMON NAMES Safflower

EDIBLE PARTS AND USES

The fleshy leaf stalks and young stems are eaten raw after removing the leaves.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant. It grows in marshes.

REFERENCES

Al-Qura'n, S. A., 2010, Ethnobotanical and Ecological Studies of Wild Edible Plants in Jordan. Libyan Agriculture Research Center Journal International 1(4):231-243

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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/b0b06fb0-f9ec-4175-9cd7-5ee735795658