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THE WILD EDIBLE PLANTS OF WESTERN NIGDE ALADAGLAR MOUNTAINS (CENTRAL TURKEY)

***E.OZDEMIR, K. ALPINAR**

SUMMARY

Wild edible plants 33 (taxa) belonging to 13 families in Western part of Nigde-Aladaglar are documented. The specimens are freshly eaten most. Most useful parts of the edible plants are aerial parts. The plant specimens were collected from wild population with informants. During the field works all settlements in Western Aladaglar township (5 town and 10 villages) were visited between April 2004 – October 2004.

ÖZET

Bu çalışmada Niğde-Aladağların Batısında yenebilen yabani türlerden 13 familyaya ait 33 bitki türü belgelenmiştir. Türler en çok taze olarak yenmektedir. Gıda olarak kullanılan bitkilerin en çok kullanılan kısmı toprak üstü kısımlarıdır. Bitkiler doğal yetişme ortamlarından, bilgi alınan kişiler ile birlikte toplanmıştır. Yapılan arazi çalışmaları sırasında Batı Aladağlar bölgesinde bulunan tüm yerleşim yerleri (5 ilçe ve 10 köy) Nisan 2004 - Ekim 2004 tarihleri arasında ziyaret edilmiştir.

Key words: Ethnobotany, edible plants, Nigde, Aladaglar, Turkey.

*Istanbul University, Faculty of Pharmacy, Department of Pharmaceutical Botany, Beyazıt, Istanbul,Turkey. E-mail:pharmebru@gmail.com

INTRODUCTION

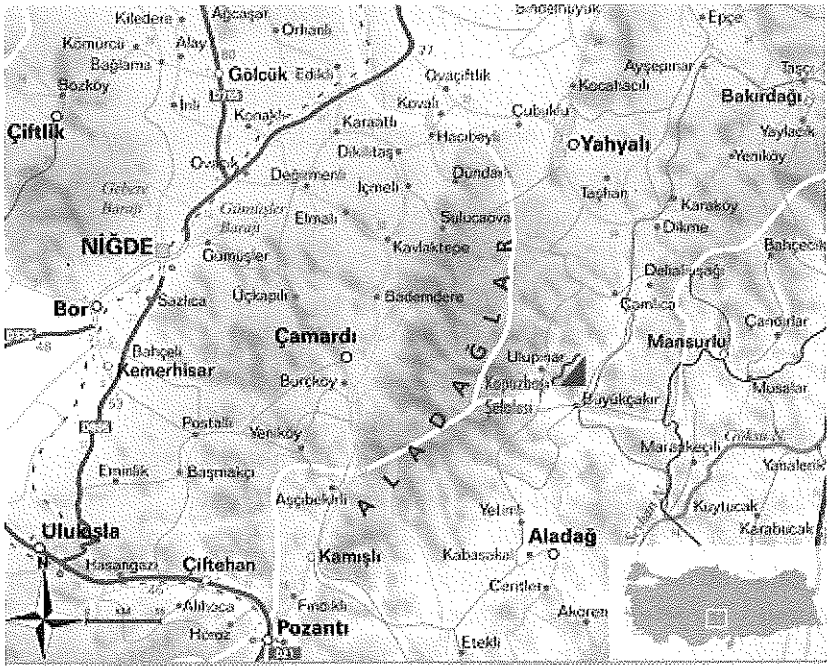
Wild food plants are of great importance to the Anatolian people. The traditional knowledge of these species, which has been handed down from one generation to the next, faces extinction and degeneration in modern times. Ethnobotanical studies have been carried out in Turkey since the early years of the 19 th century (1).

The geological, botanical view of Niğde Aladağlar;

Research area is the western part of Aladaglar mountains. The settlements which are located in that area are Çukurbağ, Demirkazık, Pınarbaşı, Bademdere, Kavlaktepe, Sulucuova, Orhaniye, Kocapınar vilages are connected to Çamardı town and Dündarlı, Dikilitaş, Hacıbeyli, İçmeli towns connected to Niğde. Niğde is located in the Middle Anatolia Region of Turkey. Niğde's ancient name is 'NAHITA'. Niğde's history go back to BC.5000. There are mountains three side of Nigde city. Neighbour cities of Nigde are in the north side Nevşehir, in northern east part Kayseri, in southern east Adana, in south Içel, in northern west Konya, in northern east Aksaray (2).

Aladağlar, is located in east part of Nigde. It is 65 km far from Çamardı town. It is between 37° 47' north parallel and 35° 11' east meridian, 50 km lenght ve 24-30 km wide. Aladağlar's area is 1024 km², highest points are, in north Demirkazık (3756m), Kızılkaya (3725 m), in south Kaldı (3688 m), in east Vay Vay (3565 m). Because of being between mediterranean and middle vegetation regions of Anatolia, Aladaglar has very rich flora especially with great percentage of endemic and rare plants. In Aladaglar flora there are 101 endemic plants, 20 of them is special just for Aladaglar (3).

