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Araştırma Makalesi / Research Article

Contributions to Edible Plants for Human Consumption in Mardin Province

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Food Plants;
Mardin

Abstract

This research was carried out to determine the ethnobotanical studies of edible wild plants in some parts of Mardin province, a historical city of Upper Mesopotamia, in the Southeastern Anatolia Region of Turkey, between the years 2018-2020. The wild plants consumed as food by the local people living in the villages of Mardin province and their usage patterns were determined. Face-to-face interviews were conducted with 80 people and ethnobotanical information forms were prepared. The local and scientific names of the identified plants were included and their usage purposes were determined. As a result of the study, it was determined that 131 plant species were used as edible in folk tradition.

Mardin İlinde İnsan Tüketimi Amaçlı Yenilebilir Bitkilere Katkılar

Anahtar kelimeler
Yenilebilir otlar;
Etnobotanik;
Gıda Bitkileri;
Mardin

Öz

Bu araştırma, 2018-2020 yılları arasında Türkiye'nin Güneydoğu Anadolu Bölgesi'nde Yukarı Mezopotamya'nın tarihi bir kenti olan Mardin ilinin bazı kesimlerinde, yenilebilir yabani bitkilerin etnobotanik araştırmalarını belirlemek amacıyla yapılmıştır. Mardin ili köylerinde yaşayan yöre halkının gıda olarak tükettikleri yabani bitkiler ve kullanım şekilleri belirlenmiştir. 80 kişi ile yüz yüze görüşme yapılmış ve etnobotanik bilgi formları düzenlenmiştir. Tespit edilen bitkilerin yerel ve bilimsel isimlerine yer verilerek kullanım amaçları belirlenmiştir. Çalışma sonucunda 131 bitki türünün halk geleneğinde yenilebilir özellikte kullanıldığı tespit edilmiştir.

1.Introduction

Turkey has a rich plant diversity due to the different geographical, geological features and different types of climates. In Turkey, 167 families, 1320 genera and a total of 11 707 taxa is reported. 3649 of these taxa are endemic for Turkey. (Güner *et al.* 2012).

Anatolian lands have hosted many civilizations and have a rich traditional knowledge heritage. Many local plants in Anatolia have been used for food for centuries. In this respect, the traditional uses of plants in Anatolia are of unique value. It is important that this information can be passed on to future generations. In particular, the increasing demand of the consumer for natural and organic foods in recent years has increased the interest in these plants (Urhan *et al.* 2016).

From antiquity until today, human beings utilize plants, which are important food sources, as food, and continued their lives by passing this knowledge traditionally from generation to generation (Tuzlacı 2011; Ertuğ 2004).

Edible wild plants are rich in essential oils, antioxidant and vitamins than cultivated plants (Alarcón *et al.* 2006). They also contain significant amounts of minerals and enhancing taste and color in diets (Aktan and Bilgir 1978; Turan *et al.* 2003). These plants, which are used as food, are eaten raw

or cooked as well as dried, consumed in the form of pickles (Faydaoğlu and Sürücüoğlu 2011).

The wild plant species used as food worldwide are over 10,000 (Baytop 2007; Yücel *et al.* 2010). Around 3,000 species are grown as food (Baytop 2007).

Edible plants are collected by the local people, especially in spring, and brought to the daily local markets. Some of these plants can be consumed freshly by cooking raw or cooked, while others can be consumed by freezing, drying, pickling or canned. The main ethnobotanical studies conducted in the Southeastern Anatolia region, especially in the Mardin province, which is near to research area, are as follows: (Arasan and Kaya 2015; Öztürk *et al.* 2017; Akgül *et al.* 2018; Yeşil *et al.* 2019; Yeşil and İnal 2019; Kılıç *et al.* 2020; Satıl *et al.* 2021; Eksik and Akan 2021; Demir and Ayaz 2022; Balos *et al.* 2022). Since Mardin has a very rich cultural location, it was found worth doing research because of the high usage of traditional plants. Especially in order to reveal the similarities and differences of plant uses in different cultures such as Turkish, Kurdish, Arabic and Syriac, the area selection was made accordingly. Our aim is to investigate the ways people use wild edible plants in Mardin and contribute to country's ethnobotany.

2. Materials and Methods

2.1. Methodology

2.1.1. Study area: Mardin is one of the oldest cities of Upper Mesopotamia, established between Tigris and Euphrates. Mardin has embraced different ethnic diversities and multiple religions throughout history, and is still known as one of the important cities of a civilization of tolerance (Demir 2010).

The research area is located in C8 square according to Davis's grid (Grid) system (Davis 1965-1985).

Mardin is located between 36 ° 55̈-38 ° 51̈ north latitudes and 39 ° 56̈-42 ° 54̈ east longitudes. Its height from the sea is about 1.083 meters.

Mardin has the common characteristics of the Mediterranean climate and continental climate.

General vegetation in the region is steppe. Due to the sheltered microclimate in the region, olive, oak and maquis species are observed. It is rich in Poaceae and Fabaceae plants in the region. Among the herbaceous forms, *Lens*, *Lathyrus*, *Astragalus*, *Medicago*, *Onobrychis*, *Lotus*, *Trifolium* and *Trigonella* species are very common. Also, as an example of woody plants, *Quercus infectoria*, *Q. brantii*, *Pistacia khinjuk* can be given (Odabaşı and Boydak 1984; Seydoşoglu *et al.* 2018).

Mountainous areas are suitable for dry garden agriculture and plains are more suitable for irrigated agriculture. Almond, peanut, fig, walnut, cherry, grape and apricot are grown as cultivated plants. Cherry is famous and festivals are organized on behalf of it every year. Wheat, barley, lentils, okra, green pepper, tomato, carrot, cucumber, watermelon, melon, garlic and onion are mostly grown as agricultural products. Viticulture is highly developed (Demir 2010; Aydın 2019).

As a pilot study, the research area covers a total of 20 vilalges in Mardin. Among the researched villages Akbağ, Atlıca, Bilge, Cevizpınar, Eskikale, Hamzabey, Özlüce, Sultan, Yayla, Yaylacık and Yüce are belong to Artuklu, Havuzbaşı, Kaynakkaya, Kocasırt, Öztaş, Pınarcık and Sivritepe are belong to Ömerli, Alıçlı, Sancar and Uzunköy are belong to Yeşilli town (Figure 1). While the study area is preferred, mountain villages with intensive plant-human relationship are preferred.

