

Wild Edible Plants of Savaştepe District (Balıkesir, Turkey)

Ebru Özdemir, Şükran Kültür

ABSTRACT

This ethnobotanical study was planned to carried out in villages of Savaştepe district (Balıkesir, Turkey) between May 2012 to October 2015. The settlements (44 villages) in Savaştepe were visited during the field work. With this study, we aimed to document traditional uses of edible plants in Savaştepe (Balıkesir). Interviews were made with the local people. A total of 205 individuals (107 men, 98 women) interviewed in the area. The plant samples were collected in company with local people. The collected specimens were identified and were deposited as

herbarium samples at ISTE (The Herbarium of the Faculty of Pharmacy of Istanbul University). Among these collected plants 71 taxa belonging to 27 families are edible plants. The plants were mostly used as food (55 taxa), spice (14 taxa), beverage (3 taxa) and honey paste (2 taxa). Mostly used parts of plants were leaf (27 taxa), aerial part (20 taxa), fruit (19 taxa) and seed (5 taxa).

Keywords: Ethnobotany, Wild edible plants, Savaştepe, Balıkesir, Turkey

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Introduction

Turkey's geographical location is at the meeting point of three phytogeographical regions (Euro-Siberian, Mediterranean and Irano-Turanian). Because of this, Anatolia has a very rich flora. The flora of Turkey is estimated to contain approximately 9996 species of vascular plants, one third of its flora (33.3%) is endemic (1). Study area, Savaştepe, is a district of Balıkesir province in the Marmara region of Turkey (Figure 1). It has an area of 430 km. Its plant diversity is very rich because of its localization meeting point of 2 phytogeographic regions (Mediterranean, Euro-Siberian). The population is 20.201. Savaştepe has 44 villages. Nomadic culture is seen in the villages of Savaştepe. Karakeçili, Hardal, Kubaş, Kılaz, Yüncü yoruks live in the villages of Savaştepe. Karakeçili Yoruk communities live in 20 villages, Hardal yoruk communities live in 6 villages, Kubaş yoruk communities live in 10 villages, Kılaz yoruk communities live in 2 villages, Yüncü yoruk communities live in 1 village. This study records the wild edible plants of Savaştepe (Balıkesir) for the first time.

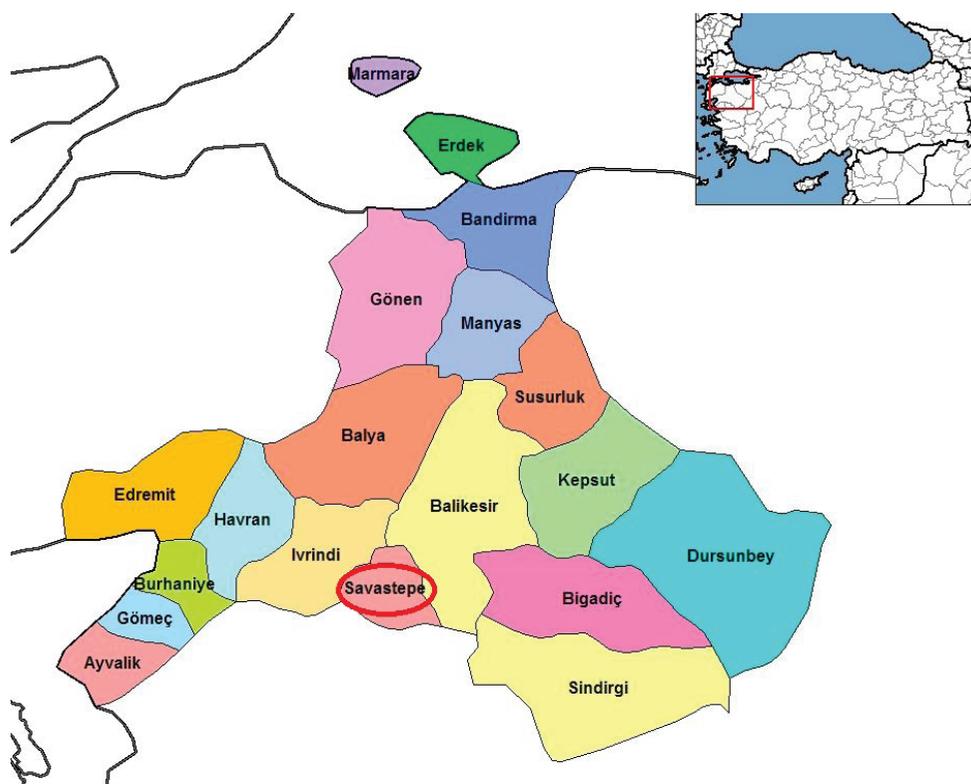


Figure 1. The map of Savaştepe, Balıkesir and Turkey

Material and Methods

This study was conducted between May 2012 to October 2015. The settlements in Savaştepe (44 villages) were visited during the field work (2). The information including the various data such as local names, part of the used plants, preparation and cooking methods were obtained by mean of direct interviews with villagers who know practice about the useful plants. A total of 205 individuals (107 men, 98 women) interviewed in the area (Figures 2-5). During the

