PLANT FACT SHEET

Cynara humilis L.

GENUS *Cynara* **FAMILY** Asteraceae

COMMON NAMES Dwarf artichoke

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Roots - spice

The dried flowers are used as rennet for coagulating junket or yogurt.
The flower receptacles are used for stew.
The leaves at the base are peeled and used in stews.
The roots are dried and used as a spice.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

NOTES

There are about 10 Cynara species.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 12

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 37

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 184

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

Sp. pl. 2:828. 1753

Tanji, A and Nassif, F., 1995, Edible Weeds in Morocco. Weed Technology. Vol. 9, No. 3, pp. 617-620

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

Tbatou, M, et al, 2016, Wild Edible Plants traditionally used in the countryside of El Jadida, Coastal Area in the Center of Morocco. Life Sciences Leaflets 75:28-48

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b1de3ab8-4688-42fd-b13f-9a4ce5f04024