PLANT FACT SHEET

Carthamus dianius (Webb.) Coincy

GENUS *Carthamus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves at the base are used in stews.

DESCRIPTION

A herb. It is a thistle. The leaves have jagged deep lobes. The flower heads are white with red stigma.

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 Carduncellus dianius)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e4b6259b-deec-433f-ab18-7e58439c6c26