field studies, the plant specimens were collected together with accompanied informants. The collected fresh materials were numbered and kept as herbarium samples at ISTE (Herbarium of Faculty of Pharmacy, Istanbul University) for botanical identification. Some plant species deposited as a personel collection with the code of E.Ö. The collected specimens were identified by using "Flora of Turkey and the East Aegean Islands" (3-5) and were compared with the specimens deposited at ISTE. Plant names reviewed according to the literature (1, 6).



Figure 2. A villager is serving *Cornus mas* (Kızılıcık) compote in Çaltılı village, Savaştepe.



Figure 3. A villager with *Cnicus benedictus* in Kovukyurt village, Savaştepe.



Figure 4. A villager is making spice with *Mentha longifolia* (L.) L. subsp. *typhoides* (Nane) in Karaçam village, Savaştepe.



Figure 5. A villager is collecting *Arum elongatum* Steven root for cooking in Karapınar village, Savaştepe.

Results and Discussion

This study is the first ethnobotanical study to determine the wild edible plants of Savaştepe district. 205 people were interviewed in this study. Following the identification of the specimens in ISTE (Herbarium of Istanbul University, Faculty of Pharmacy), 71 taxa belonging to 27 families are edible plants (Table 1). The plants were mostly used as food (55 taxa), spice (14 taxa), beverage (3 taxa) and honey paste (2 taxa). Mostly used parts of plants were leaf (27 taxa), aerial part (20 taxa), fruit (19 taxa) and seed (5 taxa). The most frequently used families are Rosaceae (16%), Compositae (14%) and Lamiaceae (11%) (Figure 6). Among the edible plants of Savaştepe, the genus that contains the most taxa are: *Allium* L., *Convolvulus* L., *Crataegus* L., *Prunus* L., *Pyrus* L., *Rosa* L., *Rubus* L., *Rumex* L., *Thymus* L. and *Urtica* L.

The results of this study compared to the findings of other studies carried out in Marmara region of Turkey, show there are some new usages of plants recorded. Among these 71 taxa, 43 taxa have been recorded as edible plant in Marmara region before (Table 2), 28 taxa have been recorded as edible plant in Balıkesir for the first time (7-16). According to the other studies in Marmara region these 43 taxa have common uses in the region and because of that they may have high economic value and the local people can be informed to cultivate these plants. The most commonly used edible taxa with at least 5 regions in 10 studies are; *Cornus mas* L., *Crataegus monogyna* Jacq., *Erodium cicutarium* (L.) L'Hér., *Malva sylvestris* L., *Morus nigra* L., *Pistacia terebinthus* L., *Polygonum cognatum*

Meisn., *Prunus divaricata* Ledeb. subsp. *divaricata* (Ledeb.) Schneider, *Prunus spinosa* L., *Pyrus amygdaliformis* Vill. *Pyrus elaeagnifolia* Pall., *Rosa canina* L., *Rubus canescens* DC., *Rubus sanctus* Schreb., *Rumex acetosella* L., *Rumex patientia* L., *Sonchus asper* (L.) Hill subsp. *glaucescens* (Jord.) Ball ex Ball, *Urtica dioica* L.

The importance of food in medicine was recognized in the 5th Century BC by Hippocrates, who is considered the father of western medicine. The phrase "Let food be your medicine and medicine be your food", a widespread phrase quoted by today's scientists. According to the results of that study some edible plants have been widely consumed as a medicine in Savaştepe (17). For example; the fruit of *Ruscus aculeatus* L. was freshly eaten for heart problems, the root of *Cnicus benedictus* L. was cooked with onion and eaten for allergy, the fruit of *Arbutus andrachne* L. was freshly eaten for diabetes, the leaf of *Rumex crispus* L. was cooked and eaten for urinary tract inflammation. The use of wild edible plants is generally widespread among elderly people traditionally and in danger of vanishing in the future. Because of that local and government authorities should give importance to protect traditional knowledge. It is important to record the genetic diversity of food plants and to prevent genetic erosion and may contribute to find solutions for a progressively impoverished agriculture. Wealth of natural vegetable resources help to develop new agricultural production. Finally, this kind of applied botanical research helps to preserve cultural heritage through multidisciplinary approach of the ethnobotany.

