PLANT FACT SHEET

Cirsium edule Nutt.

GENUS *Cirsium* **FAMILY** Asteraceae

COMMON NAMES Edible thistle

EDIBLE PARTS AND USES

Edible parts: Root, Stem

The tap root is edible. The roots of young plants in their first year are peeled, cut up and steamed. They can be boiled in stews.
The stem is peeled and eaten.

DESCRIPTION

A herb. It is a thistle. It grows 20-350 cm high. There is usually one stem. It has a tap-root and the plant grows for 2 years or a few years. The leaves are in a ring at the base and are prickly.

HABITAT

It is a temperate plant. It grows in wet meadows and moist open woods.

NOTES

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

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fbb2f87c-4a58-413a-b5f8-843811467c39