

A review of edible plants on the Turkish Apiaceae species

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Abstract: Apiaceae family is the eighth biggest families in the Flora of Turkey. And it is also one of the most important family in which there are many popular plants used as food and spices in Turkey because they carry essential oils. The aim of this study is a revision on the wild edible plants of the Apiaceae family in Turkey according to our investigations and scientific literature records. Our studies are based on mainly local ethnobotanical investigations. The information about the plants was obtained through open and semi-structured interviews from the local people.

According to the list based on our investigations and the literature records, 80 taxa of Apiaceae used as food and spices were determined in Turkey. Among them, *Anethum graveolens*, *Anthriscus nemorosa*, *Eryngium campestre* var. *virans*, *Falcaria vulgaris*, *Foeniculum vulgare*, *Malabaila secacul*, *Oenanthe pimpinelloides*, *Opopanax hispidus*, *Prangos ferulacea*, *Scandix pecten-veneris*, are the most popular plants and they are used in many localities of Turkey.

Key words: Apiaceae, edible plants, Turkey

Introduction

Wild plants, even after the advent of agriculture, constituted an important part of the human diet, especially in poor rural communities (Łuczaj, 2007). At the same time rising curiosity in the use of wild edible plant resources stems from efforts to find alternatives to the industrialization and globalization of agriculture and to provide food security in times of agricultural crisis (Łuczaj, 2012). In the not so distant past many wild plants, instead of being eliminated from agricultural systems, constituted valuable supplementary sources of nutrition (Turner et al. 2011). The strong connection between nutrition and health is increasingly recognized that

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subject is frequent in popular magazines as well as in prestigious scientific journals (Etkin, 1996). All this information shows that dietary habits with wild plants are moving gaining importance from rural area to urban area.

Apiaceae family's taxa are one of the most important family in which there are many popular plants used as spices and food in Turkey because they carry essential oils. Apiaceae family is the eighth biggest families in the Flora of Turkey (Davis, 1972).

The aim of this study is a revision on the wild edible plants in Turkey of the Apiaceae family.

Materials and methods

The main source of this study is a book by Prof. Dr. Ertan Tuzlacı on wild edible plants of turkey titled "Wild Food Plants and Herbal Dishes of Turkey (Türkiye'nin Yabani Besin Bitkileri ve Ot Yemekleri)" which includes a list of species which have been consumed in Turkey (Tuzlacı, 2011). All references used in this book and the other additional literature (Dogan, 2014; Şenkardeş, 2014) are presented in the references in the end of this paper.

Table 1.

Scientific name	Local names	Used parts	Uses
<i>Ammi visnaga</i> (L.) Lam.	Diş otu, Hiltan, Hırhır, Kürdan otu, Kürdanlık, Koşni, Namus otu, Uslu baldıran	Young shoots	Salad (Muğla)
<i>Anethum graveolens</i> L.	Börek otu, Çörek otu, Dere otu, Hukar, Sıbit, Tarak otu, Tarakdalı, Tarhana otu, Tere otu	Leaves Leaves	Spice (Afyon, Aksaray, Ankara, Çanakkale, Muğla) Spice in cheese (Antalya, Hakkari, Van)
<i>Angelica sylvestris</i> L.	Kekire	Young stems Young stems	Eaten fresh after peeling (Erzurum, Kars) Jam (Bursa)
<i>Anthriscus kotschy</i> Fenzl ex Boiss. et Bal.	Kazyak	Leaves Leaves	Cooked as meal.(Bartın) Eaten fresh (Bartın)

