

Wild Edible Plants of Southern Part of Nevşehir in Turkey

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ABSTRACT

The aim of this study is to represent the wild edible plants of southern part of Nevşehir (Acıgöl, Derinkuyu, Gülşehir, Nevşehir-Central District and Ürgüp) where is situated at the center of the region as named Cappadocia in Turkey. This study which is a part of a comprehensive ethnobotanical research, was carried out in the 98 settlement centers (including 81 villages) of the southern part of Nevşehir.

Three excursions were made in several periods between June 2012-March 2014 lasting for 61 days in total. The information about local names, used part(s) and usages of the plants, was obtained from the native people living in the research area by personal interviews. The plant specimens which are the

materials of this study, are kept in the Herbarium of the Faculty of Pharmacy, Marmara University (MARE).

According to the results of this ethnobotanical study, total 165 taxa used for various purposes, were determined and 71 taxa (belong to 19 families) of which were utilized as wild edible plants in Nevşehir. The usages of these plants were recorded as: food stuff (59 taxa), herbal tea (14 taxa) and spice (3 taxa). All of the 71 taxa utilized as wild edible plants in Nevşehir and 3 taxa (*Brassica deflexa*, *Cerasus incana* var. *velutina*, *Silene subconica*) of them in Turkey, were recorded for the first time.

Consequently, there is an important role of the plants on nutrition of the local people especially in spring time.

Keywords: Ethnobotany, Wild edible plants, Nevşehir, Turkey.

INTRODUCTION

Ethnobotanical studies are so important to reveal the past and present cultural heritages about plants all over the world and wild food plants have still function as an important part of human nutrition in many parts of the world (1). So, the documentation of traditionally usages of wild food plants has been carried out in many Turkish cities over the last years (2), as in many European countries (3, 4).

In this regard, we carried out our study to find out the importance of plants for local people in Nevşehir, where was no previous research and record in this subject..

Nevşehir province is located (38° 12' - 39° 20' N, 34° 11' - 35° 06' E) at the Middle Kızılırmak Basin in the Middle Anatolia, has 5392 km² area at an altitude of 1150 m, surrounded by Kayseri from the east, Yozgat from the northeast, Kırşehir from the northwest, Niğde and Aksaray from the south, southwest and west (Figure 1) (5).

At the same time, Nevşehir is situated at the center of the region as named Cappadocia in Turkey. This region is known mainly by its famous fairy chimneys (Figure 2 and 3), underground

cities (Figure 4), historical sites and architectural works from different periods.

Kızılırmak River is the major river of the province which divides the province transversely and located at the north side of our research area.

The population of Nevşehir is about 285.190. The province has seven districts and one central district (four of them and the central one were situated in our research area). Nevşehir and its surroundings have typical characteristics of continental climate (as known hot and drought in summer and inclement and cold in winter) with annual rainfall of 388,7 mm (5).

According to our collections during the field works, and the literature records (6-11) 372 taxa were recorded in the flora of research area until now and most of them are the Irano-Turanian elements.

The vegetation of the research area consists of mainly shrubby and herbaceous steppic plants (Figure 5). Although there are not enough trees to form a forest in the region, rare *Quercus pubescens* communities (Figure 6) can be seen in the highlands of Kozluca and Topaç Villages.

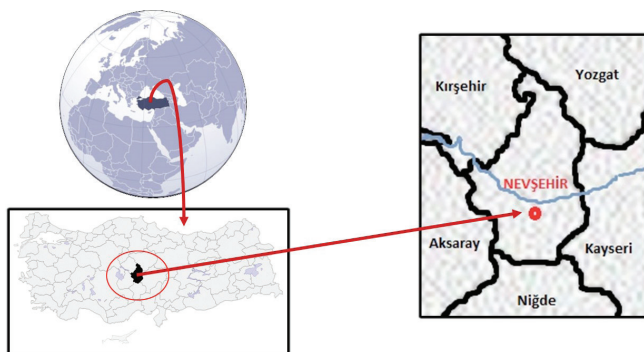


Figure 1. Geographical location of the research area



Figure 2. Fairy chimneys (Ürgüp)