Table 1: Wild edible plants of Savaştepe (Balıkesir-Turkey)

Botanical name, family and specimen number	Local name in Savaştepe	Used parts	/ Usage
SPERMATOPHYTA GYMNOSPERMAE			
Pinaceae			
<i>Pinus brutia</i> Ten. (ISTE 109873)	Çam	Resin	Mixed with honey and eaten
SPERMATOPHYTA ANGIOSPERMAE			
Amaranthaceae			
<i>Chenopodium murale</i> L. (ISTE 109535)	Deli Kazayağı, Ekşiğüney	Leaf	Cooked as a meal Eaten fresh Used in pastry
Amaryllidaceae			
<i>Allium paniculatum</i> L. (ISTE 109756, ISTE 109758)	Yoğurtçuk otu	Aerial part Leaf	Cooked as a meal with egg Eaten fresh
Anacardiaceae			
<i>Pistacia terebinthus</i> L. (ISTE 10536, 109537)	Çertlemik, Çetek	Dry fruit Young leaf Oil (From fruit) Fruit	As coffea Eaten fresh Used to cook pastry Eaten Pickle
<i>Rhus coriaria</i> L. (ISTE 109538, 109540, 109539)	Somak, Somak otu, Sumak	Fruit, seed Seed Fruit, stem	Spice Powdered and used in pastry Used in vinegar, pickle
Apiaceae			
<i>Anethum graveolens</i> L. (ISTE 109551, 109550)	Arapsaçı, Çarşır, Kırca, Tere	Leaf	Spice
<i>Foeniculum vulgare</i> Mill. (E.Ö.6)	Arap saçı, Rezene	Leaf	Spice
<i>Laser trilobum</i> (L.) Borkh. (ISTE 109552)	Yabani kimyon	Root, fruit	Spice
Araceae			
<i>Arum elongatum</i> Steven (ISTE 109559, 109560)	El kabartan, Gavurotu, Kabarcık, Kabarağı	Root, skapus Drid leaf	After the first boiling water has been dumped, cooked as a meal Cooked as a meal
<i>Dracunculus vulgaris</i> Schott (ISTE 109554, 109555, 109556, 109557, 109558)	El kabartan, Gavurotu, Kabarcık, Yılcık	Root	After the first boiling water has been dumped, cooked as a meal
Asparagaceae			
<i>Ruscus aculeatus</i> L. (ISTE 109562)	Değirmen boncuğu, Deve çöküren, Deve tomurcuğu	Fruit	Eaten
Brassicaceae			
<i>Alyssum murale</i> Waldst. & Kit. (ISTE 109604, 109605)	Sünnetlice	Aerial part	Spice
<i>Brassica nigra</i> (L.) K.Koch (ISTE 109608)	Hardala	Seed	Powdered and mixed with honey, eaten
<i>Capsella bursa-pastoris</i> (L.) Medik. (ISTE 109606)	Çoban çantası	Aerial part	Cooked as a meal
<i>Lepidium spinosum</i> Ard. (E.Ö.24)	Muşurat	Aerial part	Freshly eaten As a salad, eaten Cooked as a meal
<i>Rapistrum rugosum</i> (L.) All. (ISTE 109609, 109600)	Hardala, Hardal otu	Leaf	Cooked with egg, as a omlot Freshly eaten
Compositae			
<i>Carduus nutans</i> L. (ISTE 109620)	Deve dikenli	Seed	Eaten
<i>Carthamus lanatus</i> L. (ISTE 109640)	Dikenli afin, Dikenli afyon	Oil (From fruit)	Used to cook pastry
<i>Chondrilla juncea</i> L. (E.Ö.14, ISTE 109638)	Sakızlık	Aerial part	Cooked as a meal
<i>Cnicus benedictus</i> L. (ISTE 109621, 109616)	Acı dürlek, Diken, Diken otu	Aerial part	Cooked as a meal
<i>Lactuca serriola</i> L. (E.Ö.16)	Helvacık	Aerial part	Freshly eaten