Scientific name	Local names	Used parts	Uses
<i>Anthriscus nemorosa</i> (Bieb.) Sprengel	Banda, Gımı, Gımıgımı, Hırhindilik, Mendi, Mendik, Mendo, Peçek, Piçekli	Young stems Young shoots and leaves Young aerial parts Young aerial parts Young shoots Stems Young shoots Young shoots Young shoots	Eaten fresh after peeling (Erzurum, Iğdır, Sivas, Tunceli) Eaten fresh (Iğdır) Cooked as meal with egg (Sivas) Cooked as meal (Iğdır, Van) Pickle (Erzurum) Pickle (Iğdır) Spice (Van) Spice in cheese (Van)
<i>Anthriscus sylvestris</i> (L.) Hoffm.	Gımı, Gımıgımı, Mendi, Mendo	Young shoots Young stems Young shoots Young shoots	Spice in cheese (Van) Eaten fresh (Iğdır) Eaten fresh (Iğdır) Cooked as meal (Iğdır)
<i>Apium nodiflorum</i> (L.) Lag.	Bendik, Tatlı gerdeme, Tatlı kerdeme	Leaves Young shoots	Cooked as meal (Diyarbakır) Cooked as meal (İstanbul)
<i>Berula erecta</i> (Huds.) Coville	Kazayağı, Tere	Aerial parts	Salad (İstanbul)
<i>Bifora radians</i> Bieb.	Ayran otu, Kişniş, Kokar ot, Küçük kişniş otu, Yabani kişniş otu	Aerial parts	Spice (Ağrı, Van)
<i>Bunium ferulaceum</i> Sm.	Topalak	Tuber	Eaten fresh after peeling (Mersin)
<i>Bunium microcarpum</i> (Boiss.) Freyn	Adol, Gımı, İncirop, Yalık	Tuber Tuber	Eaten fresh after peeling (Antalya, Ardahan, Erzurum, Kars) Eaten after boiling (Ardahan, Erzurum, Kars)
<i>Bunium paucifolium</i> DC.	-	Tuber Dried tuber	Eaten fresh after peeling (East Anatolia) to make bread after powdered (East Anatolia)
<i>Carum carvi</i> L.	Çemen, Frenk kimyonu, Kımı, Kıtık	Young stems Young aerial parts	Spice in cheese (Van) Spice (Kars)
<i>Chaerophyllum angelicifolium</i> Bieb.	Cacık	Young aerial parts Young aerial parts Young aerial parts Young aerial parts	Spice in cheese (Iğdır) Cooked with yogurt (Iğdır) Cooked as meal (Iğdır) Eaten fresh after peeling (Iğdır)

Scientific name	Local names	Used parts	Uses
<i>Chaerophyllum aromaticum</i> L.	Mendek	Young aerial parts Young aerial parts	Cooked as meal (Giresun) Soap (Giresun)
<i>Chaerophyllum aureum</i> L.	Deli manca	Young stems	Eaten fresh after peeling (Iğdır)
<i>Chaerophyllum bulbosum</i> L.	Handok, Hılak, Kıımı	Young stems Young stems	Eaten fresh after peeling (Erzurum) Pickle (Erzurum)
<i>Chaerophyllum byzantinum</i> Boiss.	Çarşır, Çarşır otu, Yoğurt otu	Young stems and leaves Young stems Young stems and leaves	Cooked as meal Spice (Kocaeli) Spice (North Anatolia)
<i>Chaerophyllum crinitum</i> Boiss.	Mendi, Mendo	Leaves	Spice in cheese (Van)
<i>Chaerophyllum libanoticum</i> Boiss. et Kotschy	Mentik	Young stems	Eaten fresh (Hatay)
<i>Chaerophyllum macropodium</i> Boiss.	Mendi, Mendo	Leaves Young stems	Spice in cheese (Van) Eaten fresh after peeling (Van)
<i>Coriandrum sativum</i> L.	Aş otu, Kinzi, Kişniş, Kuzbere, Yumurca, Yumurcak	Leaves Leaves Fruits	Salad Spice (Antalya, Erzurum, Kars) Spice
<i>Crithmum maritimum</i> L.	Ada marulu, Deniz baklasi, Deniz otu, Geneviz, Kaya koruğu, Kereviz otu	Aerial parts Leaves Leaves Leaves	Salad (Muğla) Eaten fresh (Muğla) Pickle (Mersin, Muğla) Eaten after boiling (Çanakkale)
<i>Cymbocarpum anethoides</i> DC.	Aş otu	Young aerial parts	Spice (Iğdır)
<i>Daucus carota</i> L.	Arnamus otu, Boldo, Çakalboğan, Çocukboğan, Eşek otu, Hıltan, Kaymak otu, Keldimen, Kokar ot, Mayasıl otu, Pıtrak otu, Taraklık, Tepeli ot	Young aerial parts Young aerial parts Roots and young shoots	Used in Börek (a special pastry) Cooked as meal Cooked as meal (Çanakkale)
<i>Echinophora orientalis</i> Hedge et Lamond	Çöven	Roots	Added into halva (Van)
<i>Echinophora tenuifolia</i> L. subsp. <i>sibthorpiana</i> (Guss.) Tutin	Çördük, Çörtük	Roots Leaves and flowers Leaves and flowers Aerial parts	Eaten fresh (Aksaray) Spice for pickles (Afyon) Spice for soap (Bilecik) Spice for molasses (Nevşehir)

