PLANT FACT SHEET

Cirsium wallichii DC.

GENUS *Cirsium* **FAMILY** Asteraceae

COMMON NAMES East Indian thistle, Wallich's thistle

EDIBLE PARTS AND USES

Edible parts: Stem, Tubers, Root, Flowers, Shoots

The pith of the stem is eaten.
The tuberous roots are eaten raw after peeling off the skin. They are also boiled as a vegetable.

DESCRIPTION

A spiny herb. It is a thistle. It is erect and robust. It grows 1-3 m high. It has spreading branches. The leaves are alternate and clasp the stem without leaf stalks. The flower heads are dull yellow. They can occur singly or in clusters. They are 2-4 cm across.

HABITAT

It is a temperate plant. It grows in sub-Himalayan regions in India. It grows between 1500-3000 m altitude in Uttar Pradesh.

NOTES

There are about 150-250 Cirsium species. They grow in temperate regions.

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Wild edible plants of Himachal Pradesh

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

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