Figure 3. A view from Göreme (Nevşehir-Central District)



Figure 4. Entrance of Tatlarin Underground City (Acıgöl)

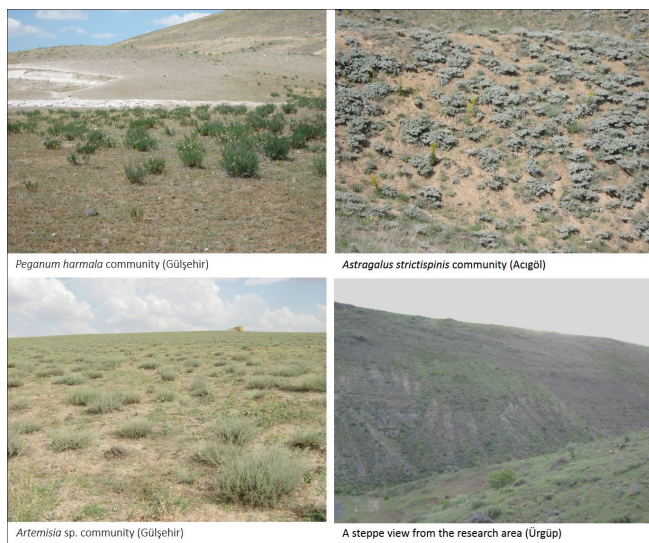


Figure 5. Steppe views from the research area



Figure 6. A view of *Quercus pubescens* community (Acıgöl)



Figure 7. A dish made with nettle (*Urtica dioica*)



Figure 8. Pita made with nettle (*Urtica dioica*)



Figure 9. *Cerasus incana* var. *velutina*



Figure 10. *Silene subconica*



Figure 11. *Iris galatica*



Figure 13. *Wiedemannia orientalis*



Figure 12. *Prangos uechtritzi*

MATERIAL AND METHODS

This study was carried out in the 98 settlement centers (including 81 villages) of the southern part of Nevşehir (Acıgöl, Derinkuyu, Gülşehir, Nevşehir-Central District and Ürgüp), according to the previous local studies (12-14), which were made in our department.

Three excursions were made in several periods between June 2012-March 2014 lasting for 61 days in total.

The information about local names, used part(s) and usages of the plants, was obtained through open ended and semi-structured interviews with the local people (in total 93 informants) living in the research area. The mean age of informants was over 40.

The plant specimens which are the materials of the study (collected by İ.Şenkardes) are kept in the Herbarium of the Faculty of Pharmacy, Marmara University (MARE) and the identifications of them were made using the Flora of Turkey and the East Aegean Islands (6), Flora Europaea (15) and our herbarium specimens.

RESULTS AND DISCUSSION

According to the results of this ethnobotanical study, total 165 taxa used for various purposes, were determined and 71 taxa (belong to 19 families) of which were detected to be used as wild edible plants. These are represented in Table 1.

Among them, 59 taxa were found to be used as food stuff, 14 taxa were found to be used as herbal tea and 3 taxa were found to be used as spice.

Most of these plants, located in the table not only used directly as food, but also used in making various dishes (Figure 7), salads, pitas (Figure 8) and pickles, too.

While the fruits are eaten mostly fresh, some of them are used after dried or used to make jam or marmalade to consume out of growing seasons.

Also, *Anthemis austriaca* and *Marrubium parviflorum* subsp.

oligodon are used only in multiherbal mixtures (including *Cydonia oblonga*, *Salvia cryptantha*, *Thymus sipyleus* subsp. *rosulans*) to prepare tea, while *Salvia cryptantha* and *Thymus sipyleus* subsp. *rosulans* are used both solitary and in mixtures. Among them, *Brassica deflexa*, *Cerasus incana* var. *velutina* (Figure 9), *Silene subconica* (Figure 10) were recorded for the first time as edible plants in Turkey (2).

