PLANT FACT SHEET

Centaurea montana L.

GENUS *Centaurea* **FAMILY** Asteraceae

COMMON NAMES Mountain cornflower

EDIBLE PARTS AND USES

Edible parts: Flowers

DESCRIPTION

A herb. It grows 20-60 cm tall. The leaves are entire. The flowers are blue-purple.

HABITAT

It is a temperate plant.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 128 (As Cyanus montanus)

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/b3c032fc-8abc-42b6-b643-10491ac60ae2