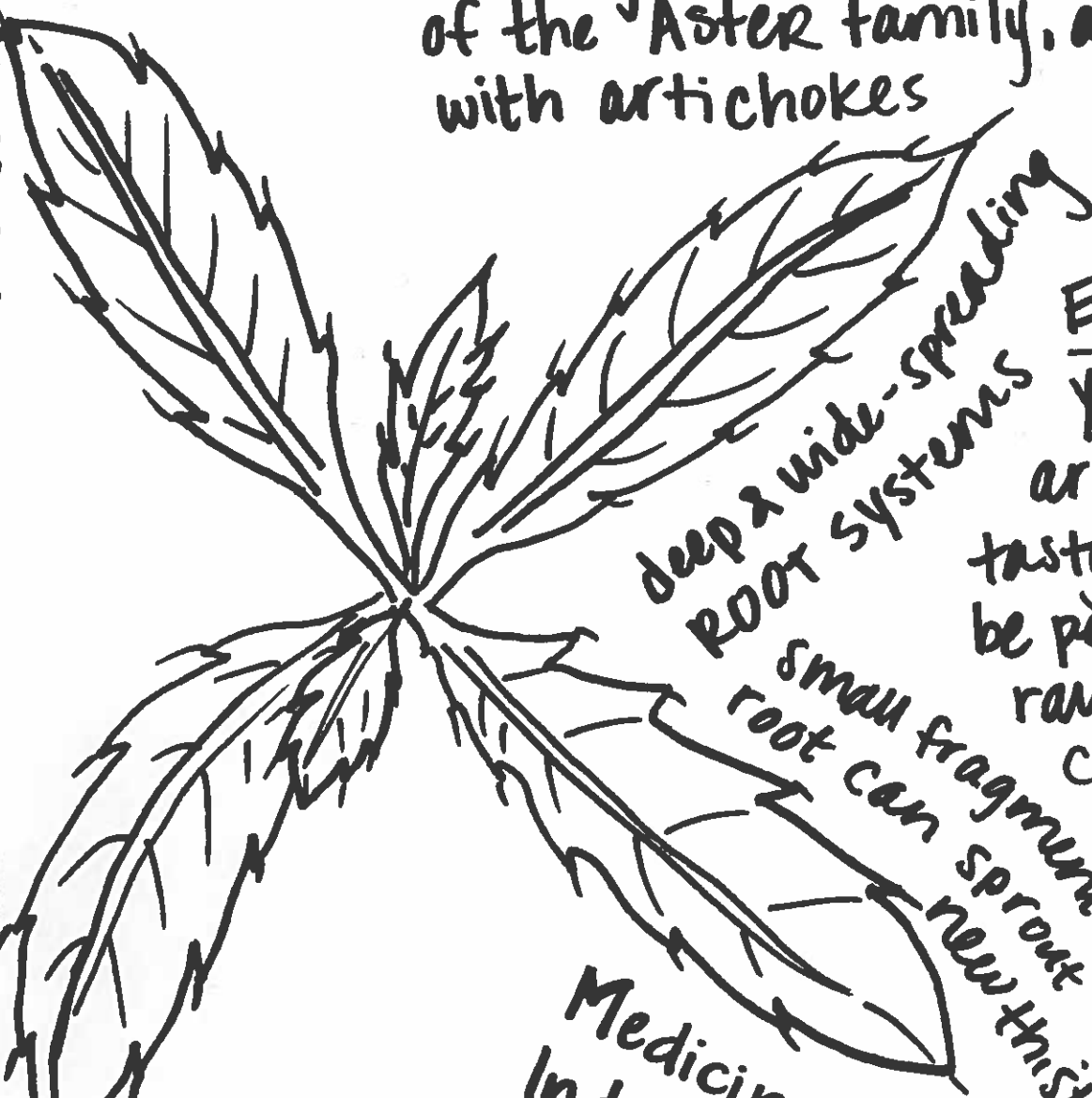


Canada thistle (Cirsium arvense)

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

Leaves and stalk, not heads and roots, can be put in the compost, as it is a perennial and seeds and root will spread.



deep & wide-spreading
ROOT SYSTEMS

small fragments of root can sprout a new thistle

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.



flower
(purple!)

Medicinal uses: Delaware Indians used Canada Thistle for cancer & hemorrhoids. Navajo used for induced vomiting. Ojibwa used for stomach cramps. Mohegan Indians - tuberculosis remedy.

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