And there are 7 endemics [*Anchusa leptophylla* subsp. *incana*, *Cerasus incana* var. *velutina*, *Iris galatica* (Figure 11), *Prangos uechtritzii* (Figure 12), *Salvia cryptantha*, *Salvia hypargeia* and *Wiedemanniana orientalis* (Figure 13)] which are used as edible plants.

As a conclusion, according to our field observations and records, wild food plants have still function as an important part of human nutrition in Nevşehir.

Table 1. Wild Edible Plants of Southern Part of Nevşehir in Turkey

Botanical name, family and specimen number	Local name	Plant part used	Usage
<i>Acanthus hirsutus</i> Boiss. (Acanthaceae, MARE 15056)	Sormuk	Nectar	Sucked
<i>Achillea coarctata</i> Poir. (Asteraceae, MARE 15043)	Civanperçemi	Capitulum	Tea
<i>Alhagi pseudalhagi</i> (Bieb.) Desv. (Fabaceae, MARE 15178)	Yandak dikeneni	Flowers	Eaten
<i>Alkanna orientalis</i> (L.) Boiss. var. <i>orientalis</i> (Boraginaceae, MARE 15105, 15150, 15197)	Sormuk, Sormuk otu	Nectar	Sucked
<i>Amygdalus communis</i> L. (Rosaceae, MARE 11802)	Acı badem	Unripe fruits	Eaten
		Seeds	Eaten
<i>Anchusa leptophylla</i> Roemer et Schultes subsp. <i>incana</i> (Ledeb.) Chamb. (Boraginaceae, MARE 15028, 15071)	Öküzgötü, Sormuk	Young aerial parts	Roasted with egg
		Young stem	Eaten after peeled
<i>Anchusa undulata</i> L. subsp. <i>hybrida</i> (Ten.) Coutinho (Boraginaceae, MARE 15106)	Sormuk otu	Nectar	Sucked
<i>Anthemis austriaca</i> Jacq. (Asteraceae, MARE 15723)	Papatya	Capitulum	Tea (as a multiherbal mixture of capitula of <i>Anthemis austriaca</i> and aerial parts of <i>Salvia cryptantha</i> , <i>Thymus sipyleus</i> subsp. <i>rosulans</i>)
<i>Atriplex hortensis</i> L. (Chenopodiaceae, MARE 15793)	Pezik otu	Young aerial parts	Roasted with egg after boiled
<i>Berberis crataegina</i> DC. (Berberidaceae, MARE 15758, 15787)	Karaçalı, Kuş üzümü çalısı	Fruits	Eaten
		Young leaves	Eaten
<i>Brassica deflexa</i> Boiss. (Brassicaceae, MARE 15169)	Gıcı	Young leaves	Salad
		Young leaves	Eaten with bread

