PLANT FACT SHEET

Onopordum illyricum L.

GENUS *Onopordum* **FAMILY** Asteraceae

COMMON NAMES Illyrian thistle

EDIBLE PARTS AND USES

Edible parts: Stems, Roots, Seeds - coffee, bud

The seeds have been ground and used as coffee.
The flower buds are cooked and eaten like a globe artichoke.
The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The inner part of the roots is eaten raw.

DESCRIPTION

A herb. It is a thistle. It grows 1.5 m tall. The stem are woolly with spiny wings. The leaves at the base are oval and 55 cm long by 15 cm wide. The flower heads are purple.

HABITAT

It is a Mediterranean plant.

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