PLANT FACT SHEET

Centaurea solstitialis subsp. schouwii (DC.) Gugler

GENUS *Centaurea* **FAMILY** Asteraceae

COMMON NAMES Fiordaliso giallo

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The plant is boiled and seasoned with oil, lemon and salt. It is also used in soups.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

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Licata, M., et al, 2016, A survey of wild plant species for food use in Sicily (Italy) – results of a 3-year study in four Regional Parks. Journal of Ethnobiology and Ethnomedicine 12:12

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/da0cb6a5-5cea-4977-9270-5c853abd6909