PLANT FACT SHEET

Scolymus grandiflorus Desf.

GENUS *Scolymus* **FAMILY** Asteraceae

COMMON NAMES Large-flowered Golden thistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Rhizomes, Root, Stalks

The stalks are eaten raw or boiled.
The leaves are boiled and seasoned with oil and lemon. They are also added to scrambled eggs and omelettes.

DESCRIPTION

A herb with spiny leaves, stems and flower bases. It keeps growing from year to year. The stems have wings and are spiny. It grows 30-100 cm high. It has a deep taproot. The roots resemble parsnips. They are long and taper and are 8 cm thick. The leaves are rigid, spiny and with deep teeth. The leaves have pale coloured veins. The flowers are bright yellow. They occur singly at the ends of branches or in the axils of upper leaves. The flower bracts are very hairy. They are oval and end abruptly in a spine.

HABITAT

It is a Mediterranean plant. It can grow in arid places.

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