Scientific name	Local names	Used parts	Uses
<i>Echinophora tournefortii</i> Jaub. et Spach	Kuşkonmaz	Young Stems	Eaten fresh after peeling (Nevşehir)
<i>Eryngium billardieri</i> Delar.	Boğa dikeneni, Engürek, Gelenk, Karance karan, Şekrok, Tüsü, Tüysi	Young stems	Eaten fresh after peeling (Erzurum, Iğdır, Malatya, Hakkari, Van)
<i>Eryngium campestre</i> L.	Boğa dikeneni, Deve dikeneni, Eşek dikeneni, Kalgağan dikeneni, Kengel, Kenger, Kuşkonmaz, Şeker dikeneni, Tengel dikeneni, Yıldız otu,	Young stems	Eaten fresh after peeling (Ankara, Erzurum, Nevşehir)
<i>Eryngium campestre</i> L. var. <i>virens</i> Link	Ak dikeneni, Boğa dikeneni, Çakır dikeneni, Deve dikeneni, Devetabanı, Devetabanı dikeneni, Gelenkzer, Kaldırak dikeneni, Kazayağı, Tavukgötürtmeği	Roots Leaves Young shoots Flowering parts Leaves Young stems	Salad (Muğla) Salad (Muğla) Cooked as meal (Muğla) Eaten fresh (Niğde) Cooked as meal (Yalova) Eaten fresh after peeling (Iğdır, Karaman)
<i>Eryngium creticum</i> Lam.	Çistok, Deve dikeneni, Devetabanı, Devetabanı dikeneni, Göz dikeneni, Kaldırak dikeneni,	Roots Leaves Young shoots Young stems	Salad (Muğla) Salad (Muğla) Cooked as meal (Muğla) Eaten fresh after peeling (Ş.urfı)
<i>Eryngium giganteum</i> Bieb.	At dikeneni	Young stems	Eaten fresh after peeling
<i>Falcaria vulgaris</i> Bernh.	Kazayağı, Pekaz	Young stems Young stems Young stems Young stems Young stems Young stems	Salad (Iğdır, Van) Cooked as meal (Erzurum, Van) Cooked as meal after boiled in milk (Iğdır) Pickle (Erzurum, Iğdır, Van) Eaten fresh (Iğdır) Spice in cheese (Van)
<i>Ferula caspica</i> Bieb.	Gırmızı bolu, Gırmızı pötlük, Kırmızı bolu	Young shoots and stems Young stems Young shoots and leaves	Cooked as meal (Iğdır) Eaten fresh after peeling (Iğdır) Pickle (Iğdır)
<i>Ferula orientalis</i> L.	Eşek çarşırı, Heliz, Helizan	Leaves Leaves	Spice in cheese (Van) Spice (Iğdır)

