**Canada thistle** *(cirsium arvense)*

- belongs to the Thistle Subfamily of the Aster family, along with artichokes

Edible? **YES.**

Young leaves are edible & tasty! Stalks can be peeled & eaten raw. When cooked or blended the spines do not leave to be removed from leaves.

Deep, wide-spreading root systems, small fragment roots can sprout new thistles.


Thistle can be used as tinder to start a camp or woodstove fire.