Botanical name, family and specimen number	Local name in Savaştepe	Used parts	/ Usage
<i>Leontodon tuberosus</i> L. (ISTE 109636, 109637, 109635)	Hindibağ, Karahindibağ	Leaf	As a salad eaten Cooked as a meal
<i>Silybum marianum</i> (L.) Gaertn. (ISTE 109639)	Çıtırgan, Deve dikenini, Kenger, Sarıkız	Seed Latex Inside of the stem	Eaten Spice Eaten
<i>Sonchus asper</i> (L.) Hill subsp. <i>glaucescens</i> (Jord.) Ball ex Ball (ISTE 109630, 109633, 109634, 109627)	Diken otu, Eşek dikenini, Eşek helvası, Helvacık	Aerial part	Cooked as a meal Freshly eaten
<i>Taraxacum hybernum</i> Steven (ISTE 109641)	Karahindibağ, Radika, Üfleme otu	Leaf	Cooked as a meal Freshly eaten as a salad
<i>Urospermum picroides</i> (L.) Scop. ex F.W.Schmidt (ISTE 109629)	Helvacık	Leaf	Cooked as a meal
Convolvulaceae			
<i>Convolvulus arvensis</i> L. (ISTE 109670, 109669)	Filiz, Sarmaşık	Aerial part	Cooked as a meal
<i>Convolvulus scammonia</i> L. (ISTE 109668)	Sarmaşık	Leaf	Mixed with cheese, Used to cook pastry
Cornaceae			
<i>Cornus mas</i> L. (ISTE 109595, 109594)	Kızılıcık, Küren	Fruit	Jam, compote
Dioscoreaceae			
<i>Dioscorea communis</i> (L.) Caddick & Wilkin (ISTE 109676, 109675, 109673, 109677, 109674)	Acı filiz, Acı ot, Adem otu, Akıllı sarmaşık, Çıtırğa filizi	Young shoot	Cooked with egg, as a omlot Freshly eaten
Ericaceae			
<i>Arbutus andrachne</i> L. (ISTE 109679, 109678)	Ağaç çileği, Ayı üzümü, Dağ çileği, Davulgu	Fruit	Eaten Jam, molasses
Fagaceae			
<i>Quercus infectoria</i> G.Olivier (ISTE 109688, 109693, 109694, 109692)	Akgobak, Akmeşe, Akpıynar	Fruit	As coffea
Geraniaceae			
<i>Erodium ciconium</i> (L.) L'Hér. (ISTE 109701)	Hıdır otu, Mor çiçek	Leaf	Cooked as a meal
<i>Erodium cicutarium</i> (L.) L'Hér. (ISTE 109700)	Kocakarı iğnesi	Aerial part	Freshly eaten as a salad
Lamiaceae			
<i>Mentha longifolia</i> (L.) subsp. <i>typhoides</i> (Briq.) Harley (ISTE 109834)	Dere nanesi, Köpek nanesi	Leaf	Spice
<i>Micromeria myrtifolia</i> Boiss. & Hohen. (ISTE 109836, 109835, 109837)	Ayaklı kekik	Aerial part	Spice
<i>Ocimum basilicum</i> L. (E.Ö.37)	Fesleğen, Reyhan	Leaf	Spice
<i>Origanum vulgare</i> L. subsp. <i>hirtum</i> (Link) Ietsw. (ISTE 109829, 109814, 109813)	Akkekik, Ayaklı kekik, Dal kekiği	Aerial part	Mixed with cheese, Used to cook pastry Spice
<i>Rosmarinus officinalis</i> L. (ISTE 109838, 109839)	Akıl otu, Biberiye	Leaf	Spice
<i>Salvia napiifolia</i> Jacq. (ISTE 109795)	Çay otu	Aerial part	As a tea
<i>Thymus longicaulis</i> C.Presl subsp. <i>chaubardii</i> (Rchb.f.) Jalas (ISTE 109832)	Akbaşlı ot, Güve otu, Kekik	Aerial part	Spice
<i>Thymus zygoides</i> Griseb. (ISTE 109819, 109818, 109817, 109816, 109815, 109775)	Bayır çayı, Kaya kekiği, Kekik	Leaf	Spice
Lauraceae			
<i>Laurus nobilis</i> L. (ISTE 109855)	Defne	Leaf	Spice