Although Aladaglar has very rich flora and plant culture, people who live in there immigrate to big cities. Primary aim of this research is to collect ethnobotanical information between used plants and cultures in Nigde-Aladaglar before they are completely lost.



Map 1: The Map of Nigde Aladaglar Mountains

MATERIALS AND METHODS

The field work was carried out between April 2004 – October 2004. The information including the various data such as local names, part of the used plants, preparation methods, were obtained by mean of direct interviews (approximately 100 informants in 5 town and 10 villages visited) with villagers who know practice about the useful plants. Efforts were made to double-check any information by asking the opinion of people in neighboring villages.

During the field studies, the plant specimens were collected together with accompanied informants. The collected fresh material were numbered and kept as specimens for botanical identification. Taxonomical determinations of the collected samples were made using "Flora of Turkey and the East Aegean Islands (4,5,6), A voucher specimen of each species was kept in ISTE (The Herbarium of Istanbul University Faculty of Pharmacy).

RESULTS AND DISCUSSION

One hundred people were interviewed in this study and 126 voucher specimens were collected. Following the identification of the specimens in ISTE, 33 wild edible plants of Western part of Nigde Aladaglar and the methods of administration listed in Table 1.

The specimens are freshly eaten most (Figure1).

Aerial part of edible plants are used most (Figure 2).

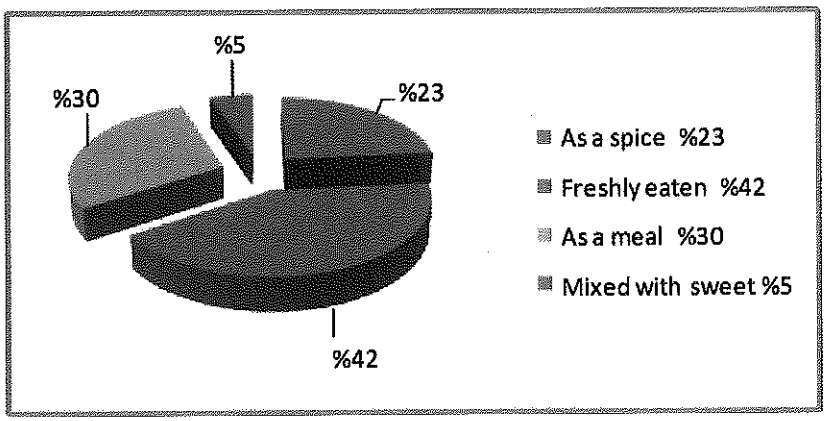


Figure 1. The Usage of Edible Plants in Western Part of Nigde Aladaglar Mountains

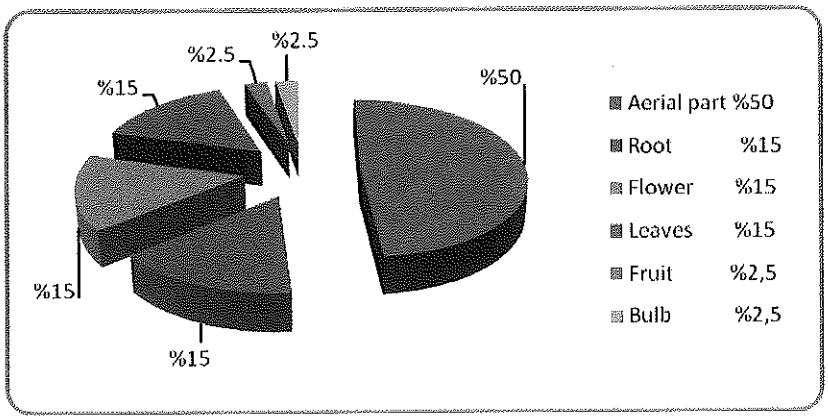


Figure 2. The used part of edible plants in Western Part of Nigde Aladaglar Mountains

Table 1: Wild Edible Plants in Western Part of Nigde Aladaglar Mountains

Family, Botanical Names [Voucher Specimens]	**Local Names**	**Used parts**	**Uses and Administration**
Apiaceae			
Bifora radians Bieb.	Yabani kişniş otu	Aerial part	As spice added to meal
Heracleum platytaenium Boiss.	Tavşancıl otu	Leaves	Cooked as meal, freshly eaten as salad
Prangos ferulacea (L.) Lindl. [ISTE 81491]	Çağşır, Köfte otu, Kürdan otu, Melekotu, Pıtrak	Leaves, root	Roots mixed with sweet paste as power paste, leaves added in lentil balls
Prangos meliocarpoides Boiss. var. *meliocarpoides* [ISTE 81576]	Çarşır, Hiltil, Sultanteresi, Yabani korunga	Leaves, root	Leaves added in special cheese, leaves cooked as meal.
Asparagaceae			
Ornithogalum umbellatum L.	Tükrük otu	Leaves	Leaves are freshly eaten
Asteraceae			
Achillea biebersteinii Afan. [ISTE 81485]	Kurtotu, Mayalık otu, Sırçanotu, Yayla çiçeği	Aerial part	Used for yeast preparation
Chondrilla juncea L. var. *juncea*	Çengel sakızı, Çıtlık, Sakız otu	Aerial part	Leaves are cooked as a meal, leaves are eaten as salad

