PLANT FACT SHEET

Picnomon acarna (L.) Cass.

GENUS *Picnomon* **FAMILY** Asteraceae

COMMON NAMES Soldier thistle

EDIBLE PARTS AND USES

Edible parts: Shoots

DESCRIPTION

An annual herb. It grows 75 cm tall. It has yellow spines. The leaves at the base are 30 cm long and have teeth with spiny edges. The leaves on the stem are more narrow and 4-10 cm long by 1-20 mm wide. They have spine tipped lobes. The 1 seeded fruit is 4-6 mm long and brown. The tuft of hairs on them are white.

HABITAT

It is a temperate plant.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 15

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/da27cced-31ad-4f6d-ad99-163b7e8054bc