Scientific name	Local names	Used parts	Uses
<i>Ferula rigidula</i> DC.	Heliz	Leaves Leaves Young shoots and leaves Young stems Leaves	Spice in cheese (Van) Cooked as meal (Van) Pickle (İğdır) Eaten fresh after peeling (İğdır) Cooked as meal (İğdır)
<i>Ferula</i> sp.	Çakşır, Çakşır otu, Helis, Hitik, Hiltik, Kasnı, Kerkor, Peynir otu	Young shoots and leaves Leaves	Cooked as meal (Artvin, Erzurum) Spice in cheese (Van)
<i>Ferula szowitsiana</i> DC.	Kasnı	Young stems	Eaten fresh after peeling (Sivas)
<i>Ferulago trachycarpa</i> Boiss.	Çağşır, Çaşır, İlk çağşır	Basal leaves	Eaten fresh (Konya)
<i>Foeniculum vulgare</i> Miller	Arapsaçı, Bokluk otu, Cumhuri, Çumra, Erezene, Isıra, Kokar ot, Mayana, Meletüre, Meyana, Muyana, Rezene, Sıra, Sincibil, Sincilip	Young shoots and leaves Young shoots Young shoots and leaves Young shoots and leaves Young shoots Aerial parts Young shoots and leaves Leaves Aerial parts Aerial parts Fruits	Cooked as meal (Muğla) Cooked as meal with egg (Çanakkale, Muğla) Cooked with other vegetables (Muğla) Cooked with milk (Muğla) Spice (Aydın, Balıkesir, İzmir, Muğla) Cooked as meal (Muğla) Spice (Antalya, G. antep, İzmir, Muğla) Spice (Bursa Çanakkale, İzmir, Muğla, Yalova) Tea (Çanakkale) Spice (Batman) Spice (Karaman)
<i>Grammosciadium daucooides</i> DC.	Kami	Fruits	Spice (Malatya)
<i>Heracleum crenatifolium</i> Boiss.	Sov, Suh	Young stems Young stems Young stems	Cooked as meal (Van) Spice (Van) Spice in cheese (Van)
<i>Heracleum persicum</i> Desf.	Sov, Suh	Young stems and leaf petiols Young stems and leaf petiols Young stems and leaf petiols	Cooked as meal (Van) Spice (Van) Spice in cheese (Van)
<i>Heracleum platytaenium</i> Boiss.	Halvan, Halvan otu, Hometi, Kamsam, Kekrer, Romati, Tavşancıl otu, Tavşanlı, Yaban lahanası	Young stems and leaf petiols Young stems Leaves Young stems	Pickle (Kocaeli) Pickle (Rize) Spice for fish dishes (Kocaeli) Eaten fresh after peeling (Rize)

Scientific name	Local names	Used parts	Uses
<i>Heracleum sphondylium</i> L. subsp. <i>ternatum</i> (Velen.) Brummitt	Çağşur, Devesil, Devesil otu	Young stems	Eaten fresh after peeling (Bartın)
<i>Heracleum trachyloma</i> Fisch. et Mey.	Baldırğan, Baldırğan, Soy	Young stems Young stems	Eaten fresh after peeling (Iğdır) Spice (Iğdır)
<i>Hippomarathrum cristatum</i> (DC.) Boiss.	Çarşamba, Çaşır, Tarhana otu	Root Young shoots Flowering parts Flowering parts Aerial parts	Eaten fresh after peeling (Muğla) Cooked as meal Soap (Aydın, İzmir, Muğla) Spice Spice (Kırklareli)
<i>Lagoecia cuminoides</i> L.	Karaca ot, Peynir otu, Pülüskün	Fruits Flowering parts	Spice in cheese (Muğla) Spice in cheese (Muğla)
<i>Laser trilobum</i> (L.) Borkh.	Kefe kimyonu, Kimyon, Sıra, Yabani kimyon	Fruits	Spice (Adana, Çanakkale, Mersin)
<i>Laserpitium glaucum</i> Post	Baldıran	Root	Eaten fresh after peeling (Adana)
<i>Laserpitium hispidum</i> Bieb.	-	Young stems	Eaten fresh after peeling
<i>Ligusticum alatum</i> (Bieb.) Sprengel	Küçük sov, Sov, Suh	Aerial parts	Spice in cheese (Van)
<i>Malabaila dasyantha</i> (C.Koch) Grossh.	Kelemekeşir, Kelemenkeşir, Kelemekeşir, Sov, Suh	Young aerial parts Young stems and root Stems Young stems and leaves	Cooked as meal (Iğdır) Eaten fresh after peeling (Iğdır) Spice (Iğdır) Spice in cheese (Van)
<i>Malabaila secacul</i> Banks et Sol.	Çakşır, Çördük otu, Çörtlük otu, Keçimemesi, Kelemekeşir, Kelemenkeşir, Kelemekeşir, Koyunekmeği	Young stems and leaves Young stems and leaves Root Young aerial parts Young stems and roots Young stems	Eaten fresh (Hatay, Van) Cooked as meal (Hatay) Eaten fresh (Mersin) Spice in cheese (Van) Eaten fresh after peeling (Iğdır) Spice (Iğdır)
<i>Myrrhoides nodosa</i> (L.) Cannon	Kıtık	Young stems and leaves	Spice in cheese (Van)
<i>Oenanthe fistulosa</i> L.	Gazyak, Kazayağı, Kazyak	Basal leaves	Cooked as meal (Muğla)

