

## **An Ethnobotany Study in Enez Town from Edirne**

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### **Abstract**

In this study, 10 villages of Enez province were visited and interviews were performed with 18 persons in total. According to the determinations 29 of these utilized taxa were used for medical, 34 taxa for food and 8 taxa for different purposes, except cultivated. During this study is to determine the local and Latin names, the parts used, forms and purposes of utilization of the plants used by local people.

**Keywords:** Edirne, Enez, ethnobotany, Turkey

### **1. Introduction**

Local people are using the plants those are growing naturally in proximity for many different purposes. Although the number of medicinal plant species used in the world is not known precisely, it is estimated to be between 20,000 and 70,000. According to the results of the World Health Organization (WHO) conducted in 1979, it is stated that the number of herbal drugs used and traded is 1900. It is estimated that 80% of the world population and 95% of the African population are benefited from treatment methods based on medical plants (WHO 2000; Tassou 2006). Approximately 1000 plants are used for ethnobotany purposes in Turkey. There are some ethnobotanical studies implemented in this region previously (Akalin and Alpınar 1994; Ecevit Genç and Özhatay 2006; Tuzlacı and Alpaslan 2007; Kültür, 2007; Kültür and Sami 2009; Tuzlacı, et. al. 2010; . Bulut, 2011; Kartal 2015; Güneş, 2015; Güneş 2016a; Güneş 2016b; Güneş 2016c; Güneş 2017a; Güneş 2017b; Güneş and Kartal 2017).

Akalin and Alpınar (1994) recorded 58 wild medicinal and edible plants in Tekirdağ. Ecevit Genç and Özhatay (2006) reported 68 flowering plant species used medicinally in Çatalca (European part of Istanbul). Among them, 58 taxa are wild and 10 taxa are cultivated plants which are mostly used for the treatment of some diseases. Tuzlacı and Alpaslan (2007) recorded 62 folk medicinal plants from Babaeski (Kırklareli). Among them, 46 species are wild and 16 species are cultivated plants. Kültür (2007) investigated the use of medicinal plants in Kırklareli. The study includes the local names of 126 medicinal plants belonging to 54 families, and among them 100 species was wild and 26 species were cultivated plants. Kültür and Sami (2009) investigated 68 species belonging to 32 families and 62 genera of folk medicinal plants of İspirih (Razgrad) center and its villages from Bulgaria. Among them, 44 taxa are wild and 24 taxa are cultivated plants. Tuzlacı et al. (2010) recorded the use of 55 species belonging to 25 families of folk medicinal plants by the community of Lalapaşa and

villages from Edirne. Among them, 44 taxa are wild and 11 taxa are cultivated plants. Bulut (2011) reported that 35 species are used as folk medicine in the Silivri region. Among them, 25 species are wild and 10 species are cultivated plants. Kartal (2015) reported that 58 flowering plant species in 36 family used medicinally in Enez including cultivated. Güneş (2015) investigated 50 the medicinal plants in 26 family used in villages of Havsa Town and in the villages of Edirne. Güneş (2016a) Reported that 61 the medicinal plants in 34 family used in villages of İpsala. Güneş (2016b) recorded the use of 69 species belonging to 36 families of food plants used in villages of İpsala. Güneş (2016c) recorded the use of 55 species belonging to 25 families of food plants by the community of Havsa and villages from Edirne. Güneş (2017a) investigated the use of food plants in Meriç Town from Edirne. 38 persons in 16 villages were interviewed. The food plants from 45 taxa including 27 families were recorded. Güneş (2017b) investigated the medicinal plants used in Uzunköprü Town. In this study; fifty-seven people in 55 villages were interviewed. Overall, medicinal plants from 96 taxa belonging to 45 families were recorded. Traditional medicinal plants were used to treat 80 diseases and ailments such as diabetes, cold, flu, cough, stomachache, and hemorrhoids. Kartal and Güneş (2017) recorded the use of 24 species belonging to 19 families of folk medicinal plants by the community of Meriç and villages from Edirne.

There has been no detailed ethnobotanical study performed in the Enez area before about the local names and ethnobotanical properties of the plants. The purpose of this study is to determine the local and Latin names, the parts used, forms and purposes of utilization of the plants used by local people in Enez province.

