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Edible wild plants and their consumption during winter in a rural village on Kazdağı (Mount Ida)

Abstract

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Wild edible plants in the rural village of Boztepe /Bahçedere-Ayvacık-Çanakkale) on Kazdağı/Mount Ida and the consumption habits of village inhabitants during winter are reported.

Introduction

The tradition of gathering wild edible plants continues in many regions of Anatolia and Mediterranean from ancient times onwards (Ertuğ 2004; Doğan & al 2004; Leonti & al. 2006). Although wild edibles are still an important part of daily nutrition (Rivera & al. 2006), health (Ali-Shtayeh 2008) and economy (Özbucak & al. 2007) there are many restrictive factors for edibles (Pardo-de-Santayana 2007; Satıl 2008) as well. This study intends to document wild edible plants in a rural village on Kazdağı/Mount Ida (Boztepe/Bahçedere-Ayvacık-Çanakkale) and report the consumption habits of village inhabitants during winter to see their role in diet.

Materials and Methods

First visits to Boztepe (a village with approximately; 70-80 inhabitants, 30-35 families, and 1000 USD yearly income) began in November 2009. The main informant (a woman, who knows edibles well and cooperates most) was identified with nonstructural interviews.

Sample collection for herbarium and photographic documentation from different edibles were done with her guidance afterwards. Based on these materials a detailed questionnaire was prepared (8 questions concerning consumption habits for each of the 52 plants). In January – February 2010 semi-structured interviews were completed with 12 volunteer women.

For scientific classification process, follow-up specimen collection of some plants will continue at least until flowering, since most of consumption was during winter and specimens for local diagnosis were only from edible fresh aboveground parts. Additional non-

Table 1. List of diagnosed edible plants.

Asteraceae	*Notobasis syriaca* (L.) Cass.	*Akçadiken*
Rosaceae	*Rubus* sp.	*Böğürtlen*
Caryophyllaceae	*Stellaria media* (L.) Vill.	*Cicibici*
Liliaceae	*Asparagus acutifolius* L.	*Çıtır*
Solanaceae	*Solanum nigrum* L.	*Delidomat*
Lamiaceae	*Salvia virgata* Jacq.	*Devetabanı*
Polygonaceae	*Rumex patientia* L.	*Ebekozalağı, Labada*
Asteraceae		*Ebeotu*
Papaveraceae	*Papaver rhoeas* L.	*Gerneli*
Malvaceae	*Malva sylvestris* L.	*Gömeçotu*
Rosaceae	*Rosa canina* L.	*Kuşburnu*
Apiaceae		*Kuzudalıcı*
Brassicaceae	*Sinapis* sp.	*Manasılotu*
Boraginaceae		*Safiyeotu*
Asteraceae	*Senecio vulgaris* L.	*Siğilotu*
Asteraceae	*Taraxacum* sp.	*Taşkalem*
Brassicaceae	*Sinapis alba* L.	*Turpotu, hardal*
Rubiaceae	*Galium* sp.	*Yapışkan*
Urticaceae	*Urtica urens* L.	*Isırgan*
Rhamnaceae	*Paliurus spina-christi* Mill.	*Karaçalı*
Apiaceae	*Opopanax hispidus* (Friv.) Gris.	*Kaymaklık*
Campanulaceae	*Campanula lyrata* Lam.	*Keçelemek*
Lamiaceae	*Origanum onites* L.	*Kekik*
Asteraceae	*Sonchus asper* subsp.*glaucescens* (Jord.) Ball	*Ketdikeni*
Geraniaceae	*Erodium malacoides* (L.) Ait.	*Kocakarıığnesi*
Liliaceae	*Allium subhirsutum* L.	*Körmen*
Brassicaceae		*Kuşekmeği*
Brassicaceae	*Lepidium* sp.	*Kuşotu*
Caryophyllaceae	*Silene vulgaris* (Moench) Garke	*Yumurtalık*
Brassicacea	*Eruca sativa* Mill.	*Yumuşakhasan*
Asteraceae	*Cichorium intybus* L.	*Mavi çiçekli hindiba*
Asteraceae	*Taraxacum* sp.	*Hindiba*
Geraniaceae	*Erodium moschatum* (l.) L'Herit.	*Çiyanotu*
Asteraceae	*Lactuca serriola* L.	*Delimarul*
Asteraceae	*Taraxacum* sp.	*Altıntopçiçeği*
Boraginaceae	*Anchusa* sp.	*Sığırdili-1*
Boraginaceae	*Symphytum* sp.	*Sığırdili-2*
Apiaceae	*Daucus* sp.	*Havuçotu*
Brassicaceae	*Raphanus raphanistrum* L.	*Eşşekturpu*
Anacardiaceae	*Rhus coriaria* L.	*Sumak*
Apiaceae	*Foeniculum vulgare* P. Mill.	*Rezene*
Asteraceae	*Taraxacum* sp.	*Karaağcak*
Apiaceae	*Oenanthe pimpinelloides* L.	*Kazayağı*
Brassicaceae	*Capsella bursa-pastoris* (L.) Medik.	*Şekerotu*
Polygonaceae	*Rumex acetosella* L.	*Eşkilikozalak*
Lamiaceae	*Origanum vulgare* subsp. hirtum (Link) Ietsw.	*Kekik*
Brassicaceae	*Nasturtium officinale* R. Br.	*Sukazayağı*
Asteraceae	*Chondrilla* sp.	*Otçularotu*
Asteraceae	*Chondrilla juncea* L.	*Cıtlık*
Apiaceae	*Tordylium apulum* L.	*Misotu*

