PLANT FACT SHEET

Cirsium yezoense (Maxim.) Makino

GENUS *Cirsium* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Root

The leaves are blanched and used in soups.
The root is peeled and steamed.

DESCRIPTION

A herb. It is a thistle.

HABITAT

It is a temperate plant.

NOTES

There are about 150-250 Cirsium species. They grow in temperate regions.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cd7e97f1-f57b-417b-9268-618b0aad32db