PLANT FACT SHEET

Onopordum acaulon L.

GENUS *Onopordum* **FAMILY** Asteraceae

COMMON NAMES Horse thistle

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves at the base are peeled and used in stews.

DESCRIPTION

A thistle herb. It takes 2 years to complete its life-cycle. It does not have a stem. It has a ring or leaves that are deeply divided along the edge.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74 (As Onopordum uniflorum)

Rivera, D., et al, 2007, Gathered Food Plants in the Mountains of Castilla–La Mancha (Spain): Ethnobotany and Multivariate Analysis. Economic Botany, 61(3),

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/df1e16f7-9f24-488d-bf9e-04045fc21ef6