PLANT FACT SHEET

Carduus acanthoides L.

GENUS *Carduus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw in salads.

DESCRIPTION

A herb. It is a thistle. It grows 20-100 cm tall. It can take 2 years to complete its life-cycle or keep growing from year to year. It has a single stem with long branches. The leaves are 6-29 cm long by 2-7 cm wide. They have lobes along the stalk with 6-12 pairs of segments. The flower head is at the top of the stem and 2 cm across.

HABITAT

It is a temperate plant. It grows on mountains slopes and in valleys and grassland between 200-3,500 m above sea level in China. In Sichuan and Yunnan.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d75f0d03-9d7d-41b0-adc4-88992cc8bc10