PLANT FACT SHEET

Onopordum horridum Viv.

GENUS *Onopordum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Stem, Shoots

The stems are eaten raw in salads. They are seasoned with salt and oil.

DESCRIPTION

A herb. A thistle. It grows 80 cm tall. It takes 2 years to complete its life-cycle. The flower heads are purple.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f3bde747-a497-407a-b806-b491864ef20e