## 2. Material and Methods

The study is executed in March-October in the years of 2013-2015 in villages of Enez and surrounding villages. Interviews were carried out face-to-face with the community. 10 villages of Enez province were visited and interviews were performed with 18 persons in total (Fig. 1).



**Figure 1.** The map of Enez

The identification of the plant species those determined to be in use was based on “Flora of Turkey and East Aegean Islands” (Davis 1965-88; Güner et al., 2000) and “List of Turkey Plants (Vascular Plants)” (Güner et al., 2012). The plant samples identified are kept in Faculty of Pharmacy in Trakya University.

### 3. Results and Discussion

In this study, 29 of these utilized taxa were used for medical in 22 families, 34 taxa for food in 18 families and 8 taxa in 7 families for different purposes. The Latin name and herbarium numbers of the plants, local names, families, village number, usable parts, usage form and uses were listed alphabetically in the tables (1-3). According to the results, the largest eight families are Rosaceae (13 taxa), Lamiaceae (11 taxa), Asteraceae (10 taxa), Poaceae (four taxa), Ranunculaceae (four taxa), Malvaceae (three taxa), Cucurbitaceae (three taxa), Brassicaceae (three taxa). Also the photographs of some medicinal plants are added (Fig. 2).



**Figure 2.** The photos of some plants used

The most commonly used species; *Artemisia annua* (kabe süpürgesi), *Capsella bursa* (kaşıkotu, kazdışi), *Ecballium elaterium* (acıkelek), *Hypericum perforatum* (sarıkantaron), *Papaver rhoeas* (gelincik), *Portulaca rausii* (semizotu), *Prunus spinosa* (güvem), *Pyrus elaeagnifolia* subsp. *bulgarica* (alat), *Rumex crispus*, (labada), *Stellaria media* (kuşotu), *Trapa natans* (çökelek), *Tribulus terrestris* (çoban kalgıdan), *Urtica dioica* (ısırgan) (Table 1-3). Some of medicinal plants have many uses: *Ecballium elaterium*, *Datura stramonium*, *Juniperus communis*, *Hypericum perforatum*, *Origanum vulgare*, *Palustris spina-cristi*, *Plantago major*, *Pyrus communis* and *Tribulus terrestris*.

The most common usage forms are decoction (46.9%), infusion (25%), fresh plant (14.6%), crushing (6.3%), and the other preparation methods (7.2%). The most common used parts are fruit (28%), leaf (20%), flower (15%), aerial parts (14%), seed (7%), and the other plant parts (16%).

Nowadays, it has become pretty easy to reach shop-ping centres and hospitals. Therefore, benefiting from natural plants is about to be forgotten. The information given

here is obtained from elders and barely known by the young. It is elders again who benefit from these plants for various purposes today. With this study, the information obtained from elders will be recorded and transmitted to the next generations; therefore, it will not disappear.

In conclusion, in this study, 29 folk medicinal plants belonging to 22 families, 34 food plants in 18 families and 8 plant different purposes in 7 families (except cultivated) have been presented. This information is expected to be tested pharmacologically in the future.

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**Table 1. Medicinal plants of Enez (Except cultivated)**