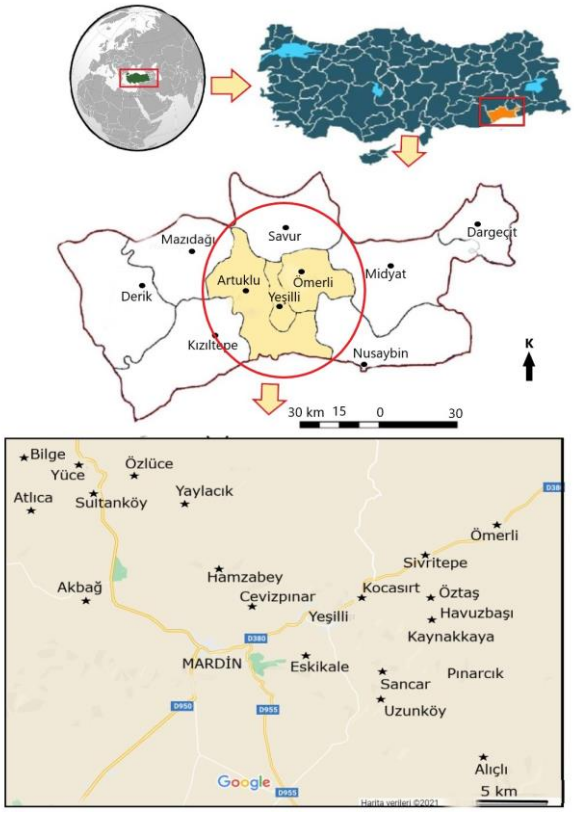

Figure 1. Research area map

***2.1.2. The Plant materials*:** The study material consists of plant samples collected from the region. The targeted regions were visited at certain intervals. The samples were numbered, pressed, then dried according to the herbarium methods. Plant samples identification of these plants (Davis 1965-1985; Davis *et al.* 1988; Güner *et al.* 2000, 2014, 2018) has been used. Plant samples collected and diagnosed are stored in Harran University Herbarium (HARRAN). The scientific names of plant samples were checked by using the web site of http://www.theplantlist.org/ (1). The plants list is given in alphabetical order of family category.

2.1.3. *Interviews with informants*: Information from the local people, who have traditional knowledge and experience, was obtained with face to face interviews. A total of 80 people were interviewed, 18 of them are women and 62 of them are men. Since there are different ethnic groups in the region such as Kurdish, Turkish, Arabian and Syriacs, the information of the people in different cultures was consulted. Interviews with informant persons aged 18-92 ages were provided. In addition, different education levels and different age groups were preferred. Interviews were conducted with 80 informant people in 20 different villages (Figure 2). The informant people were asked about the local name of the plant, its intended use, the part used and its usage.

Figure 2. Interviews with informant people in a)Akbağ and b) Havuzbaşı villages

2.1.4. Data analysis: To quantify the relative importance of species, the use value (UV) index, by Phillips and Gentry (1993) has been used. The formula of VU index has been calculated for each taxon by using: **UV = U/N, UV =** the use value of a species,

U = the number of citations per species and **N =** the number of informants.

3. Results

The traditional usage purposes and usage patterns of edible plants intended for human consumption in Mardin are given in Table 1.

Families containing the most taxa; Rosaceae (14), Asteraceae (13), Fabaceae (10), Lamiaceae (8) and Amaryllidaceae (7). The remaining plant families (79) are represented by 6 or less species (Figure 3).

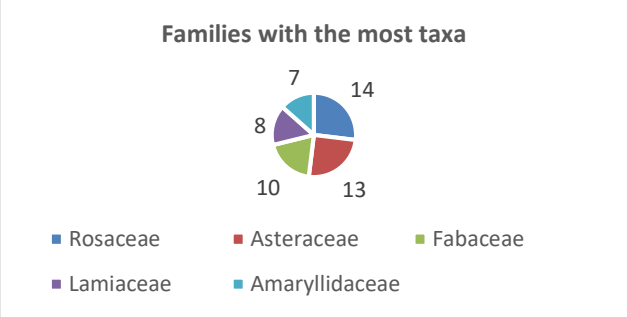

Figure 3. Plant families containing the most taxa

In this study, interviews were conducted with 80 informant persons in order to determine the local names of natural and cultivated plants and their intended use and usage patterns in a total of 20 villages in the province of Mardin, Turkey.

3.1. Demographic characteristics of informants: In our study, 14.40% of the informant people interviewed are women and 85.60% are men. The reason why we prefer men among informant persons in our study is that men have more intense relationships with natural life, they are more experienced in plant use and they are mostly mature. In this study, face to face interviews were held with 80 informants, 18 of them are women and 62 of them are men. The informants people whose knowledge is benefited are generally of advanced age and their educational status is relatively lower than the younger generation. Informant persons in the research area are classified as 18-45, 46-64 and over 65. Informant person are mostly older people due to their more intense relationships with natural life and their experiences. The age distribution of informant persons is shown in Figure 4. In this study, interviews were made with 80 informant people in 20 different villages of Mardin. The average age of

informant persons in our research area is 59%. The rate of over 60 years old among the informant people interviewed is 53.2%.

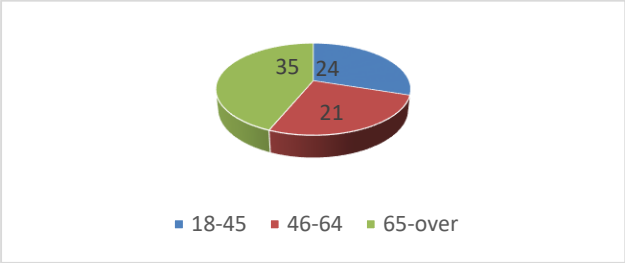

Figure 4. Distribution of informant persons by age

The distribution of educational status of informant persons is shown in Figure 5.

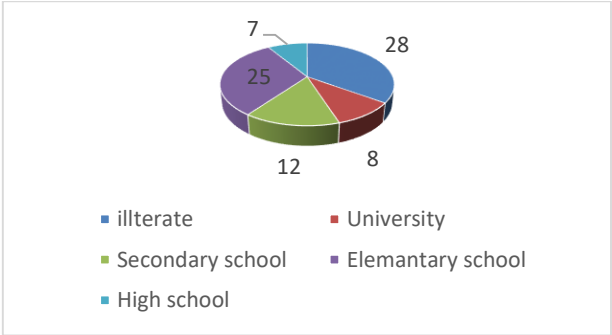

Figure 5. Educational status of informants

The education status of informant people illterate (28), elementary school (25), secondary school (12), high school (7) and University (8). The elderly people of informant persons is relatively low. For this reason, it can be seen that the number of those who do not attend school and those who are primary school graduates is significantly high.

In most of the villages, it has been expressed with sorrow that people who can know the plants closely and know their ethnobotanical characteristics better unfortunately died 5-10 years ago. Therefore, the knowledge of such people should be urgently recorded while still alive.

It has been observed that two-word phrases based on analogy are generally used when naming plants, considering their shape, color, and the place where they grow. For example, yellow flower, red flower, black grass, dill mint, rock thyme, etc. In addition, it has been observed that there are plenty of animal names in the phrases used in plant names. For example, bird's feet, beef pods, snake bulbs, dog bulbs, goat pods, etc. It is worth investigating whether these simulations were created by the plant's personal name or by the fact that its original name was not used and was about to disappear. In this context, the fact that the plants that are used a lot are usually a single word special nouns are not a phraseology based on analogy raises this suspicion.

