PLANT FACT SHEET

Cynara cornigera Lindley

GENUS *Cynara* **FAMILY** Asteraceae

COMMON NAMES Wild artichoke

EDIBLE PARTS AND USES

Edible parts: Stems, Flowers, Leaves

The young stems and flowers are eaten raw or boiled or fried.
The leaves are boiled.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean plant.

REFERENCES

Ciftcioglu, C. G., 2015, Sustainable wild-collection of medicinal and edible plants in Lefke region of North Cyprus. Agroforest Syst. Springer

Della, A., et al, 2006, An ethnobotanical survey of wild edible plants of Paphos and Larnaca countryside of Cyprus. J. Ethnobiol. Ethnomed. 2:34

Hadjichambis, A. C., et al, 2007, Wild and semi-domesticated food plant consumption in seven circum-Mediterranean areas. International Journal of Food Sciences and Nutrition. 2007, 1-32.

http://cypruswildflowers.com

Pieroni, A., et al, 2022, Chorta (Wild Greens) in Central Crete: The Bio-Cultural Heritage of a Hidden and Resilient Ingredient of the Mediterranean Diet. Biology 2022, 11, 673.

Pieroni, A., et al, 2024, Isolated Mediterranean foraging: wild greens in the matrifocal community of Olympos, Karpathos Island, Greece. Journal of Ethnobiology and Ethnomedicine (2024) 20:98

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

Vardavas, C. I., et al, 2006, Lipid concentrations of wild greens in Crete. Food Chemistry 99: 822-834

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/c83187df-37e4-41ba-b15b-67f216d8fa13