PLANT FACT SHEET

Galactites tomentosus Moench

GENUS *Galactites* **FAMILY** Asteraceae

COMMON NAMES Galactites, Purple milk thistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem, Flower stalks

It is eaten when young, cooked with salt and oil. It is used in pizzas and soups.
The tender flower stems are eaten.

DESCRIPTION

An annual daisy family thistle plant. It forms mounded bushes. It grows 100 cm tall and spreads 100 cm wide. The leaves near the base are 20 cm long. They have deep lobes and spines at the tips. The leaves are white and woolly underneath. The leaves have leaflets along the stalk. The flowers are in mauve-purple heads. These are 15-20 mm across. They can occur singly or in branched clusters. The outer florets are larger than the inner and are spreading. The flower bracts narrow suddenly into a spine.

HABITAT

It is a warm temperate to subtropical plant. They suit sunny coastal areas. They need well drained soil. It grows naturally on stony and sandy soils. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

Plants can be grown from seed and transplanted.

Harvesting and Seed Production

They grow quickly.

NOTES

There are 3 Galactites species.

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