The cagetorizing of wild edible plants:

The use of natural herbs as food in the folk tradition is a common culture in Mardin and mountainous villages. Especially middle-aged and older people care about organic and natural nutrition and prefer dishes made from these plants as a taste. Especially local women go out to search for food plants by taking such tools in their hands, like knives etc. in all seasons.

Of the herbs used for food purposes, 5 are used as spices and 6 as flavorings.

The plants can be categorized to different groups on the basis of their use in study area. Vegetables, spices, fruits, seed, beverage, nectar and resin, gums,

These uses included those plants that are consumed as cooked vegetables, used in cheese making, used as rennet, spices and gums, and consumed as raw (salads, etc.) or beverages (tea, coffee).

Kenger (*Gundelia tournefortii*), mallow (*Malva neglecta*), and mustard (*Sinapis arvensis*) are among the most common herbs used as food in the region.

Vegetables

Plants used as vegetables and greenery, *Allium cepa*, *Allium noeanum, Allium oriantale, Allium scorodoprasum* subsp. *scorodoprasum, Allium schubertii, Allium stamineum, Scandix stellata, Scandix pecten-veneris, Petroselinum crispum, Geropogon hybridus, Taraxacum aleppicum, Eruca vesicaria, Sinapis arvensis, Geranium robertianum, Mentha x piperita, Mentha longifolia, Mentha longifolia*.

Spices

Plants used as spices; *Rhus coriaria* L., *Coriandrum sativum* L., *Trigonella foenum-graecum* L., *Satureja hortensis* L., *Thymbra spicata* L. subsp. *spicata*.

Aroma and flavoring herbs

Plants used as flavoring; *Euphorbia altissima*, var. *glabrescens*, *Euphorbia craspedia*, *Euphorbia*

macroclada., *Hypericum triquetrifolium*, *Ocimum basilicum*, *Laurus nobilis*, *Orchis simia*.

As a wrapping material

The plant species used in making wraps are *Alcea setosa, Alcea striata, Arum dioscorides, Arum rupicola, Plantago major, Plantago lanceolata, Morus alba, Vitis vinifera* and *Morus nigra.*

Fruits as food

Plants that eat fruit as food; *Armeniaca vulgaris*, *Amygdalus communis*, *Amygdalus orientalis, Pistacia khinjuk, Rhus coriaria, Coriandrum sativum, Celtis tournefortii, Cerasus avium, Cerasus mahaleb* var. *mahaleb, Cerasus microcarpa, Capparis sicula* subsp. *sicula, Cydonia oblonga, Ficus carica, Juglans regia, Morus alba, Morus nigra, Hordeum vulgare, Lathyrus annuus, Lathyrus aphaca, Lathyrus cicera, Lathyrus pseudocicera, Prosopis farcta, Rosa canina, Prunus spinosa, Oleac bonaensea, Rubus Triticum aestivum, Trigonella foenum-graecum, Pisum sativum* subsp. *elatius. pumilio, Quercus brantii, Quercus infectoria* and *Vitis vinifera*

Gum

Pistacia khinjuk Stocks, *Chondrilla juncea* L., *Gundelia tournefortii* L. var. *armata* Freyn & Sint., *Taraxacum aleppicum* Dahlst., *Scorzonera pseudolanata* Grossh.

Yeasts

Arum rupicola Boiss. var. *rupicola, Arum dioscoridis* Sm. var. *dioscoridis*

Beverages

Rhus coriaria L., *Pistacia khinjuk* Stocks, *Mentha x piperita* L., *Punica granatum* L., *Tilia rubra* DC. subsp. *caucasica, Morus nigra* L., *Orchis simia* Lam., *Armeniaca vulgaris* Lam., *Prunus spinosa* L., *Vitis vinifera* L.

Consuming as soup

Amaranthus retroflexus L., *Arum dioscoridis* Sm. var. *dioscoridis, Biarum carduchorum* (Schott) Engl., *Hordeum vulgare* L.

Snack

Amygdalus arabica, Amygdalus communis L., *Amygdalus orientalis Mill., Armeniaca vulgaris* Lam., *Cerasus avium* (L.) Moench, *Cerasus mahaleb* (L.) Mill. var. *mahaleb, Cerasus microcarpa* (C.A.Mey.) Boiss. subsp. *microcarpa, Cerasus microcarpa* (C.A.Mey.) Boiss. subsp. *tortuosa* (Boiss. & Hausskn.) Browicz, *Crataegus monogyna* Jacq. var. *monogyna, Cydonia oblonga* Mill., *Vitis vinifera* L.

Jam

Prunus spinosa L., *Rosa canina* L., *Rosa foetida* Herrm., *Rosa orientalis* A.Dupont ex DC.

Other uses (nectar, resin, latex):

The parts used the most were leaves (26%), fruits (24%), above ground (17%), flowers (8%), bulbs (6%), stems (4%), roots (3%), seeds (3%) and tubers (2%). Leaves are generally prepared for use by boiling, and are eaten as a salad, cooked as a meal, or used for pastry (Figure 6). Fruit and leaf parts of the plants used for food are mostly consumed. Some of these herbs are used in local dishes. It is a common culture to boil food crops and fry them in oil with onions. Usually fresh leaves or base leaves are fried with onion.

Data analysis:

Vitis vinifera L. (0,86), *Juglans regia* L. (0,84), *Olea europaea* L. subsp. *europaea* (0,82), *Allium cepa* L. (0,81), *Mentha x piperita* L. (0,71), *Morus alba* L. (0,71), *Quercus brantii* Lindl. (0,70), *Petroselinum crispum* (Mill.) Fuss (0,68), *Echinops orientalis* Trautv. (0,68) and *Pistacia khinjuk* Stocks (0,68)are reported to be of the highest use value.

It is recommended that some of our important cultural values such as seed and fruit heritage be protected and registered.

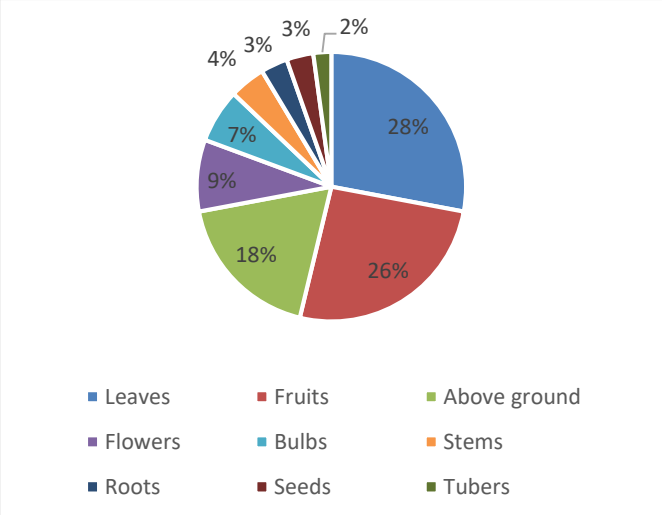

Figure 6. Distribution of the parts of edible plants used

4. Discussion and Conclusion

Comparison of the research area with studies carried out in nearby regions in terms of family and taxa numbers is given in Table 1.