Botanical name, family and specimen number	Local name	Plant part used	Usage
<i>Capsella bursa-pastoris</i> (L.) Medik. (Brassicaceae, MARE 15712, 15795)	Kuşekmeği, Kuşkuş	Young aerial parts	Eaten with salt
<i>Carduus nutans</i> L. (Asteraceae, MARE 15046, 15066, 15107, 15131, 15709, 15730)	Deve dikeneni, Kangal, Kangal dikeneni	Young stems	Eaten after peeled
<i>Carduus pycnocephalus</i> L. subsp. <i>albidus</i> (Bieb.) Kazmi (Asteraceae, MARE 15142)	Su kangalı	Young stems	Eaten with or without bread
<i>Cerasus incana</i> (Pallas) Spach var. <i>velutina</i> Browicz (Rosaceae, MARE 15113)	Yabani kiraz	Fruits	Eaten
<i>Chenopodium album</i> L. subsp. <i>album</i> var. <i>album</i> (Chenopodiaceae, MARE 11879, 15049, 15061, 15078, 15715)	Kürdüm otu, Sirkele, Sirken	Young aerial parts	Cooked with rice or <i>bulgur</i> (pounded and boiled wheat), then added yogurt with garlic
		Young aerial parts	Roasted with egg
<i>Chondrilla juncea</i> L. var. <i>juncea</i> (Asteraceae, MARE 15059, 15086, 15116, 15720, 15784)	Çıtlık, Çıtnık, Karavlık, Karavuk	Young aerial parts	Eaten
		Young aerial parts	Salad
		Young leaves	Eaten
		Young leaves	Salad
<i>Cichorium intybus</i> L. (Asteraceae, MARE 15048, 15718)	Acıkök, Çıtlık, Çukurca	Young aerial parts	Eaten
		Young aerial parts	Salad
<i>Crambe orientalis</i> L. var. <i>orientalis</i> (Brassicaceae, MARE 15761)	Yabani turp	Young leaves	Salad
<i>Crataegus aronia</i> (L.) Bosc. ex DC. var. <i>aronia</i> (Rosaceae, MARE 15121, 15765)	Alıç	Fruits	Eaten
<i>Crataegus meyeri</i> Pojark. (Rosaceae, MARE 15786)	Alıç	Fruits	Eaten
<i>Crataegus monogyna</i> Jacq. subsp. <i>monogyna</i> (Rosaceae, MARE 11869, 12098, 12106, 12117, 15742, 15764)	Alıç	Flowering branches	Tea
		Stem barks	Tea
<i>Crataegus orientalis</i> Pallas ex Bieb. var. <i>orientalis</i> (Rosaceae, MARE 15054)	Alıç	Flowering branches	Tea
		Fruits	Eaten
<i>Crataegus szovitsii</i> Pojark (Rosaceae, MARE 11785, 11836, 11848)	Alıç	Fruits	Eaten
<i>Crocus chrysanthus</i> (Herbert) Herbert (Iridaceae, MARE 16649)	Çiğdem, Sarı çiğdem	Corm	Eaten after peeled
<i>Echinophora tournefortii</i> Jaub. et Spach (Apiaceae, MARE 15195)	Kuşkonmaz	Young stems	Eaten after peeled
<i>Echinops sphaerocephalus</i> L. subsp. <i>sphaerocephalus</i> (Asteraceae, MARE 15198)	Dedetaşağı	Young receptacle	Eaten
		Young stems	Eaten after peeled