Latin name and herbarium numbers	Family	Local name	Village number	Part used	Usage form	Uses
<i>Arum maculatum</i> L. 3910	<i>Araceae</i>	Yılan yastığı, yılan bıçağı, yılan yatağı	3,7	Roots, seeds, leaves	Eat a seed every day or swallow 1 every day	Intestinal parasites, breathlessness, Prevents hair loss
<i>Brassica nigra</i> L. 3987, 4009	<i>Brassicaceae</i>	Ardal, rapisa, radika, hardaliye (traditional drink)	1,5	Seeds	Seeds wrapped in a cloth, put into grape juice and wait 1–2 months/a glass – a day	Cardiovascular diseases
<i>Cardopatum corymbosum</i> (L.) Pers. -4137- 4210	<i>Apiaceae</i>	Kurtluot	1,4	Roots	Root is crushed and its milk is applied over the warts or skin	Warts and skin diseases
<i>Cynodon dactylon</i> (L.) Pers. 4202	<i>Poaceae</i>	Ayrık	1,3,6,8,9	Roots and aerial parts	Decoction / twice a day/for 40–50 days	Prostate ailments, rheumatism, kidney stones
<i>Datura stramonium</i> L. 3955, 4056, 3980-a, 4063	<i>Solanaceae</i>	Tatula, tatala, Mandacık, mandalak, domuz pıtrağı, pıtrak	2	Seeds, leaves, flowers	1. 5–6 seeds swallowed 2. Flowers are smoke like cigarettes 3. Leaves crushed and put on burn/ext. 4. Put flowers in nose/ext.	1.Sedative, hallucination, aphrodisiac 2. Asthma (in the past) 3. Burn 4. Quitting smoking (in the past)
<i>Ecballium elaterium</i> A. Rich. 4157, 4266	<i>Cucurbitaceae</i>	Yabakele, acıkavun, karakavun, acikelek, patlangaç, gargadüleği, kargadüleği	1,3,7	Fruits	1. Fruit juice/2–3 drops are dropped into water/dropped into nostrils/ext. 2. Decoction/a glass – once a day 3. Fruits boiled and made into ointment/wrapped /ext.	1.Sinusitis, headache, migraine 2. Haemorrhoid 3. Rheumatism
<i>Equisetum giganteum</i> L. 4258, 4670	<i>Equisetaceae</i>	Kırkkilit otu, kavakotu	6,10	Aerial parts	Decoction/a glass – once a day	Calcification, kidney stones, prostate ailments
<i>Eryngium cireticum</i> Lam. 3974, 4160	<i>Apiaceae</i>	Eşek tiken, çakır tiken, mavi çakır	1,7	Stems and flowers	Eaten fresh	Liver diseases
<i>Hypericum perforatum</i> L. 4178, 4214	<i>Hypericaceae</i>	Sarı kantaron, sarı kantaron otu, kantaron	1-10	Flowers and leaves	1. Flowers and leaves mixed with olive oil and wait for a month 2. Infusion/dried flowers/a glass – once a day	1. For sunburn and hemorrhoid /usable 2–3 times a day 2. Skin stains, scars, cold, stomach ache, ulcer
<i>Juncus effusus</i> L. subsp. <i>effusus</i> , 4205, 4249	<i>Juncaceae</i>	Dipçik, kındıra	1-10	Roots	Decoction/a glass – once a day	Urinary diseases
<i>Juniperus communis</i> L. var. <i>communis</i> 4227	<i>Cupressaceae</i>	Ardıç	6,8	Fruits (cones) and aerial parts	1. Decoction/fresh fruits/a glass – twice a day 2. Boiled/make tar/ext. 3. Dried fruits /3–4 pieces eaten once a day/before breakfast	1. Calcification, heart diseases 2. Wounds 3. Asthma and rheumatism
<i>Malva sylvestris</i> L. *3844, 3885	<i>Malvaceae</i>	Ebegümeçi, ebeğömeçi	1-10	Aerial parts	Decoction	Cancer, tonsillitis and chicken diseases
<i>Matricaria chamomilla</i> L. 4141, 4218, 4231	<i>Asteraceae</i>	Papatya, çay bitkisi	5,8,9	Flowers (capitulum)	Decoction/dried flowers/a glass – once a day/until recovery	Analgesic, sedative, cold, flu, beautifies the skin
<i>Menta spicata</i> L. subsp. <i>spicata</i> , 4186	<i>Lamiaceae</i>	Kır nanesi, deli nane	1-7	Aerial parts	Mixed with seeds/ext. Decoction/a glass – once a day	Insecticide, cold, stomach ache



