PLANT FACT SHEET

Onopordum heteracanthum C. A. Mey.

GENUS *Onopordum* **FAMILY** Asteraceae

COMMON NAMES Artichoke

EDIBLE PARTS AND USES

Edible parts: Leaves

The basal ring of leaves are eaten raw in salads or cooked in stews.

DESCRIPTION

A herb. A thistle. It has spiny stems. The flower heads are purple.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

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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/c164a15a-6c16-4637-a4d6-3d9e82d69c3f