Botanical name, family and specimen number	Local name	Plant part used	Usage
<i>Echium italicum</i> L. (Boraginaceae, MARE 15139, 15769)	Sormuk, Yağlıca	Young stems	Eaten after peeled
		Nectar	Sucked
<i>Erodium cicutarium</i> (L.) L'Hérit. subsp. <i>cutarium</i> (Geraniaceae, MARE 15100, 15713)	İğnelik	Young aerial parts	Eaten with or without bread
<i>Eryngium campestre</i> L. var. <i>virens</i> Link (Apiaceae, MARE 11832, 11842, 12120, 15184, 15196, 15731, 15757, 15805)	Boğa diken, Eşek diken, Kengel, Kenger, Kuşkonmaz, Şeker diken	Young stems	Eaten after peeled
<i>Gundelia tournefortii</i> L. var. <i>armata</i> Freyn et Sint. (Asteraceae, MARE 12132, 15162)	Kenger	Shoots	Roasted with egg
		Shoots	Cooked
		Young stems	Eaten after peeled
<i>Gundelia tournefortii</i> L. var. <i>tenuisecta</i> Boiss. (Asteraceae MARE 15132)	Kenger	Shoots	Cooked
<i>Iris galatica</i> Siehe (Iridaceae, MARE 16644, 16646, 16648)	Navruz	Whole plant	Eaten
<i>Lactuca serriola</i> L. (Asteraceae, MARE 15027, 15077, 15122, 15157, 15748, 15818)	Acı marul, Acıbitli, Killı çor, Yabani marul	Young leaves	Salad
		Young leaves	Eaten
		Young aerial parts	Eaten with bread
<i>Malva neglecta</i> Wallr. (Malvaceae, MARE 11817, 11837, 12105, 12119, 15038, 15060, 15080, 15093, 15700, 15707, 15722, 15729, 15755, 15798)	Ebe gömeci, Ebe gümeci, Ebem gömeci	Young aerial parts	Cooked with rice or <i>bulgur</i> , then added yogurt with garlic
		Young aerial parts	Roasted after boiled
		Young aerial parts	Roasted with egg
		Unripe fruits	Eaten
<i>Malva sylvestris</i> L. (Malvaceae, MARE 15104)	Ebe gömeci	Leaves	Cooked as <i>sarma</i> (leaves rolled around a filling made of rice or <i>bulgur</i> and minced meat)
<i>Marrubium parviflorum</i> Fisch. et Mey. subsp. <i>oligodon</i> (Boiss.) Seybold (Lamiaceae, MARE 15188)	Şabla	Aerial parts	Tea (as a multiherbal mixture of aerial parts of <i>Marrubium parviflorum</i> subsp. <i>oligodon</i> , <i>Thymus sipyleus</i> subsp. <i>rosulans</i> and leaves of <i>Cydonia oblonga</i>)
<i>Mentha longifolia</i> (L.) Hudson subsp. <i>typhoides</i> (Briq.) Harley var. <i>typhoides</i> (Lamiaceae, MARE 11822, 15042, 15090, 15140)	Yarpız, Yarpuz	Leaves	Spice
<i>Onopordum carduchorum</i> Bornm. et Beauverd (Asteraceae, MARE 11791, 15163)	Kangal, Kangal diken	Young stems	Eaten after peeled
<i>Papaver dubium</i> L. (Papaveraceae, MARE 15794)	Hanımeli	Young leaves	Salad
		Young leaves	Eaten
<i>Papaver rhoeas</i> L. (Papaveraceae, MARE 15158)	Gelincik	Young aerial parts	Cooked with rice or <i>bulgur</i> , then added yogurt with garlic

Botanical name, family and specimen number	Local name	Plant part used	Usage
<i>Polygonum aviculare</i> L. (Polygonaceae, MARE 15081, 15824)	At mercimeği, At mercimeleği	Aerial parts	Cooked with rice or <i>bulgur</i> , then added yogurt with garlic
<i>Polygonum cognatum</i> Meissn. (Polygonaceae, MARE 15082, 15094, 15699, 15710)	Cacık, Harman cacığı, Madımak, Mercimek	Aerial parts	Cooked with rice or <i>bulgur</i> , then added yogurt with garlic
		Aerial parts	Roasted
<i>Portulaca oleracea</i> L. (Portulacaceae, MARE 15112, 16640)	Semiz otu, Semizlik otu	Aerial parts	Cooked with rice or <i>bulgur</i> , then added yogurt with garlic
		Aerial parts	Salad
<i>Prangos uechtritzi</i> Boiss. et Hausskn. (Apiaceae, MARE 15062, 15189)	Çakşır, Çaşır	Stems	Pickle
		Stems	Eaten after boiled and peeled
		Young aerial parts	Eaten with bread and salt after boiled
		Young aerial parts	Salad (after boiled)
<i>Prunus divaricata</i> Ledeb. subsp. <i>divaricata</i> (Rosaceae, MARE 15810)	Erik	Fruits	Compote
<i>Quercus pubescens</i> Willd. (Fagaceae, MARE 15063, 15124)	Meşe	Fruits	Roasted
<i>Quercus robur</i> L. subsp. <i>robur</i> (Fagaceae, MARE 15193)	Meşe	Fruits	Roasted
<i>Rosa canina</i> L. (Rosaceae, MARE 11784, 11820, 11831, 11839, 15040, 15055, 15085, 15096, 15186, 15701, 15745, 15767, 15812)	Gülburnu, İtburnu, Kuşburnu	Fruits	Tea
		Fruits	Jam
		Fruits	Marmalade
<i>Rosa hemisphaerica</i> J. Herrm. (Rosaceae, MARE 12107, 15204)	Kuşburnu	Fruits	Eaten
<i>Rubus sanctus</i> Schreber (Rosaceae, MARE 11788, 11853)	Böğürtlen çalısı, Gülleğen dikenini	Fruits	Eaten
<i>Rumex crispus</i> L. (Polygonaceae, MARE 11873, 12108, 15039, 15083, 15123, 15180, 15749, 15766, 15792)	Evelek, Evelik, Everek	Young leaves	Cooked as <i>sarma</i>
		Young leaves	Cooked with rice or <i>bulgur</i> , then added yogurt with garlic
<i>Salvia aethiopis</i> L. (Lamiaceae, MARE 15145)	-	Unripe fruits	Eaten
<i>Salvia cryptantha</i> Montbret et Aucher ex Benth (Lamiaceae, MARE 11790, 1825, 11838, 11862, 12111, 15053, 15119, 15168, 15693, 15750, 15816, 15823)	Ada çayı, Ballık otu, Çalba, Kayışkırın, Kokulu ot, Sarı şabla, Şabla	Aerial parts	Tea
		Aerial parts	Tea (as a multiherbal mixture of aerial parts of <i>Salvia cryptantha</i> , <i>Thymus sipyleus</i> subsp. <i>rosulans</i> and capitula of <i>Anthemis austriaca</i>)
<i>Salvia hypargeia</i> Fisch. et Mey. (Lamiaceae, MARE 15146, 15206)	Ada çayı	Aerial parts	Tea
<i>Salvia virgata</i> Jacq. (Lamiaceae, MARE 15147)	Ada çayı	Aerial parts	Tea