<i>Origanum vulgare</i> L., 3887, 4225, 3980	<i>Lamiaceae</i>	Güveyotu, güveotu	1-10	Aerial parts	1. Decoction/dried fruits soaked in hot water 3-5 min. 2. Infusion	1. Insecticide (in the past) 2. Gastritis, diabetes
<i>Palustris spina-cristi</i> L. 4194, 4671	<i>Rhamnaceae</i>	Karaçalı	1-10	Fruits	Infusion or Decoction/a glass – once a day	Cough (for children), Gall bladder diseases, Stomach ache, diabetes, fungal diseases in women
<i>Plantago major</i> L. subsp. <i>majör</i> , 3996, 4147, 4188	<i>Plantaginaceae</i>	Sinirli ot, sinirotu, yara otu, siğil otu	1-7, 9	Leaves	1. Crushed/applied/Ext. 2. Put in shoes/ext. 3. Infusion/a glass – once a day	1. Blain (in the past) 2. Warts (in the past) 3. Wounds on foot, prostate ailments
<i>Prunus spinosa</i> L., 4101, 4111	<i>Rosaceae</i>	Güvem, Tranka	1-10	Fruits	Fresh, marmalade, jam	Urinary diseases, diabetes, bronchitis
<i>Pyrus communis</i> L. subsp. <i>communis</i> , 3931, 4025	<i>Rosaceae</i>	Alat, ahlat, kak, alfat	1,3,9	Fruits	1.Dried fruits/compote 2. Pickled	Diabetes
<i>Rosa canina</i> L., 3965, 3982, 4672	<i>Rosaceae</i>	Kuşburnu, köpek yemişi ,köpekgülü	1-10	Fruits	Decoction/infusion/a glass – once a day	Prostate ailments,
<i>Ruscus aculeatus</i> L., 4248, 3795	<i>Asparagaceae</i>	Tavşan biberi, tavşan şekeri, tavşan bubucu	1-10	Fruits	Eaten fresh	Diabetes
<i>Sambucus ebulus</i> L., 3963, 3978, 4121, 4238	<i>Adoxaceae</i>	Sultan otu, bizga, kokarca	1-10	Aerial parts	Put in the hen coop/ext.	1. Insecticide (in the past)
<i>Sideritis scardica</i> L. subsp. <i>scardica</i> , 4217, 4232	<i>Lamiaceae</i>	Adaçayı	1-10	Aerial parts	Decoction/a glass every day	Cough, cold, insomnia
<i>Silybum marianum</i> (L.) Gaertn. subsp. <i>marianum</i> , 3999, 4018, 4189	<i>Asteraceae</i>	Sütlü kengel, göngel, sütlü diken, eşek diken	2	Stems	Eaten fresh or pickled	Liver diseases
<i>Thymus longicaulis</i> C. Presl subsp. <i>longicaulis</i> , 3966, 3967, 4012	<i>Lamiaceae</i>	Kekik, kekik otu, keklik otu	3,5,8,9	Aerial parts	Infusion/a glass – once a day/1 week	Tension, diabetes, stomach ache
<i>Tribulus terrestris</i> L., 3975	<i>Zygophyllaceae</i>	Çoban kalkıtan, çoban kalgıdan, çoban hoplatan, çökelek	4-7	Aerial parts, fruits	1. Decoction/3 times a day 2. Infusion 3. Decoction/a glass – once a day	1. Haemorrhoid, Embolism, 2. Blood purifier, cardiovascular, diseases, 3. Stomach ache, kidney diseases
<i>Urtica dioica</i> L., <i>Urtica urens</i> L. 3877, 3997, 4001, 4083 4131, 4183, 4228	<i>Urticaceae</i>	Isırğan, ısırın	1-6	1. Fresh 2 Dried plant 3Aerial parts	1. Decoction/a glass – once a day 2. Infusion/a glass – once a day	1 Urinary diseases 2. Haemorrhoid, cancer
<i>Viscum album</i> L. subsp. <i>album</i> 3960, 4255	<i>Santalaceae</i>	Yellim kara	1,2,4,10	Leaves	Decoction/a teacup – every day/before breakfast	Diabetes

