PLANT FACT SHEET

Cynara cardunculus subsp. cardunculus

GENUS *Cynara* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Stems

The flowers and young stems are eaten raw or cooked.

DESCRIPTION

A herb.

HABITAT

It is a subtropical plant.

REFERENCES

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 222 (As Cynara cardunculus var. ferocissima)

Pieroni, A., et al, 2024, Isolated Mediterranean foraging: wild greens in the matrifocal community of Olympos, Karpathos Island, Greece. Journal of Ethnobiology and Ethnomedicine (2024) 20:98

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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/de0b43ab-28e1-440e-9a7e-e9ee93ceecbb