Botanical name, family and specimen number	Local name in Savaştepe	Used parts	/ Usage
Leguminosae			
<i>Cercis siliquastrum</i> L. (ISTE 109733)	Erguvan, Keçi gevişi, Yabani keçiboynuzu	Flower	Eaten
<i>Vicia villosa</i> Roth (ISTE 109747, 109748, 109749)	Bağla otu, Deli bakla, Fi, Yabani bezelye	Aerial part	As a salad eaten
Malvaceae			
<i>Malva sylvestris</i> L. (ISTE 109767, 109769, 109768)	Develik otu, Ebegümeçi, Evelik, Gömeç	Leaf	Cooked as a meal Cooked with egg, as a omlot Mixed with cheese, Used to cook pastry
Moraceae			
<i>Ficus carica</i> L. (ISTE 109771)	İncir	Fruit	Jam
<i>Morus nigra</i> L. (E.Ö.40)	Kara dut	Fruit	Jam Eaten Sherbet for salads
Papaveraceae			
<i>Papaver somniferum</i> L. (ISTE 109867)	Afyon	Seed oil	Used for cooking
Platanaceae			
<i>Platanus orientalis</i> L. (ISTE 109877)	Çınar	Leaf	Dried and powdered, eaten with rice as a spice
Polygonaceae			
<i>Polygonum cognatum</i> Meisn. (ISTE 109880)	Madımak, Tavuk otu	Aerial part	Cooked as a meal Used to cook pastry
<i>Rumex acetosella</i> L. (E.Ö.44)	Acı kulak, Ekşi kulak, Epelek	Seed Leaf	Eaten Freshly eaten as a salad Cooked as a meal
<i>Rumex crispus</i> L. (ISTE 109883, 109884)	Alabardağı, Ebe kuzulağı, Eşek alabadası, Labada	Leaf	Cooked as a meal
<i>Rumex obtusifolius</i> L. (ISTE 109879)	Alabardak	Leaf	Freshly eaten as a salad
<i>Rumex patientia</i> L. (E.Ö. 45, 46, 47)	Labada otu, Pazı	Leaf	Cooked as a meal Used to cook pastry
<i>Rumex tuberosus</i> L. (ISTE 109881)	Ekşi kulak, Kuzukulağı	Leaf	Freshly eaten as a salad
Portulacaceae			
<i>Portulaca oleracea</i> L. (E.Ö.49)	Semizlik otu, Temizlik otu	Aerial part	Cooked as a meal Prepared canned food
Rosaceae			
<i>Crataegus microphylla</i> K.Koch (ISTE 109914, 109916)	Alıç	Fruit	Eaten
<i>Crataegus monogyna</i> Jacq. (ISTE 109915, 109917, 109942, 109896)	Alıç, Alıç gülü, yemişen	Fruit	Eaten Molasses
<i>Prunus divaricata</i> Ledeb. subsp. <i>divaricata</i> (Ledeb.) Schneider (E.Ö.54)	Dağ eriği, Erik	Fruit	Dried fruits eaten Pickle
<i>Prunus spinosa</i> L. (ISTE 109935, 109907, 109909, 109937, 109930)	Çakal eriği, Deli erik, Domuz eriği	Fruit	Eaten Jam
<i>Pyrus amygdaliformis</i> Vill. (ISTE 109911, 109936)	Deli armut	Fruit	Eaten
<i>Pyrus elaeagnifolia</i> Pall. (ISTE 109923, 109933)	Ahlat, Aflat, Alfât, Çakal armudu, Geyik elması, Üvez, Yabani armut	Fruit	Pickle Eaten

Botanical name, family and specimen number	Local name in Savaştepe	Used parts	/ Usage
<i>Rosa canina</i> L. (ISTE 109938, 109931)	Bayırgülü, İprim, İtgülü, Kuşbaşı, Kuşburnu	Fruit	Jam
<i>Rosa sempervirens</i> L. (ISTE 109902, 109901, 109906, 109905, 109908)	Kuşburnu, İtgülü, Öküzgötü	Fruit	Jam
<i>Rubus canescens</i> DC. (ISTE 109926)	Böğürtlen, Karamık, Karantı, Kırantı	Fruit	Eaten Jam
<i>Rubus sanctus</i> Schreb. (ISTE 109899, 109900, 109928, 109929, 109939)	Böğürtlen, Kırantı	Fruit	Eaten
<i>Sarcopoterium spinosum</i> (L.) Spach (E.Ö.56)	Çıtırdak, Çıtırğan, Çıtırık, Çıtırğı diken, Çıtır pıtır	Aerial part	Eaten
Tiliaceae			
<i>Tilia tomentosa</i> Moench (ISTE 109961)	Ihlamur	Leaf	Cooked as a meal (Sarma)
Urticaceae			
<i>Urtica dioica</i> L. (ISTE 109962, E.Ö.68)	Bırgan, Gırgan, Gidişken, İsrigan, Kabarcık	Leaf Aerial part, leaf	Cooked as a meal Used to cook pastry
<i>Urtica membranacea</i> Poir. ex Savigny (ISTE 109964)	İsrigan	Aerial part, leaf Leaf	Cooked as a meal Used to cook pastry

Table 2: The comparison of uses of the same edible plants in Savaştepe (Balıkesir), Kırklareli, Inner-West Anatolia, İzmir, Madra Dağı, Marmara Island, Marmaris, Middle Aegean Region, Balıkesir region, Çatalca (—: plants not recorded)

Botanical name and family	Savaştepe (Balıkesir)	Kırklareli	Inner-West Anatolia	İzmir local market	Madra dağı (izmir)	Marmara Island	Marmaris	Middle Aegean Region	Balıkesir region edible fruits	Çatalca
<i>Anethum graveolens</i> L. (Apiaceae)	Leaf; spice	—	—	Aerial part; salad, cooked	—	—	Leaf; spice	—	—	—
<i>Arbutus andrachne</i> L. (Ericaceae)	Fruit; fresh eaten, jam, molasses	—	—	—	—	—	—	Fruit; eaten	Fruit; eaten	—
<i>Capsella bursa-pastoris</i> (L.) Medik. (Brassicaceae)	Aerial part; cooked as a meal, salad	—	—	—	—	—	—	Aerial part; eaten	—	—
<i>Carduus nutans</i> L. (Compositae)	Seed; eaten	Stem; after bark is peeled eaten	—	—	—	—	—	—	—	—
<i>Chondrilla juncea</i> L. (Compositae)	Aerial part; cooked as a meal	—	—	—	—	—	—	Aerial part; eaten	—	—
<i>Cornus mas</i> L. (Cornaceae)	Fruit; jam, compote	Fruit; eaten fresh or in jam or marmalade	Fruit; eaten fresh or in jam or marmalade	—	—	—	—	—	Fruit; eaten	Fruit; eaten
<i>Crataegus microphylla</i> K.Koch (Rosaceae)	Fruit; eaten	—	—	—	—	—	—	—	Fruit; eaten	—
<i>Crataegus monogyna</i> Jacq. (Rosaceae)	Fruit; eaten, molasses	—	Fruit; jam	—	Fruit; eaten	—	—	—	Fruit; eaten	—

