PLANT FACT SHEET

Carduus nutans L.

GENUS *Carduus* **FAMILY** Asteraceae

COMMON NAMES Musk Thistle, Milk thistle, Nodding thistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Stalks, Flowers, Seed, Stem

The pith of the stem is eaten after peeling and boiling.
The dried flowers can be used to curdle milk.

DESCRIPTION

It is a thistle. An erect herb which keeps growing from year to year. It grows 2 m high. The leaves are grey-green. They have deep lobes and are spiny. The leaves continue down the stems as wings. The flowers are large and red or purple and drooping. They are 5-6.5 cm across. The flowers are at the ends of branches.

HABITAT

It is a temperate plant. It grows easily on sandy sea shores. It needs an open sunny position. It is drought and frost resistant. In western China it grows in croplands and grasslands between 500-2,300 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants are grown by seed.

NOTES

There are about 90 Carduus species.

REFERENCES

Akbulut, S., 2022, Importance of edible wild plants in world food security: The case of Turkey. Int J Agric Sc Food Technol 8(3): 209-213.

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 105

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 83

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 214

Cakir, E. A., 2017, Traditional knowledge of wild edible plants of Iğdır Province (East Anatolia, Turkey). Acta Soc Bot Pol. 2017;86(4):3568.

Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 135

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 35

Gunes, S. et al, 2018, Survey of wild food plants for human consumption in Karaisali (Adana-Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 290-298

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 90

Hyde-Wyatt, B.H. & Morris D.I., 1975, Tasmanian Weed Handbook. Dept of Ag Tasmania. p 28

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 183

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 52

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 48

Loughmiller, C & L., 1985, Texas Wildflowers. A Field Guide. University of Texas, Austin. p 49

Low, T., 1991, Wild Herbs of Australia and New Zealand. Angus & Robertson. p 34, 126

Orhan, I., et al., 2009, Antiviral activity and cytotoxicity of the lipophilic extracts of various edible plants and their fatty acids. Food Chemistry 115: 701-705

Özdemir, E. and Kültür, S., 2017, Wild Edible Plants of Savaştepe District (Balıkesir, Turkey), Marmara Pharm J 21/3: 578-589

Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 158

Polat, R., et al, 2015, Survey of wild food plants for human consumption in Elazig (Turkey). Indian Journal of Traditional Knowledge. Vol. 1(1): 69-75

Senkardes, I & Tuzlaci, E., 2016, Wild Edible Plants of Southern Part of Nevsehir inTurkey. Marmara Pharmaceutical Journal 20:34-43

Senkardes, I., et al, 2019, An Ethnobotanical Analysis on Wild Edible Plants of the Turkish Asteraceae Taxa. Agric. conspec. sci. Vol. 84 No. 1 (17-28)

Sitpayeva, G. T., et al, 2020, Crop wild relatives of Kazakhstani Tien Shan: Flora, vegetation, resources. Plant Diversity 42 (2020) 19-32

Sp. pl. 2:821. 1753

Steenbeeke, Greg as part of the Plants Directory project. List of plant species from northern NSW that may be used as food plants p 15

Tasmanian Herbarium Vascular Plants list p 6

Urgamal, M., Oyuntsetseg, B., Nyambayar, D. & Dulamsuren, Ch. 2014. Conspectus of the vascular plants of Mongolia. (Editors: Sanchir, Ch. & Jamsran, Ts.). Ulaanbaatar, Mongolia. "Admon" Press. 334pp. (p. 199-230).

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/edca1938-2e61-44d3-9808-936062f018b5