PLANT FACT SHEET

Echinops spinosissimus Turra

GENUS *Echinops* **FAMILY** Asteraceae

COMMON NAMES Globe thistle, Spiny globe-thistle

EDIBLE PARTS AND USES

Edible parts: Stems, Roots - spice, Flowers, Leaves

The young stems are eaten raw, boiled or fried. They are often cooked with meat.
The roots and heads are also edible.
The roots are dried and used as a spice.

DESCRIPTION

A herb. It can grow 150 cm tall. The leaves are spiny. The flowers are white and in round spiny heads 10 cm wide.

HABITAT

It is a Mediterranean climate plant. It grows in dry open country.

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