Table 1. Comparison of the research area with studies carried out in nearby regions

Study area	Family	Number of taxa used as food
Yeşilli (Yeşil *et al.* 2019)	31	74
Hasankeyf (Yeşil and İnal 2019)	32	86
Mardin wild edible (Demir and Ayaz 2022)	34	92
Midyat (Akgül *et al.* 2018)	14	24
Mardin geophyte (Balos *et al.* 2022)	15	45

Looking at the data in Table 1, it is seen that the number of taxa is high only in studies on food use. Among the reasons for this; Influences such as concentration on the area, the area of the region, the informants, and living in the countryside are also determining factors. In the ethnobotanical studies carried out in the region; It has been determined that there are differences in plant use as well as in plant names. When the studies carried out in the region are compared, it is seen that this study gains more importance with 131 taxa.

The use of natural plants as food in folk tradition

It is a common culture in Mardin and mountain villages. Especially middle-aged and older people care about organic and natural nutrition and prefer dishes made from these plants as a taste. Especially local women knives etc. They go out in search of food plants by taking such tools as their hands. Mostly fruit and leaf parts of plants used for food are consumed. Some of these plants are used in local dishes. It is common culture to boil food plants and fry them in oil with onions. Generally, fresh leaves or base leaves are fried with onions. It has been determined that the use of natural plants for food purposes is decreasing day by day.

Opening fields and gardens in an unconscious way that will threaten wild plants should be prevented.

This study is important in terms of identifying some wild food plants popular in some mountainous villages in the Mardin region and transferring them to future generations.

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Table 1. The wild plants in research area

Family name	Scıentıfıc name	Vernacular name	Edible parts	Utilization method	Life form	Use categories	UV
Amaranthaceae	*Amaranthus retroflexus* L. (CE1002)	Koksor (K)	Above Ground	Boiled then fried with egg, cooked as soup with yogurt and bulgur	Herb	Vegetable	0,05
Amaryllidaceae	*Allium cepa* L., (CE1005)	Soğan (T), Pivaz (K)	Leaves	its dried leaves are cooked together with *Malva sylvestris* leaves	Herb	Vegetable	0,81
Amaryllidaceae	*Allium noeanum* Reut. ex Regel, (CE1004)	Ekinsoğanı (T), Sirdım (K), Sırık (L), Sırım (K)	Bulbs, Leaves	Bulbs eaten fresh, leaves used as salad	Herb	Vegetable	0,07
Amaryllidaceae	*Allium orientale* Boiss., (CE1006)	Doğu soğanı (T), Sirdım (K), Sırık (K), Sırım (K)	Leaves	Leaves used as salad	Herb	Vegetable	0,1
Amaryllidaceae	*Allium sativum* L. (CE1008)	Sarımsak (T), Sir (K), sirim (K)	Bulbs, Leaves	Eaten raw with yogurt and purslane herb	Herb	Vegetable	0,62
Amaryllidaceae	*Allium schubertii* Zucc. (CE1223)	Öküzsoğanı (T), Sirdım (K), Sırık (K), Sırım (K)	Bulbs, Leaves	Bulbs etaen fresh, leaves used as salad	Herb	Vegetable	0,03
Amaryllidaceae	*Allium scorodoprasum* L. subsp. *scorodoprasum (CE1007)*	Delipırasa (T), Sirdım (K), Sırık (K), Sırım (K), sirikemara (K)	Bulbs, Leaves	Bulbs etaen fresh, leaves used as salad	Herb	Vegetable	0,03
Amaryllidaceae	*Allium stamineum* Boiss. (CE1224)	Yaban sarmısağı (T), Sirdım (K), Sırık (K), Sırım (K)	Bulbs, Leaves	Bulbs etaen fresh, leaves used as salad	Herb	Vegetable	0,03
Anacardiaceae	*Rhus coriaria* L. (CE1010)	Sumak (T), Sımak (K)	Fruit	Fruits used as spice, included in salads	Shrub	Fruits	0,65

Anacardiaceae	*Pistacia khinjuk* Stocks (CE1009)	Bıttım (K), kızvan (K), menengiç (T), dara benge (K)	Fruit, Resin	Fruits used as snack and for Traditional coffee, resin for gum making	Shrub	Fruits, Latex	0,29
Apiaceae	*Coriandrum sativum* L. (CE1015)	Kişniş (T), Gızbara (A), Gijnij (K)	Fruit	Fruits used as a spice	Herb	Spices	0,61
Apiaceae	*Eryngium campestre* L. var. *virens* (Link) Weins (CE1012)	Yerkestanesi (T), Zengilzave (K), Kivar (A), nankekosi (K)	Stem, Petiole	Eaten raw	Herb	Vegetable	0,06
Apiaceae	*Eryngium creticum* Lam. (CE1014)	Göz Dikeni (T), Nankekosi (K), Zengılzave (K)	Stem	Eaten raw	Herb	Vegetable	0,05
Apiaceae	*Petroselinum crispum* (Mill.) Fuss(CE1019)	Maydanoz (T), Bağdunıs (K)	Above Ground	Used as greens alongside meals, added to salads,	Herb	Vegetable	0,68
Apiaceae	*Scandix pecten-veneris* L. (CE1020)	Zühretarağı (T), Terefreffo (A)	Above Ground	Used as greens alongside meals	Herb	Vegetable	0,15
Apiaceae	*Scandix stellata* Banks & Sol. (CE1013)	Dağkişkişi (T), Derziya Pire (K)	Above Ground	Used as greens alongside meals	Herb	Vegetable	0,06
Araceae	*Arum dioscoridis* Sm. var. *dioscoridis (CE1023)*	Tirşikpancarı (T), Kardi (K), Kardiyaereba (K)	Leaves	Boiled with salt and sumac fruit, boiled leaves used for a soup,	Herb	Vegetable	0,02
Araceae	*Arum rupicola* Boiss. var. *rupicola* (CE1024)	Dağsorsalı (T), Kardi (K), Kardiyaereba (K)	Leaves	Boiled with salt and sumac fruit, boiled leaves used for a soup,	Herb	Vegetable	0,14
Araceae	*Biarum carduchorum* (Schott) Engl. (CE1021)	Kardi (K), Zılkearaba (K), gardi (K)	Leaves	Soup is made from the base leaves of the plant	Herb	Vegetable	0,05

