PLANT FACT SHEET

Carlina corymbosa subsp. graeca (Heldr. & Sartori) Nyman

GENUS *Carlina* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: flower, Stems

The stems are peeled.

DESCRIPTION

A thistle herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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/ea99e995-e266-452b-a354-ca39636fc88c