**Table 2.** The Food Plants Used in Enez Town (Except cultivated)

Latin name and Voucher number	Family	Local name	Village number	Part used	Uses
<i>Amaranthus retroflexus</i> L. 4158-4172	<i>Amaranthaceae</i>	Hıştır, ıştır	3,7	Stems and leaves	Cooked
<i>Anchusa hybrida</i> Ten. 3840-3842-	<i>Boraginaceae</i>	Danadili, sığirdili	1,5	Young leaves	Cooked
<i>Brassica nigra</i> L. 3987-4009	<i>Brassicaceae</i>	Ardal, rapisa, radika, hardaliye	1,4	Stems ve seeds	Roasted, spices, make pickle, traditional drink
<i>Capsella bursa-pastoris</i> (L.) Medik. 3847-b-3881-3998-	<i>Brassicaceae</i>	Kaşık çalan, kaz dişi, kuşemeciği, kuşotu	1,3,6,8,9	Stems, leaves	1. Cooked 2. Fresh
<i>Ceratophyllum demersum</i> L. 3972-	<i>Ceratophyllaceae</i>	Kedi kuyruğu	2	All plant parts	Cooked
<i>Chenopodium album</i> L. subsp. <i>album</i> var. <i>Albüm</i> -4048-4093	<i>Amaranthaceae</i>	Sirken, telli ıştır, küllü ıştır, ıştır, ıştır	1,3,7	Stems, leaves	Cooked, make soup
<i>Cichorium intybus</i> L. 4027-4229	<i>Asteraceae</i>	Hindiba, tellikaşık	6,10	Young leaves	Salad
<i>Convolvulus arvensis</i> L. 3894-3956-4046	<i>Convolvulaceae</i>	kapiş otu, tospaotu, kapli, savlak	1,7	Stems, leaves	Cooked eat with yogurt Wrapping,
<i>Malva sylvestris</i> L. 3844-3885-3950-	<i>Malvaceae</i>	Ebegömeci, gümülcün otu	1-10	Air parts	Cooked and animal food
<i>Mentha spicata</i> L. subsp. <i>Spicata</i> - 4186	<i>Labiatae</i>	Kır nanesi, nane	1-10	Leaves	Fresh, spices
<i>Origanum vulgare</i> L. subsp. <i>hirtum</i> (Link) Ietsw 3980-c-3887-4225	<i>Labiatae</i>	Güveyotu, güveotu, kekikotu, bayır nanesi, piperice	6,8	All plant parts	1. Spices 2. Tea
<i>Papaver rhoas</i> L. 3849-3882-	<i>Papaveraceae</i>	Gelincik, lale, ruja, gül, nöninka, laninka	1-10	Fresh plant and flowers	Cooked, sorbet, patty
<i>Plantago major</i> L. subsp. <i>major</i> 3996-4147-	<i>Plantaginaceae</i>	Sinirli ot, sinirotu, yaraotu, siğilotu	5,8,9	Leaves	Cooked, wrapping
<i>Polygonum patulum</i> Bieb. subsp. <i>patulum</i> 3849-b-3880	<i>Polygonaceae</i>	Kazotu, Kavuk, tavukyağı, kazayağı	1-7	Air parts	Cooked
<i>Portulaca rausii</i> Danin -4193	<i>Portulacaceae</i>	Semizotu	1-10	Air parts	Cooked, salad, fresh
<i>Prunus spinosa</i> L. -4101-4111	<i>Rosaceae</i>	Güvem, Bürbonka, tranka	1-10	Fruits	Marmalade and drink
<i>Pyrus communis</i> L. subsp. <i>Communis</i> 3-931-4025-4100-	<i>Rosaceae</i>	Ahlat, kak, Löngür, lengür, yağlı ahlat,	1-7, 9	Fruits	1. compote, 2. dried fruit, 3. vinegar
<i>Raphanus raphanistrum</i> L. subsp. <i>raphanistrum</i> -4006	<i>Brassicaceae</i>	Eşek turbu, turp	1-10	Joung plants	Roasted, salad
<i>Rapistrum rugosum</i> (L.) All. -3913-3952	<i>Brassicaceae</i>	Morgöbek	1,3,9	Joung plants	Cooked
<i>Rosa canina</i> L. 3965-3982	<i>Rosaceae</i>	Kuşburnu, Köpek gülü, köpek yemişi	1-10	Fruits	Decoction and marmalade
<i>Rubus sanctus</i> Schreb. 3969	<i>Rosaceae</i>	Karamık, kapinak, karabubucuk	1-10	Fruits	Fresh, cake, compote, preserves and jam
<i>Rumex crispus</i> L. -3845-3846	<i>Polygonaceae</i>	Labada, yağlı labada, ak labada	1-10	Stems, leaves	Cooked, wrapping and patty
<i>Rumex acetosa</i> L. -3899-4117	<i>Polygonaceae</i>	İşikulak, işimelek	1-10	Stems, leaves	Salad and fresh