Asparagaceae	*Ornithogalum narbonense* L. (CE1027)	Akbaldır (T), Sersipik (K), Ağbedır (K)	Bulbs, Leaves	Bulbs eaten fresh with the bulgur, leaves used in pastry making	Herb	Vegetable	0,16
Asparagaceae	*Ornithogalum orthophyllum* Ten. subsp. *kochii* (Parl.) Maire & Weiller (CE1028)	Bayıryıldızı (T), Sersipik (K), Ağbedır (K)	Bulbs, Leaves	Bulbs eaten fresh with the bulgur, leaves used in pastry making	Herb	Vegetable	0,02
Asteraceae	*Centaurea iberica* Trev. ex Spreng.(CE1053)	Deligözdikeni (T), Sitrizerk (K)	Basal Leaves	Basal leaves eaten raw, fried in oil with onions.	Herb	Vegetable	0,27
Asteraceae	*Centaurea regia* Boiss. (CE1043)	Şahkavgalaz (T), Külilka nebi (K), Karç (K)	Roots	The roots eaten raw	Herb	Vegetable	0,04
Asteraceae	*Carduus pycnocephalus* subsp. *breviphyllarius (CE1301)*	Kilindor (K), Şekerok (K)	Head	Capitulum is cleared of its thorns and the remaining interior is eaten as food	Herb	Vegetable	0,1
Asteraceae	*Geropogon hybridus* (L.) Sch.Bip. (CE1035) (CE1054)	Melezyemlik (T), Hespıng (K), Gezrık (K)	Leaves	Leaves eaten as greens with meals	Herb	Vegetable	0,06
Asteraceae	*Gundelia tournefortii* L. var. *armata* Freyn & Sint. (CE1042)	Kerenk (K), Kenger (T)	Roots, Young Stems, Petioles	Eaten raw as a snack, boiled and then fried, eggs added, gum making	Herb	Vegetable	0,68
Asteraceae	*Notobasis syriaca* (L.) Cass. (CE1038)	Yavankenger (T), Kelbeş (K)	Stems	While the plant is fresh, it is eaten raw after the stem is peeled off.	Herb	Vegetable	0,3
Asteraceae	*Onopordum carduchorum* Bornm. & Beauverd (CE1047)	Kavdikeni (T), Kerbeş (K) Kerbeşakera (K)	Stems	While the plant is fresh, it is eaten raw after the stem is peeled off.	Herb	Vegetable	0,11
Asteraceae	*Scorzonera pseudolanata* Grossh. (CE1055)	Keçimemesi (T), Kafır (K), Kahfır (K), Kahfırnok (K), Ğelililok (K), Ğilok (K)	Tubers, Leaves	Tuber and the leaves of the plant are eaten raw. gum making	Herb	Vegetable	0,23

Asteraceae	*Silybum marianum* (L.) Gaertn. (CE1048)	Devedikeni (T), Kivar (K), Kifar (K)	Stems	While the plant is fresh, it is eaten raw after the stem is peeled off.	Herb	Vegetable	0,57
Asteraceae	*Taraxacum aleppicum* Dahlst. (CE1056)	Halep hindibası (T), Tali (A), Tehli (A) Tehliyakeva (K), Tehlişirk (K)	Basal Leaves	Basal leaves eaten as greenery, fried with onions, gum making	Herb	Vegetable	0,47
Asteraceae	*Tragopogon porrifolius* L. subsp. *longirostris* (Sch.Bip.) Greuter (CE1052)	Helevan, Gezrik, Parikamihe (K) Pırçıka pire (K), Sıpıng (K)	Leaves	Leaves are added to the dishes to give taste and aroma to the dishes, and it is also added to the pastries made at home.	Herb	Vegetable	0,17
Asteraceae	*Chondrilla juncea* L.	Beniştok (K)	Roots	For gum making	Herb	Latex	0,05
Asteraceae	*Echinops orientalis* Trautv. (CE1041)	Dağ şekeri (T), Şekerok (K)	Basal Leaves	Basal Leaves are consumed by roasting with onions	Herb	Vegetable	0,07
Berberidaceae	*Bongardia chrysogonum* (L.) Spach (CE1039)	Çatlakotu (T), Tırşok (K)	Above Ground	Above-ground parts are consumed as greens alongside The meals, and also put into salads.	Herb	Vegetable	0,03
Boraginaceae	*Anchusa azurea* Mill. var. *azurea (CE1061)*	Sığırdili (T), Guriz (K), Hımhım (A)	Basal Leaves	Basal leaves are fried with onion, boiled and cooked	Herb	Vegetable	0,36
Boraginaceae	*Anchusa strigosa* Banks & Sol. (CE1062)	Gelezan (K), Guriz (K), Hımhım (A)	Basal Leaves	Basal leaves are fried with onion, boiled and cooked	Herb	Vegetable	0,24
Boraginaceae	*Asperugo procumbens* L. (CE1059)	Nevazilotu (T), Tarafulğaruf (A)	Above Ground	Above ground parts are eaten raw	Herb	Vegetable	0,07
Boraginaceae	*Echium italicum* L. (CE1060)	Kurtkuyruğu (T), Guriz (K)	Leaves	Above ground parts are eaten raw	Herb	Vegetable	0,08
Boraginaceae	*Onosma alborosea* Fisch. & C.A.Mey. subsp. *alborosea* var. *alborosea (CE1057)*	Kayaemceği (T) Mijmijok (K)	Flowers, Nectar	Its nectar sucked	Herb	Vegetable	0,27

Brassicaceae	*Crambe alutacea* Hand.-Mazz. (CE1063)	Kâhtaakyumağı (T), Ğır (K)	Roots	The root of the plant is eaten raw	Herb	Vegetable	0,02
Brassicaceae	*Eruca vesicaria* (L.) Cav. (CE1065)	Roka (T)	Leaves	Its leaves are used as greens ingredients or added to salads, usually lemon is squeezed on fresh leaves	Herb	Vegetable	0,59
Brassicaceae	*Nasturtium officinale* R.Br. (CE1066)	Su teresi (T), Tuzık (K)	Leaves	The above-ground parts are fried together with onions, boiled and cooked. It can be eaten raw or used in salads	Herb	Vegetable	0,22
Brassicaceae	*Lepidium draba* L. (CE1064)	Diğnik (K), Kıneber (A), Dıjnık (K)	Leaves	Used as greens alongside meals	Herb	Vegetable	0,29
Brassicaceae	*Sinapis arvensis* L. (CE1067)	Hardal (T), Ğerdel (K)	Leaves	Used as greens alongside meals	Herb	Vegetable	0,41
Brassicaceae	*Capsella bursa-pastoris* (L.) Medik. (CE1068)	Piçuk (K), Nıklaçuke (K)	Above Ground	Salad made while fresh or with onions and eggs roasted and consumed	Herb	Vegetable	0,07
Cannabaceae	*Celtis tournefortii* Lam. (CE1069)	Dardağan (T), Tuu (K), Teav (K), Dara teavê (K), Gıngırez (K)	Fruit	Eaten raw as a snack	Tree	Fruits	0,19
Capparaceae	*Capparis sicula* Veill. subsp. sicula (CE1070)	Deli karpuzu (T) Kapari (T), Kulilkakember (K), Berikêkemberê (K), İşfellah (A)	Fruit, Buds	Raw as salad, pickled	Herb	Fruits	0,35
Caryophyllaceae	*Silene brevicaulis* Boiss. (CE1075)	Goşberk (K), Dımsok (K)	Flowers	Its nectar sucked	Herb	Nectar	0,07