Botanical name and family	Savaştepe (Balıkesir)	Kırklareli	Inner-West Anatolia	İzmir local market	Madra dağı (izmir)	Marmara Island	Marmaris	Middle Aegean Region	Balıkesir region edible fruits	Çatalca
<i>Dioscorea communis</i> (L.) Caddick & Wilkin (Dioscoreaceae)	Young shoot; cooked with egg, as a omlet, freshly eaten	—	—	Fresh shoots; fried with onion, egg	Young shoots; eaten	—	—	—	—	—
<i>Erodium cicutarium</i> (L.) L'Hér. (Geraniaceae)	Aerial part; freshly eaten as a salad	—	Aerial part; eaten	Aerial part; cooked pastry	—	—	—	Aerial part; eaten	—	—
<i>Ficus carica</i> L. (Moraceae)	Fruit; Jam	—	—	Fruit; jam	—	Fruit; raw eaten, jam	—	—	Fruit; eaten	—
<i>Foeniculum vulgare</i> Mill. (Apiaceae)	Leaf; Spice	—	—	Leaf; spice	Leaf; eaten	—	—	Aerial part; eaten	—	—
<i>Lactuca serriola</i> L. (Compositae)	Aerial part; freshly eaten	—	—	—	—	Leaf, cooked; fruit, raw	—	Aerial part; eaten	—	—
<i>Laurus nobilis</i> L. (Lauraceae)	Leaf; Spice	—	—	—	—	—	Leaf; spice	—	—	—
<i>Leontodon tuberosus</i> L. (Compositae)	Leaf; as a salad eaten, cooked as a meal	—	—	—	—	—	Fresh leaf; cooked as a meal	—	—	—
<i>Malva sylvestris</i> L. (Malvaceae)	Leaf; cooked as a meal, cooked with egg, as a omlet, mixed with cheese, Used to cook pastry	Leaf; cooked	—	Leaf; cooked with meat, pastry	—	Leaf; cooked, sarma	Aerial part; cooked as a meal	Aerial part; eaten	—	—
<i>Mentha longifolia</i> (L.) L. subsp. <i>typhoides</i> (Briq.) Harley (Lamiaceae)	Leaf; Spice	—	Leaf; spice	—	—	—	—	Aerial part; eaten	—	—
<i>Morus nigra</i> L. (Moraceae)	Fruit; jam, eaten, sherbet for salads	Leaf; cooked Fruit; fresh eaten	—	—	Fruit; eaten	—	Leaf; cooked Fruit; eaten	Fruit; eaten	—	Branches; peeled, slices, eaten
<i>Origanum vulgare</i> L. subsp. <i>hirtum</i> (Link) Ietsw. (Lamiaceae)	Aerial part; mixed with cheese, used to cook pastry, spice	—	Aerial part; spice	—	—	Aerial part; spice	—	—	—	—
<i>Papaver somniferum</i> L. (Papaveraceae)	Seed oil; used for cooking	—	Seed; katmer cooking; leaf salad	—	—	—	—	—	—	—
<i>Pinus brutia</i> Ten. (Pinaceae)	Resin; mixed with honey and eaten	—	—	—	Resin; eaten	—	—	—	—	—