Scientific name	Local names	Used parts	Uses
<i>Oenanthe pimpinelloides</i> L.	Frenk maydanozu, Gazyak, Güre maydanoz, Kara kazyak, Kazayağı, Kazyak	Basal leaves Basal leaves Basal leaves Basal leaves Basal leaves	Cooked as meal (İstanbul, Kocaeli) Cooked as meal with egg (Çanakkale, Muğla) Cooked with rice (Kocaeli) Used in Börek (a special pastry) (Muğla) Pickle (İstanbul, Kocaeli)
<i>Oenanthe</i> sp.	Deli maydanoz, Kazayağı	Basal leaves Basal leaves Leaves Basal leaves	Salad (Denizli, Muğla) Cooked as meal (Aegean district) Eaten fresh (Muğla) Pickle (Bursa)
<i>Opopanax hispidus</i> (Friv.) Gris.	Çördük otu, Çörtlük otu, Halız, Heliz, Kaymak otu, Kaymaklık, Kekire, Kirkora zar, Mayasıl otu, Sarı çiçek, Sarı ot	Young shoots and leaves Young leaves Young leaves Young shoots and leaves Young stems Young stems	Cooked with milk (Muğla) Cooked as meal and eaten with yoghurt (Muğla) Cooked as meal (Muğla) Cooked as meal and eaten with yoghurt. (Muğla) Eaten fresh after peeling (Erzurum, Malatya, Muğla) Pickle (Malatya)
<i>Pastinaca armena</i> Fisch. et Mey.	Kelemenkeşir	Young aerial parts	Cooked as meal (Erzurum, Kars)
<i>Pastinaca armena</i> Fisch. et Mey. subsp. <i>armena</i>	Kelemekeşir, Kelemenkeşir, Kelemkeşir	Young stems Leaves	Eaten fresh after peeling (Iğdır) Spice (Iğdır)
<i>Pastinaca pimpinellifolia</i> Bieb.	Kelemenkeşir	Young aerial parts	Cooked as meal (Erzurum, Kars)
<i>Pastinaca sativa</i> L.	Kelemenkeşir	Young aerial parts	Cooked as meal (Erzurum, Kars)
<i>Peucedanum longifolium</i> Waldst. et Kit.	Çaşır, Çaşur	Young aerial parts	Pickle (Iğdır)
<i>Peucedanum palimbioides</i> Boiss.	Bahar	Aerial parts	Spice (Ankara)
<i>Pimpinella peregrine</i> L.	Mendi, Mendo, Taraklık	Leaves and flowering parts	Spice in cheese (Van)
<i>Prangos ferulacea</i> (L.) Lindl.	Çakşır, Çaşır, Eşek çaşır, Heliz, Köfte otu, Sarı çaşır, Tekesakalı	Leaves Leaves Stems Young leaves	Added into lentil patties (Niğde) Spice in cheese (Van) Eaten fresh after peeling (Erzurum) Salad (Iğdır)
<i>Prangos meliocarpoides</i> Boiss. var. <i>meliocarpoides</i>	Çakşır, Çarşır, Hiltik, Sultanteresi	Leaves Young shoots	Spice in cheese (Niğde) Cooked as meal (Niğde)
<i>Prangos pabularia</i> Lindl.	Çakşır, Çaşır, Heliz, Hiltik, Hitik, Kerkür	Leaves	Spice in cheese (Van)