structured data were also collected for “common medicinal use” and “reasons for disappearing” of some plants.

Results

- Demography: Average age of 12 participating women was 53,4 years (min 36- max 67);
- 12 women were representing (cooking for) 39 inhabitants (roughly half of Boztepe);
- Average 45.3 plants known and used per woman (min:31, max:53), Total data was about 544 plants (12 women × 53 plants – not known and not used plants) (a common extra one was added to some questionnaires);
- The wild edibles were mostly from *Asteraceae*(13), *Brassicaceae*(8) and *Apiaceae*(6);
- All plants (n:544) in all questionnaires were identified with the same local name (Tab. 1);
- 38/53 plants were also named alternatively (1-3 alternatives), some were named identical;
- Edible parts were mostly young aboveground parts, then roots, shoots, seeds and fruits;
- Most of them were popular food items (497 of 544 answers);
- Only 6/544 cases were “sometimes purchased in local market”, leading one is *Asparagus* sp.(6);
- Edible wild plants most frequently were eaten together with others;
- Most of them were consumed more than 6 times a year;
- Decreasing: 188/544 answers were “reduced by half” and 22/544 “have disappeared”;
- *Anchusa azurea, Rubus* sp., *Chondrilla* sp., *Nasturtium officinale* and *Rumex acetosella* died out according to at least 3 interviewers;
- Main reason for non availability is explained as; increased use of herbicides, tilling and drought (especially for *Nasturtium* sp.);
- Plants were eaten boiled, sautéed with onion (added rice or eggs or yogurt with garlic), in pie/pancake, raw as salad or fruit, in jams, in cold & hot beverages, as seasoning;
- Some plants were also used for health & medicinal purposes (Tab. 2).

Table 2. Medicinal use.

Rubus sp.	diabetes, oral wounds
Asparagus acutifolius	prickly heat
Solanum nigrum	anti-cancer
Salvia virgata	anti-cancer,diabetes
Malva sylvestris	cough and asthma ; for abortion purposes
Paliurus spina-christi	Kidneystone
Origanum onites	Asthma
Nasturtium officinale	anti-cancer

Conclusions

In Boztepe continuation of the tradition of gathering, consumption and high number of edibles indicate their significant role in local diet especially during winter. Modern agriculture and traditional nutrition habits seem to contradict each other. Further scientific support for traditional nutrition is needed.

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