Botanical name and family	Savaştepe (Balıkesir)	Kırklareli	Inner-West Anatolia	İzmir local market	Madra dağı (izmir)	Marmara Island	Marmaris	Middle Aegean Region	Balıkesir region edible fruits	Çatalca
<i>Pistacia terebinthus</i> L. (Anacardiaceae)	Dry fruit; as coffee, Young leaf; eaten fresh, Oil (From fruit); used to cook pastry, fruit; eaten, pickle	—	—	Young shoot; eaten, added to pickle, fried with egg	Fruit; eaten	Shoot; salad	Leaf; boiled as a meal, Fruit; eaten	Fruit; eaten	Fruit; eaten	—
<i>Polygonum cognatum</i> Meisn. (Polygonaceae)	Aerial part; cooked as a meal, used to cook pastry	—	Aerial part; eaten	Aerial part; fried with egg, made into soup with wheat grains, prepared as pastry	—	—	—	Aerial part; eaten	—	—
<i>Portulaca oleracea</i> L. (Portulacaceae)	Aerial part; cooked as a meal, prepared canned food	Aerial part; cooked	Aerial part; eaten	Aerial part; salad, cooked	—	—	—	—	—	—
<i>Prunus divaricata</i> Ledeb. subsp. <i>divaricata</i> (Ledeb.) Schneider (Rosaceae)	Dried fruits; eaten, pickle	Fruit; jam, marmalade, compote	—	—	—	—	—	Fruit; eaten	Fruit; eaten	—
<i>Prunus spinosa</i> L. (Rosaceae)	Fruit; Eaten, Jam	Fruit; pickle, jam, marmalade, compote	—	—	—	—	—	Fruit; eaten	Fruit; eaten	Fruit; jam
<i>Pyrus amygdaliformis</i> Vill. (Rosaceae)	Fruit; eaten	—	—	—	Fruit; eaten	Fruit; pickle	Fruit; eaten	—	Fruit; eaten	—
<i>Pyrus elaeagnifolia</i> Pall. (Rosaceae)	Fruit; pickle, eaten	Fruit; pickle	Fruit; pickle	—	—	—	—	Fruit; eaten	Fruit; eaten	Fruit; marmalade
<i>Rapistrum rugosum</i> (L.) All. (Brassicaceae)	Leaf; cooked with egg, as a omllet, freshly eaten	—	—	—	—	—	—	Aerial part; eaten	—	—
<i>Rhus coriaria</i> L. (Anacardiaceae)	Fruit, seed; spice, Seed; powdered and used in pastry, Fruit, stem; used in vinegar, pickle	—	—	—	—	Fruit; spice	—	—	—	—
<i>Rosa canina</i> L. (Rosaceae)	Fruit; jam	—	Fruit; jam	—	Fruit; eaten	Fruit; jam	—	Fruit; eaten	Fruit; eaten	—

Botanical name and family	Savaştepe (Balıkesir)	Kırklareli	Inner-West Anatolia	İzmir local market	Madra dağı (izmir)	Marmara Island	Marmaris	Middle Aegean Region	Balıkesir region edible fruits	Çatalca
<i>Rosmarinus officinalis</i> L. (Lamiaceae)	Leaf; spice	—	—	—	—	—	Leaf; spice	—	—	—
<i>Rubus canescens</i> DC. (Rosaceae)	Fruit; eaten, jam	Fruit; fresh, jam, marmalade	Fruit; jam	—	—	—	—	Fruit; eaten	Fruit; eaten	—
<i>Rubus sanctus</i> Schreb. (Rosaceae)	Fruit; eaten	—	—	—	Fruit; eaten	Fruit; raw, jam	Fruit; eaten fresh	Fruit; eaten	Fruit; eaten	Fruit; eaten
<i>Rumex acetosella</i> L. (Polygonaceae)	Seed; eaten, Leaf; Freshly eaten as a salad, cooked as a meal	Leaf; cooked	—	Aerial; salad	Leaf; eaten	Young shoots; raw in salad	—	—	—	—
<i>Rumex crispus</i> L. (Polygonaceae)	Leaf; Cooked as a meal	Leaf; cooked	Leaf; eaten	—	—	—	—	—	—	—
<i>Rumex patientia</i> L. (Polygonaceae)	Leaf; Cooked as a meal, used to cook pastry	—	—	Leaf; fried with egg, onion; cooked as a pastry; sarma	Leaf; eaten	—	—	Leaf; eaten	—	—
<i>Rumex tuberosus</i> L. (Polygonaceae)	Leaf; Freshly eaten as a salad	—	—	—	—	—	Leaf; eaten	—	—	—
<i>Ruscus aculeatus</i> L. (Asparagaceae)	Fruit; Eaten	—	—	—	—	—	—	—	—	Fruit; eaten
<i>Sonchus asper</i> (L.) Hill subsp. <i>glaucescens</i> (Jord.) Ball ex Ball (Compositae)	Aerial part; cooked as a meal, freshly eaten	—	—	Leaf; fried with onion, egg; cooked as a pastry	Leaf; eaten	—	—	Aerial part; eaten	—	—
<i>Thymus longicaulis</i> C.Presl subsp. <i>chaubardii</i> (Rchb.f.) J alas (Lamiaceae)	Aerial part; spice	—	Aerial part; spice	—	—	Leaf; spice	—	—	—	—
<i>Urtica dioica</i> L. (Urticaceae)	Aerial part, leaf; cooked as a meal, used to cook pastry	Leaf, cooked	Aerial part; eaten	—	Aerial part; eaten	Leaf; cooked	—	Aerial part; eaten	—	—
<i>Urtica membranacea</i> Poir. ex Savigny (Urticaceae)	Aerial part, leaf; cooked as a meal, used to cook pastry	—	—	—	—	—	Aerial part; cooked as a meal	—	—	—