<i>Salicornia aeuropaea</i> L. -4310	<a href="#">Amaranthaceae</a>	Deniz börülcesi	2	Air parts	Salad
<i>Saturea hortensis</i> L. 4176-4216	<i>Labiatae</i>	Cubrika, çiprisa	3,5,8,9	Leaves	Dried and use spices
<i>Sideritis scardica</i> L. subsp. <i>scardica</i> , 4217-4232	<i>Labiatae</i>	Adaçayı	4-7	Flowers and leaves	Infution
<i>Silybum marianum</i> (L.) Gaertn. subsp. <i>marianum</i> -3999-4018	<i>Asteraceae</i>	Sütlü kengel, kengel tikenı, sütlü diken	1-6	Stems	Fresh Make pickle
<i>Sonchus asper</i> (L.) Hill subsp. <i>glaucescens</i> (Jord.) Ball, -3890	<i>Asteraceae</i>	Sütotu, eşek helvası, tikenotu, taktuka	1,2,4,10	Joung plants	Roasted
<i>Stellaria media</i> (L.) Vill. 4004-4078	<i>Caryophyllaceae</i>	Kuşotu, cabana, tıngılcık	1-10	Joung plants	Cooked and patty
<i>Taraxacum helenicum</i> Dahlst -4145	<i>Asteraceae</i>	Sarıçiçek, canga	2,5,8	Joung plants	Cooked and patty
<i>Thymus longicaulis</i> C.Presl subsp. <i>longicaulis</i> -3966-3967	<i>Labiatae</i>	Kekik	1-10	Leaves	Spices and tea
<i>Trapa natans</i> L. -3972	<i>Trapaceae</i>	Çökelek, devetabanı	10	Fruits	Fresh or cooked
<i>Urtica dioica</i> L. -3877-3997	<i>Urticaceae</i>	Isırgan, kopirma	1-10	Fresh and dried fruits	Slurry ,meatball, patty, soup
<i>Vitis sylvestris</i> C.C.Gmel. -3983	<i>Vitaceae</i>	Koruk, yabani asma	5-9	Immature fruits	Side dish in salad

**Table 3.** The plant list of using other purposes (Except cultivated).

Latin name and Voucher number	Family	Local name	Village number	Part used	Uses
<i>Artemisia annua</i> L.	<i>Asteraceae</i>	Kabe süpürgesi	1,4-7,9	Air parts	Tie up in a bunch - Besom
<i>Melissa officinalis</i> L. 3843-3973-4050-	<i>Lamiaceae</i>	Oğulotu, arıotu, limon çiçeği	2,5	Leaves	For the collection of the bees, leaves are torn in a basket
<i>Scabiosa argentea</i> L. 3977-3988-4041-4086	<i>Caprifoliaceae</i>	Pire süpürgesi, çalı süpürgesi	1-10	Air parts	Tie up in a bunch - Besom
<i>Tamarix smyrnensis</i> Bunge, 3971-4031	<i>Tamaricaceae</i>	Yılın, pıngıl, yılın süpürgesi, yılın	6,8	All plant parts	Tie up in a bunch - Besom
<i>Viscum album</i> L. subsp. <i>album</i> , 3960, 4255	<i>Santalaceae</i>	Yellim kara	3	Leaves	The leaves are fed to the sheep Animal feed
<i>Vitex agnus-castus</i> L.	<i>Lamiaceae</i>	Hayt, ayıt süpürgesi	2,6		Besom, fence and beehive
<i>Typha latifolia</i> L.	<i>Typhaceae</i>	Saz	2-3	Leaves	Basket, wicker
<i>Zea mays</i> L.	<i>Poaceae</i>	Misir kavuzları	1-2, 7	Bracts	Basket