PLANT FACT SHEET

Carduus argentatus L.

GENUS *Carduus* **FAMILY** Asteraceae

COMMON NAMES Silver thistle

EDIBLE PARTS AND USES

Edible parts: Leaves

The ring of leaves at the base are eaten raw in salads or cooked in stews.

DESCRIPTION

A thistle herb. It grows 30 cm tall. It has spiny wings. The leaves have teeth and spines along their edge. The leaves at the base form a ring.

HABITAT

It is a Mediterranean climate plant. It grows in sandy and stony spots in the desert. In Crete it grows up to 1,400 m above sea level.

REFERENCES

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

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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/dfee388b-840b-4ebb-95b8-8f9f104c0b42