PLANT FACT SHEET

Carlina acaulis L.

GENUS *Carlina* **FAMILY** Asteraceae

COMMON NAMES Stemless Carline Thistle, Silver thistle

EDIBLE PARTS AND USES

Edible parts: Flowers, Root, Stem

The flower receptacle is boiled and eaten like artichoke. They are used in salads, boiled or in jam.
The leaves are used to curdle milk.
The root is used in salads and for drinks.

DESCRIPTION

A herb that has a 2 year life-cycle or can keep growing for a few years. It is a thistle. It grows 10 cm high and spreads 1 m wide. The stem is erect and unbranched. The leaves are in a ring at the base. They are deeply lobed along the stalk and are spiny. The flowers are star shaped and silvery white. They are 13 cm across. They occur singly at the top of the plant.

HABITAT

It is a temperate plant. It grows in poor pastures on limestone soils. It is often in stony and rocky places. It is resistant to drought and frost.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are about 20-28 Carlina species.

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