PLANT FACT SHEET

Carthamus lanatus L.

GENUS *Carthamus* **FAMILY** Asteraceae

COMMON NAMES Saffron thistle

EDIBLE PARTS AND USES

Edible parts: Stems, Seeds, Fruit - oil, Leaves, Roots - spice

The stems are eaten raw.
An edible oil is extracted from the seeds.
The leaves at the base are used in stews.
The roots are dried and eaten as a spice.

DESCRIPTION

An annual plant. It grows 80 cm high and spreads 50 cm wide. The stem is erect and stiff. The leaves are divided into lobes along the stalk. They are spiny at the edges. The flowers are yellow and like a thistle flower.

HABITAT

It is a Mediterranean climate plant. It grows best in well-composted soils in an open sunny position. It is resistant to drought and frost.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are 14 Carthamus species. They are thistle like plants. They are mostly Mediterranean.

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