Scorzonera cinerea Boiss. [ISTE 81526]	At yemliği, Bozkanak, Kıllı yemlik, Sakız otu	Aerial part	Resin are maden gum, Resin roasted with oil, rolled in naan, leaves are eaten as salad and cooked as a meal.
Taraxacum crepidiforme DC. subsp *crepidiforme* [ISTE 81475]	Amam otu, Çıtlık,Hindibağ, Keklik otu ,Kıl çiçek	Aerial part	Cooked as a meal
Tragopogon latifolius Boiss. var. *angustifolius* Boiss. [ISTE 81503]	Yemlik	Aerial part	Cooked as a meal
Berberidaceae			
Berberis vulgaris L.	Amber paris, Kadın tuzluğu	Root	Mixed and eaten with honey
Boraginaceae			
Moltkia coerulea (Willd.) Lehm. [ISTE 81549]	Emzik çiçeği, Sancı otu,Sormuk, Şeker otu	Flowers	Flowers eaten by kids because of sweet taste
Brassicaceae			
Aubretia pinardii Boiss. [ISTE 81536]	Sormuk	Flowers	Flowers eaten by kids because of sweet taste
Capsella bursa-pastoris (L.) Medik.	Çoban çantası	Aerial part	Freshly eaten, used as spice
Thlaspi perfoliatum L. [ISTE 81593]	Eşek gıcılavuk, Kuş kuş ekmeği, Kuş kuş otu, Tavuk götü, Yabani Gıcılavuk, Yağlıca	Aerial part	Cooked as a meal
Campanulaceae			
Asyneuma michauxioides (Boiss.) Damboldt. [ISTE 81594]	Yalancı sütlü	Aerial part	Eaten to reduce hunger and thirst

Michauxia campanuloides L' Herit. ex Ait. [ISTE 81581]	Keçi biciği, Sütlü	Aerial part	Eaten to reduce hunger and thirst
Caryophyllaceae			
Silene vulgaris (Moench) Garcke var. *vulgaris* [ISTE 81488]	Kıcılavuk	Aerial part	Eaten as a meal
Convolvulaceae			
Convolvulus arvensis L. [ISTE 81454]	Basırık otu, Kuzu sarmaşığı	Root, aerial part	Added to meal as spice
Lamiaceae			
Lamium garganicum L. subsp. *reniforme* R.Mill. [ISTE 81599]	Emli otu, Sormuk	Flowers	Flowers eaten by kids
Mentha longifolia (L.) Hudson subsp. *longifolia* [ISTE 81512]	Mentol nane, Narpuz, Su nanesi, Tüylü nane, Yarpuz	Leaves	Used as a spice
Mentha longifolia (L.) Hudson subsp. *thyphoides* (Briq.) Harley var. *thyphoides*	Yarpız	Leaves	Used as a spice
Nepeta italica L. [ISTE 81506]	Nezle otu	Aerial part	Used as a spice
Salvia multicaulis Vahl. [ISTE 81602]	Boz kulak, Mavi- mor şabla	Aerial part	Freshly eaten
Salvia sclarea L.	Misk adaçayı, Yağlı kara	Aerial part	Used as a spice
Thymus leucotrichus Hal. var. *leucotrichus* [ISTE 81479]	Deli kekik, Kekik	Aerial part	Used as aspice
Ziziphora capitata L. [ISTE 81607]	Dağ reyhanı, Reyhan, Üçgül	Aerial part	Added to salad, meal, curd with cucumber as a spice
Liliaceae			
Allium scrodoprosum L. subsp. *rotundum* (L.) Stearn. [ISTE 81510]	İt sarımsağı	Bulb	Leaves used as onion for cooking
Papaveraceae			

Glaucium leiocarpum Boiss. [ISTE 81514]	Eşşekgülü, Gavur haşhaşı, Gelin alının turuncusu,	Flowers, root	Flowers are eaten, root freshly eaten , aerial part are eaten dried.
Papaver bracteatum Lindl. [ISTE 81468]	Gavur haşhaşı, Gelin ali,Gelin eli	Aerial part	Aerial part cooked as patty and freshly eaten as salad
Polygonaceae			
Rumex scutatus L. [ISTE 81476]	Kuşkulağı, Oğlak kulağı, Şeker otu,	Aerial part	Cooked as meal, freshly eaten as salad
Rosaceae			
Rosa canina L.	Kuşburnu	Fruit	As jam or marmalade
Xanthorrhoeaceae			
Asphodeline taurica (Pallas) Kunth. [ISTE 81522]	Çiriş, Çiviş kökü, Hıdrellez kamçısı,Koyunotu, Yarpız, Yılpız	Flowers	Added in milk soup

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