Scientific name	Local names	Used parts	Uses
<i>Prangos platychlaena</i> Boiss. ex Tchihat	Çağşır, Çakşır, Kırkor, Korkor	Stems Stems Young shoots	Eaten fresh after peeling (Malatya) Pickle (Malatya) Cooked as meal (Sivas)
<i>Prangos uechtritzi</i> Boiss. et Hausskn.	Çakşır, Çaşır	Stems Stems Young aerial parts	Pickle (Nevşehir) Eaten boiled after peeling (Nevşehir) Cooked as meal (Nevşehir)
<i>Scandix pecten- veneris</i> L.	İğnelik, Kişkincik otu, Kişkiş otu, Ördekburnu, Taraklık	Young aerial parts Young aerial parts Young aerial parts Young aerial parts Young aerial parts Young aerial parts	Eaten fresh (Muğla) Cooked as meal (Muğla) Cooked as meal (Muğla) Spice (Muğla) Used in Börek (a special pastry) (Muğla) Salad (Antalya)
<i>Scandix sp.</i>	Kişkiş	Young aerial parts	Eaten fresh (Muğla)
<i>Seseli libanotis</i> (L.) W. Koch	Kelemenkeşir	Young aerial parts	Salad (Erzurum, Kars)
<i>Sium sisarum</i> L. var. <i>lancifolium</i> L.	Su kazayağı	Leaves	Used in Börek (a special pastry)
<i>Smyrniun connatum</i> Boiss. et Kotschy	Baldıran	Roots	Eaten fresh (Antalya, Mersin)
<i>Smyrniun olusatrum</i> L.	Baldıran, Göret, Kokar baldıran	Young shoots and leaves Young shoots Young shoots Roots Young shoots Young shoots Roots Roots	Cooked as meal and eaten with yoghurt (Muğla) Salad (İzmir, Muğla) Cooked with milk (Muğla) Salad (Muğla) Eaten fresh after peeling (Muğla) Eaten fresh (Muğla) Eaten fresh after peeling (Muğla) Cooked as meal. (Muğla)
<i>Tordylium apulum</i> L.	Boncuk otu, Davul çiçeği, Davul otu	Fruits	Spice (Çanakkale)
<i>Zosima absinthifolia</i> (Vent.) Link	Bolu, Peynir otu, Pölük	Young leaves Young stems	Cooked as meal (Iğdır) Eaten fresh after peeling (Iğdır)

Result

As a result of our investigations and the literature records, 80 species of Apiaceae family hat are being used as food and spices were identified in Turkey. Among them, *Anethum graveolens*, *Anthriscus nemorosa*,

Eryngium campestre var. *virens*, *Falcaria vulgaris*, *Foeniculum vulgare*, *Malabaila secacul*, *Oenanthe pimpinelloides*, *Opopanax hispidus*, *Prangos ferulacea*, *Scandix pecten-veneris*, are the most popular plants and they are used in many localities of Turkey. The result belonging to the most popular uses and using parts of the plants are presented in table 2 and 3.

Table 2.

Uses	Number of taxon
Eaten fresh	46
Spice	43
Cooked as meal	41
Pickle	14
Salad	12

Table 3.

Using parts of plants	Number of taxon
Leaves	35
Young stems	30
Aerial parts	24
Young shoots	16
Roots	12

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