Botanical name, family and specimen number	Local name	Plant part used	Usage
<i>Silene alba</i> (Miller) Krause subsp. <i>ericalycina</i> (Boiss.) Walters (Caryophyllaceae, MARE 15759, 15796)	Çobanazığı, Tokmağan otu	Young aerial parts	Roasted (after boiled) with minced meat
<i>Silene conoidea</i> L. (Caryophyllaceae, MARE 15069, 15695)	İnekbiciği	Nectar	Sucked
<i>Silene subconica</i> Friv. (Caryophyllaceae, MARE 15696)	İnekbiciği	Nectar	Sucked
<i>Sinapis arvensis</i> L. (Brassicaceae, MARE 15084, 15120, 15125, 15822)	Gıcı, Hardal, Kara hardal	Young leaves	Salad
		Young leaves	Eaten with or without bread
<i>Sisymbrium altissimum</i> L. (Brassicaceae, MARE 15741, 15821)	Tavukgötü	Young leaves	Eaten
<i>Sorbus domestica</i> L. (Rosaceae, MARE 11830)	Üvez	Leaves	Tea
		Fruits	Eaten
<i>Teucrium polium</i> L. (Lamiaceae, MARE 15052, 15199)	Çalba, Par yavşan	Aerial parts	Tea
<i>Thymus sipyleus</i> Boiss. subsp. <i>rosulans</i> (Borbás) J alas (Lamiaceae, MARE 11792, 11805, 11828, 11867, 12112, 12129, 15098, 15118, 15160, 15165, 15187, 15725, 15775)	Kekik	Aerial parts	Spice
		Aerial parts	Tea
		Aerial parts	Tea (as a multiherbal mixture of aerial parts of <i>Thymus sipyleus</i> subsp. <i>rosulans</i> , <i>Salvia cryptantha</i> and capitula of <i>Anthemis austriaca</i>)
		Aerial parts	Tea (as a multiherbal mixture of aerial parts of <i>Thymus sipyleus</i> subsp. <i>rosulans</i> , <i>Marrubium parviflorum</i> subsp. <i>oligodon</i> and leaves of <i>Cydonia oblonga</i>)
<i>Thymus sipyleus</i> Boiss. subsp. <i>sipyleus</i> var. <i>sipyleus</i> (Lamiaceae, MARE 15051, 15753)	Dağ kekiği, Kekik	Aerial parts	Spice
		Aerial parts	Tea
<i>Tragopogon dubius</i> Scop. (Asteraceae, MARE 15036, 15095, 15711, 15783, 15819)	Dedesakalı, Yemlik	Young aerial parts	Cooked with rice or <i>bulgur</i> , then added yogurt with garlic
		Young aerial parts	Salad
		Young aerial parts	Eaten with or without bread
		Young leaves	Salad
		Young leaves	Eaten
<i>Urtica dioica</i> L. (Urticaceae, MARE 11787, 11841, 15037, 15702, 15706, 15754)	Cızlağan, Dızlağan, Isırgan, Isırgan otu	Young aerial parts	Cooked with rice or <i>bulgur</i> , then served with yogurt with garlic
		Young aerial parts	Pita filling
<i>Urtica urens</i> L. (Urticaceae, MARE 11809, 15079, 15102, 15191, 15734, 15706-a)	Cızlağan, Dızlağan, Isırgan	Young aerial parts	Roasted
<i>Vicia villosa</i> Roth. subsp. <i>dasycarpa</i> (Ten.) Cav. (Fabaceae, MARE 15181)	Fiğ, İşlembeç, Yazı yoncasi	Unripe seeds	Eaten
<i>Wiedemannia orientalis</i> Fisch. et Mey. (Lamiaceae, MARE 15076)	Sormuk	Nectar	Sucked
<i>Ziziphora tenuior</i> L. (Lamiaceae, MARE 15074)	-	Aerial parts	Tea