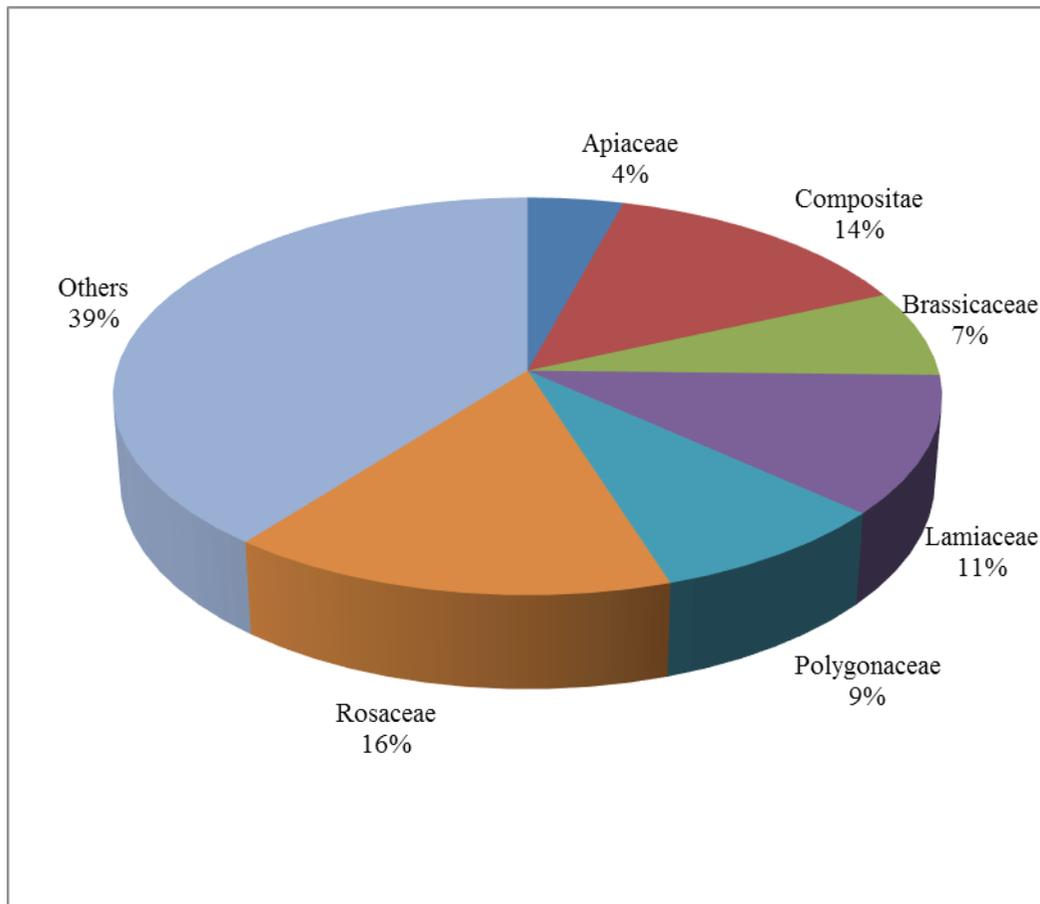


Figure 6. The most frequently used families

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Savaştepe (Balıkesir, Türkiye) İlçesinin Yabani Besin Bitkileri

ÖZ

Bu etnobotanik çalışma Savaştepe ilçesinde (Balıkesir), Mayıs 2012-Ekim 2015 tarihleri arasında gerçekleştirildi. Savaştepe’de bulunan yerleşim yerleri (44 köy) arazi çalışmaları sırasında ziyaret edildi. Bu çalışmayla, Savaştepe’de (Balıkesir) besin olarak kullanılan bitkilerin geleneksel kullanımının belgelenmesi hedeflendi. Yöre halkı ile yüzyüze görüşmeler yapıldı. Bölgede toplam 205 kişi (107 erkek, 98 kadın) ile görüşüldü. Bitki örnekleri yerel halk ile birlikte toplandı. Toplanan türler tayin

edildi ve İSTE’de (İstanbul Üniversitesi Eczacılık Fakültesi Herbaryumu) herbaryum örnekleri haline getirilerek saklandı. Toplanan bitkiler arasında 27 familyaya ait 71 taksonun besin amaçlı tüketildiği kaydedilmiştir. Bitkiler çoğunlukla gıda (55 takson), baharat (14 takson), içecek (3 takson) ve ballı macun (2 takson) şeklinde kullanılmaktadır. Çoğunlukla kullanılan bitki bölümleri yaprak (27 takson), toprak üstü kısım (20 takson), meyve (19 takson) ve tohum (5 takson) olarak tespit edildi.

Anahtar kelimeler: Etnobotanik, Yabani besin bitkileri, Savaştepe, Balıkesir, Türkiye

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