Caryophyllaceae	*Silene conoidea* L. (CE1074)	Şıvananotu (T), Dımsok (K)	Flowers	Its nectar sucked	Herb	Nectar	0,02
Convolvulaceae	*Convolvulus arvensis* L. (CE1077)	Tarla sarmaşığı (T), Tırşok (K), Lıblak (A), Lolavk (A)	Basal Leaves	Leaves are consumed raw with meals, sometimes added to salads	Herb	Vegetable	0,05
Convolvulaceae	*Ipomoea purpurea* (L.) Roth	Kahkahaçiçeği (T), Dargerin (K)	Leaves	As a wrapping material for "sarma"	Herb	Vegetable	0,07
Cucurbitaceae	*Bryonia multiflora* Boiss. & Heldr. (CE1084)	Ülüngür (T), Ğerzıkurevi (K)	Above Ground	Used as greens alongside meals	Herb	Vegetable	0,16
Eleagnaceae	*Elaeagnus angustifolia* L. (CE1300)	Sinç (A)	Fruits, Flowers	Raw as a snack	Tree	Fruits	0,02
Euphorbiaceae	*Euphorbia altissima* Boiss. var. *glabrescens* Boiss. ex M.S.Khan (CE1088)	Neblul (A), Ğuşil (K), Şirik (K)	Above Ground	The above-ground parts of the plant are used to flavor molasses	Herb	Latex	0,07
Euphorbiaceae	*Euphorbia craspedia* Boiss. (CE1087)	Kabargaç (T), Ğuşil (K), Şirik (K)	Above Ground	The above-ground parts of the plant are used to flavor molasses	Herb	Latex	0,15
Euphorbiaceae	*Euphorbia macroclada* Boiss.(CE1089)	Kalın sütleğen (T), Ğuşil (K), Şirik (K)	Above Ground	The above-ground parts of the plant are used to flavor molasses	Herb	Latex	0,12
Fabaceae	*Astragalus aleppicus* Boiss. (CE1106)	Halep geveni (T) Günpisık (K), Ğısavatulharun (A)	Fruit	The fruit of the plant is eaten raw.	Herb	Fruits	0,11
Fabaceae	*Glycyrrhiza glabra* L. (CE1109)	Meyan (T), Ava süse (K)	Roots	The root is cut into small pieces, after thoroughly cleaning, it is left in water overnight, then the pulp is filtered and licorice sherbet is obtained.	Herb	Beverage	0,17

Fabaceae	*Lathyrus annuus* L. (CE1102)	Dağdırılcası (T), Baklebızına (K), Bakıl (K), Şokıl (K)	Fruit	The unripe fruit of the plant is eaten raw	Herb	Fruits	0,21
Fabaceae	*Lathyrus aphaca* L. (CE1103)	Sarıburçak (T), Baklebızına (K), Bakıl (K), Şokıl (K)	Fruit	The unripe fruit of the plant is eaten raw	Herb	Fruits	0,08
Fabaceae	*Lathyrus cicera* L. (CE1099)	Bakıl eyşo (A), Bakıl (K), Şokıl (K)	Fruit	The unripe fruit of the plant is eaten raw	Herb	Fruits	0,05
Fabaceae	*Lathyrus pseudocicera* Pamp. (CE1104)	Hatun baklası (T), Bakılğatun (A), Bakıl Eyşo (A), Şokıl (K), Bakıl (K)	Fruit	The unripe fruit of the plant is eaten raw	Herb	Fruits	0,18
Fabaceae	*Pisum sativum* L. subsp. *elatius* (M.Bieb.) Aschers. & Graebn. var. *pumilio* Meikle (CE1110)	Bezelye (T), Bakıl (K)	Fruit	The unripe fruit of the plant is eaten raw	Herb	Fruits	0,05
Fabaceae	*Prosopis farcta* (Banks & Sol.) J.F.Macbr. (CE1100)	Çediotu (T), Heshesuk (K), Berik (A), Ğurnuf (K), Ğernup (K)	Fruit	Unripe green fruit is peeled, peeled fruit is salted and eaten raw	Herb	Fruits	0,2
Fabaceae	*Trigonella foenum-graecum* L. (CE1108)	Çemenotu (T), Nefel (K), Hılbe (A)	Above Ground, Seeds	Used as greens alongside meals, As spice	Herb	Vegetable, Fruits	0,31
Fabaceae	*Vicia narbonensis* L. var. *narbonensis (CE1101)*	Kocafiğ (T), Baklega (K), Bakıl (K), Şokıl (K), Kızın (K)	Fruit	The unripe fruit of the plant is eaten raw	Herb	Fruits	0,27
Fagaceae	*Quercus brantii* Lindl. (CE1114)	Kara meşe (T), Berru (K), Çılo (K), Bellot (A)	Seeds	The fruit of the plant is eaten raw or roasted on the stove	Tree	Seeds	0,7

Fagaceae	*Quercus infectoria* G.Olivier (CE1115)	Mazı meşesi (T), Mazi (K)	Seeds	The fruit of the plant is eaten raw or roasted on the stove	Tree	Seeds	0,35
Geraniaceae	*Erodium cicutarium* (L.) L Hér. subsp. *cicutarium (CE1117)*	İğnelik (T), Derzidank (K), Derziya pire (K)	Above Ground	Fruit is eaten raw. It is generally consumed by frying in oil with onions with other herbs.	Herb	Vegetable	0,09
Geraniaceae	*Geranium robertianum* L. (CE1118)	Dağıtırı (T), Ğelilok (K)	Leaves	Used as greens alongside meals	Herb	Vegetable	0,03
Geraniaceae	*Geranium rotundifolium* L. (CE1119)	Helilok (K), Ğelilok (K)	Leaves	Used as greens alongside meals	Herb	Vegetable	0,06
Geraniaceae	*Geranium tuberosum* L.(CE1116)	Çakmuz (T), Penerok (K)	Tubers	Above ground parts are eaten by frying with eggs	Herb	Vegetable	0,13
Hypericaceae	*Hypericum triquetrifolium* Turra (CE1120)	Pırpırotu (T), Batov (K), Batof (K), Botav (K), Bahtof (K)	Above Ground	Gives aroma to molasses and dried figs	Herb	Vegetable	0,03
Iridaceae	*Crocus cancellatus* Herb. subsp. *damascenus* (Herb.) B.Mathew (CE1123)	Pivok (K), Pelnekş (K), Hılhıliye (A)	Corm	Corms are commonly eaten raw	Herb	Vegetable	0,31
Iridaceae	*Crocus leichtlinii* (Dewar) Bowles (CE1124)	Mardin çiğdemi (T), Pivok (K), Pelnekş (K), Hılhıliye (A)	Corm	Corms are commonly eaten raw	Herb	Vegetable	0,12
Iridaceae	*Iris persica* L. (CE1125)	Buzala (T), Bılbızek (K), Berbızzek (K), Bılbızekamiha (K), Pızğıleyk (A)	Flowers	Fresh flowers are eaten raw.	Herb	Vegetable	0,41
Iridaceae	*Iris reticulata* M. Bieb. var. *bakeriana* (Foster) B.Mathew & Wendelbo (CE1122)	Keçi navruzu (T), Bılbızekabızına (K)	Flowers	Fresh flowers are eaten raw.	Herb	Vegetable	0,09