Nevşehir (Türkiye) Yöresinin Güney Yarısında Yararlanılan Yabani Besin Bitkileri**ÖZET**

Bu çalışmanın amacı, Türkiye’ de Kapadokya olarak bilinen bölgenin merkezinde yer alan Nevşehir’ in güney yarısının (Acıgöl, Derinkuyu, Gülşehir, Nevşehir-Merkez ve Ürgüp) yabani besin bitkilerini sunmaktır. Kapsamlı etnobotanik bir araştırmanın bir bölümü olan bu çalışma, Nevşehir’ in güney yarısında yer alan 98 yerleşim merkezinde (81 köy) yürütülmüştür.

Haziran 2012-Mart 2014 tarihleri arasında çeşitli dönemlerde toplam 61 gün süren üç araştırma gezisi düzenlenmiştir. Bitkilerin yöresel adları, kullanılan kısımları ve kullanılış şekilleri ile ilgili bilgiler, yörede yaşayan yerli halktan yüz yüze yapılan görüşmelerle sağlanmıştır. Çalışmamızın materyalini

oluşturan bitki örnekleri, Marmara Üniversitesi Eczacılık Fakültesi Herbariyumu’ (MARE) nda saklanmaktadır.

Çalışmamızın sonucuna göre Nevşehir’ de, çeşitli amaçlarla kullanılışı olan toplam 165 takson bulunduğu ve bunların 71’ inden (19 familyaya ait) yabani besin bitkisi olarak yararlandığı belirlenmiştir. Bu bitkilerin kullanılışlarının besin kaynağı (59 takson), çay (14 takson) ve baharat (3 takson) şeklinde olduğu saptanmıştır. Bu taksonların tamamı Nevşehir’ de, 3’ ü (*Brassica deflexa*, *Cerasus incana* var. *velutina* ve *Silene subconica*) ise Türkiye’ de yabani besin bitkisi olarak ilk defa kaydedilmiştir.

Sonuç olarak, bitkilerin yerli halkın beslenmesinde özellikle ilkbaharda önemli bir rolü olduğu görülmüştür.

Anahtar Kelimeler: Etnobotanik, Yabani besin bitkileri, Nevşehir, Türkiye

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