PLANT FACT SHEET

Carthamus pinnatus Desf.

GENUS *Carthamus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Basal ring

The above ground parts are boiled with batter or with eggs.
The flower head is boiled in salty water or fried.

DESCRIPTION

A thistle like plant that grows from year to year. The leaves occur in a ring. They are blue-green and divided into leaflets along the stalk. They have spiny tips. There is a single flower-head without a stem. The bracts on the outside have spines at the tip. The small flowers are bluish or mauve.

HABITAT

It is a Mediterranean climate plant. It suits hardiness zones 7-9.

NOTES

There are about 20-29 Carduncellus species. They occur in the Mediterranean region.

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