Ixioliriaceae	*Ixiolirion tataricum* (Pall.) Schult. & Schult.f. var. *tataricum (CE1127)*	Köpekotu (T), Ğıyarok (K)	Flowers	Its nectar sucked	Herb	Nectar	0,28
Juglandaceae	*Juglans regia* L. (CE1128)	Ceviz (T), Gûz (K), Gevzê (S)	Leaves	The dried leaf of the plant is brewed as a tea and the juice is drunk as a fortifier.	Tree	Fruits	0,84
Lamiaceae	*Lamium amplexicaule* L. var. *amplexicaule (CE1141)*	Baltutan (T), Gihaye pire (K)	Flowers	Its nectar sucked, herbal tea made from above ground parts	Herb	Vegetable	0,07
Lamiaceae	*Mentha longifolia* (L.) L. subsp. *typhoides* (Briq.) Harley (CE1136)	Derenanesi (T) Punk (K), Nihne (A)	Above Ground	Used as greens alongside meals, As spice	Herb	Vegetable	0,32
Lamiaceae	*Mentha pulegium* L. (CE1131)	Yarpuz (T), Punk (K), Nihne (A)	Above Ground	Used as greens alongside meals	Herb	Vegetable	0,17
Lamiaceae	*Mentha x piperita* L. (CE1137)	Nane (T), Nıhne (A)	Above Ground	Used as greens alongside meals, As spice	Herb	Vegetable	0,71
Lamiaceae	*Nepeta cataria* L. (CE1133)	Kedinanesi (T), Nane (T), Punk (K)	Above Ground	Used as greens alongside meals, As spice	Herb	Vegetable	0,07
Lamiaceae	*Ocimum basilicum* L. (CE1130)	Fesleğen (T), Reyhan (K), Rıhan (K)	Leaves	Used as greens alongside meals	Herb	Vegetable	0,03
Lamiaceae	*Satureja hortensis* L. (CE1139)	Çibriska (T), Zehteratehta (K), Cehter (A)	Above Ground	As spice	Herb	Spices	0,42
Lamiaceae	*Thymbra spicata* L. subsp. *spicata (CE1138)*	Zahter (T), Zehter (K), Cehter (A)	Above Ground	As spice	Herb	Spices	0,57
Lauraceae	*Laurus nobilis* L. (CE1146)	Defne (T), Rend (K)	Leaves	Leaf is especially used in heavy-smelling dishes due to its beautiful aroma and pleasant smell.	Shrub	Vegetable	0,07

Lythraceae	*Punica granatum* L. (CE1150)	Nar (T), Hınar (K)	Fruit	The seeds of the pomegranate are dried in the sun, salted, the dried mints are kept in warm water, the seeds are used instead of lemons to give a sour taste, and the juice is drunk for its refreshing feature	Shrub	Fruits	0,46
Malvaceae	*Alcea setosa* (Boiss.) Alef. (CE1151)	Hitmiye çiçeği (T), Hiro (K) Hıtmiye (A)	Leaves	Its leaves are used in wrapping-stuffed dishes.	Herb	Vegetable	0,35
Malvaceae	*Alcea striata* (DC.) Alef. subsp. *striata (CE1152)*	Yivlihatmi (T), Hiro (K), Hıtmiye (A)	Leaves	Its leaves are used in wrapping-stuffed dishes.	Herb	Vegetable	0,6
Malvaceae	*Malva neglecta* Wallr. (CE1154)	Çobançöreği (T), Tolık (K), Gıbbas (A)	Above Ground	Its leaves are boiled and consumed. Usually eaten fried with eggs and onions	Herb	Vegetable	0,63
Malvaceae	*Malva sylvestris* L. *(CE1302)*	Çobançöreği (T) Tolık (K), Gıbbas (A)	Above Ground	Its leaves are boiled and consumed. Usually eaten fried with eggs and onions	Herb	Vegetable	0,63
Malvaceae	*Tilia rubra* DC. subsp. *Caucasica* (Rupr.) V.Engl.	Ihlamur (T), Iğlamur (K)	Flowers	The flowers are used for herbal teas	Tree	Vegetable	0,03
Moraceae	*Ficus carica* L. subsp. *carica (CE1159)*	İncir (T), Hejir (K, Tin (A)	Leaves	The milk secreted from the leaves of the plant is used in fermentation	Tree	leaves	0,57
Moraceae	*Ficus carica* L. subsp. *rupestris* (Hausskn.) Browicz (CE1160)	İtinciri (T), Şitohi (A)	Fruit	Raw as a snack, dried eaten	Tree	Fruits	0,13
Moraceae	*Morus alba* L. (CE1157)	Akdut (T), Dara tu (K), Tuyehelebi (K)	Fruit, Leaves	Its fruit is consumed raw or dry, mulberry molasses is made from its fruit, and wrapping is made from its leaves. raw as a snack	Tree	Fruits	0,71

Moraceae	*Morus nigra* L. (CE1158)	Karadut (T), Tuşemi (K), Tuyeşami (K)	Fruit, Leaves	Raw as a snack, dried eaten, Its fruit is consumed raw or dry, mulberry molasses is made from its fruit, and wrapping is made from its leaves	Tree	Fruits	0,26
Nitrariaceae	*Peganum harmala* L. (CE1161)	Üzerlik otu (T), Hermel (A)	Seeds	The seeds of the plant are mixed in yogurt as they give off aroma	Herb	seeds	0,02
Oleaceae	*Olea europaea* L. subsp. *europaea (CE1162)*	Zeytin T), Zeytun (A)	Fruit, Oil	Eaten conserved, Its fruit is consumed in the form of olive groves as food, cooking olive oil is obtained.	Tree	Fruits	0,82
Orchidaceae	*Orchis simia* Lam. (CE1164)	Saleppüskülü (T), Sahlep (A)	Tubers	The dried tuber is ground and powdered, the powder is boiled in water and drunk like tea	Herb	Vegetable	0,03
Oxalidaceae	*Oxalis articulata* Savigny (CE1166)	Pembe ekşiyonca (T), Tırşok (K)	The Whole Plant	As it is consumed with meals as greens, added to salads due to its sour taste	Herb	Vegetable	0,07
Papaveraceae	*Glaucium grandiflorum* Boiss. & A. Huet subsp. *grandiflorum (CE1169)*	Develâlesi (T), Bukuzave (K), Gangılok (K), Kulilkaereba (K)	Basal Leaves	The base leaves of the plant are fried with onions and eaten. Herbal tea is made by drying the flower.	Herb	Vegetable	0,16
Papaveraceae	*Hypecoum procumbens* L. subsp. *procumbens* Å.E.Dahl (CE1172)	Yavruağzı (T), Sürık (K)	Above Ground	Used as greens alongside meals	Herb	Vegetable	0,05
Papaveraceae	*Papaver glaucum* Boiss. & Hausskn. ex Boiss. (CE1171)	Şekşekik (K), Buk u zave (K), Kulilkaereba (K), Zengılzave (K), Gangılok (K)	Basal Leaves	The base leaves of the plant are fried with onions and eaten. Herbal tea is made by drying the flower.	Herb	Vegetable	0,06
Papaveraceae	*Papaver rhoeas* L. (CE1170)	Gelincik (T), Bukuzave (K), Kulilkaereba (K), Zengılzave (K), Gangılok (K)	Above Ground	The base leaves of the plant are fried with onions and eaten. Herbal tea is made by drying the flower.	Herb	Vegetable	0,23

Plantaginaceae	*Plantago lanceolata* L. (CE1174)	Sinirotu (T), Sabuna leglege (K), Pelhavas (A)	Leaves	Its leaves are added to salads as greens	Herb	Vegetable	0,06
Plantaginaceae	*Plantago major* L. subsp. *major (CE1175)*	Sinirotu (T), Sabuna leglege (K), Pelhavas (A)	Leaves	Its leaves are added to salads as greens, leaves are used for wrapping	Herb	Vegetable	0,15
Poaceae	*Hordeum bulbosum* L. (CE1184)	Boncukarpa (T), Sivanok (K)	Bulbs	Bulbs of the plant is consumed raw	Herb	Vegetable	0,05
Poaceae	*Hordeum vulgare* L. (CE1181)	Arpa (T), Ceh (K)	Fruit	İn making soup	Herb	Vegetable	0,36
Poaceae	*Triticum aestivum* L.(CE1179)	Ekmeklik Buğday (T), Genim (K)	Fruit	İn making bulgur	Herb	Vegetable	0,59
Polygonaceae	*Rumex patientia* L. (CE1185)	Efelek, Tırşok (K), Tırşokaga (K)	Leaves	Used as greens alongside meals	Herb	Vegetable	0,18
Portulacaceae	*Portulaca oleracea* L. (CE1186)	Semiz Otu (T), Pırpar (K)	Above Ground	Used as greens alongside meals	Herb	Vegetable	0,38
Rosaceae	*Amygdalus arabica* Oliv. *(CE1303)*	Arapbademi (T), Bıiv (K)	Fruit	Its fruit is eaten raw for food. Almond sugar is made from fruit, raw as a snack	Shrub	Fruits	0,61
Rosaceae	*Amygdalus communis* L. (CE1205)	Badem (T), Bıiv (K)	Fruit	Its fruit is eaten raw for food. Almond sugar is made from fruit, raw as a snack	Shrub	Fruits	0,31
Rosaceae	*Amygdalus orientalis* Mill. (CE1206)	Payam (T), Bıiv (K)	Fruit, Seeds	Raw as a snack, dried eaten	Shrub	Fruits	0,33
Rosaceae	*Armeniaca vulgaris* Lam. (CE1208)	Kayısı (T), Mışmış (K)	Fruit	Raw as a snack	Tree	Fruits	0,22
Rosaceae	*Cerasus avium* (L.) Moench (CE1207)	Kiraz (T), Karesi (K)	Fruit	Raw as a snack, dried eaten	Shrub	Fruits	0,42

Rosaceae	*Cerasus mahaleb* (L.) Mill. var. *mahaleb (CE1202)*	Mahleb (A), Kenner (K), Ğılğılok (K)	Fruit	Raw as a snack	Shrub	Fruits	0,17
Rosaceae	*Cerasus microcarpa* (C.A.Mey.) Boiss. subsp. *microcarpa (CE1199)*	Yaban kirazı (T), Dara Belaluk (K), Hılalk (A), Hejajk (K)	Fruit	Raw as a snack	Shrub	Fruits	0,13
Rosaceae	*Cerasus microcarpa* (C.A.Mey.) Boiss. subsp. *tortuosa* (Boiss. & Hausskn.) Browicz (CE1222)	Sarıdağ kirazı (T), Dara Belaluk (K), Hılalk (A), Hejajk (K)	Fruit	Raw as a snack	Tree	Fruits	0,32
Rosaceae	*Crataegus monogyna* Jacq. var. *monogyna (CE1201)*	Yemişen (T), Guij (K), Iyzeran (A)	Fruit	Raw as a snack	Tree	Fruits	0,11
Rosaceae	*Cydonia oblonga* Mill. (CE1204)	Ayva (T), Bihok (K)	Fruit	Raw as a snack, dried eaten	Shrub	Fruits	0,11
Rosaceae	*Prunus spinosa* L. *(CE1197)*	Yunuseriği (T), Hulutırşk (K), Pulutırşk (K)	Fruit	Herbal tea from fruit, syrup and jam from flowers	Shrub	Fruits	0,23
Rosaceae	*Rosa canina* L. (CE1194)	Gül (T), Gulakuçka (K), Gülşilav (K), Şilan (K), Verde (A)	Flowers	Herbal tea from fruit, syrup and jam from flowers	Shrub	Fruits	0,1
Rosaceae	*Rosa foetida* Herrm. (CE1195)	Acemsarısı (T), Gül (T), Gülşilav (K), Şilan (K)	Flowers	syrup and jam from flowers	Shrub	Vegetable	0,15
Rosaceae	*Rosa orientalis* A.Dupont ex DC. (CE1196)	Askergülü (T), Gülşilav (K), Şilan (K)	Flowers	syrup and jam from flowers	Shrub	Fruits	0,43
Rosaceae	*Rubus sanctus* Schreb.(CE1203)	Böğürtlen (T), Dirireşk (K), İlleyk (A)	Fruits	The fruits of the plant are consumed while they are fresh.	Shrub	Fruits	0,03

Urticaceae	*Urtica dioica* L. subsp. *dioica (CE1219)*	Lıddeyga (A), Gezgezk (K), Gezgezok (K)	Above Ground	Fried with onion and then eggs added	Herb	Vegetable	0,06
Vitaceae	*Vitis vinifera* L. (CE1200)	Üzüm Ağacı (T), Asma (T), Tri (K), Meyo (A)	Leaves	It is wrapped from the leaves of the plant and consumed.	Shrub	leaves	0,86

A: Arabic name, K: Kurdish name, S: Syriac name, T: Turkish name