

An Ethnobotanical Analysis on Wild Edible Plants of the Turkish Asteraceae Taxa

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Summary

Asteraceae (Compositae) is one of the biggest families in the Flora of Turkey as in the World. Also, it is one of the most important families in which many popular plants are used as food and recreational tea in Turkey. The aim of this study is to make an ethnobotanical analysis on the wild edible plants of the Asteraceae family in Turkey, according to our investigations and scientific literature records. This study is based on local ethnobotanical investigations. The information about the plants was obtained from the local people through open and semi-structured interviews. In the light of our investigations and the literature records, 43 genera (including 121 taxa) of Asteraceae (used for food, tea and other purposes) were determined. Among them, *Scorzonera*, *Tragopogon*, *Cirsium*, *Centaurea*, *Onopordum*, *Taraxacum*, *Echinops*, *Achillea*, *Anthemis* and *Carduus* are the most popular genera in the localities of Turkey.

Key words

Asteraceae; ethnobotany; wild edible plants Turkey

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Introduction

Wild plants are an important component of people's daily life around the World, because of their widespread use and cultural importance. Also, these plants still function as an important part of human nutrition in many parts of the World (Kang et al., 2014). Therefore, the documentation of traditional use of wild food plants has been carried out by ethnobotanical studies in many Turkish cities over the last years (Tuzlacı, 2011b), as in many European countries (Dolina and Łuczaj, 2014).

Because of being on the junction of three phytogeographical regions (Euro-Siberian, Mediterranean and Irano-Turanian), Turkey has a rich flora. The Turkish flora comprises 9582 species of vascular plants, approximately 3155 of them are endemic (Özhatay et al., 2012).

People have benefitted from the use of plants for food and medicine since the Palaeolithic. As a reflection of the rich flora, the traditional use of plants as a source of nutrition or as medicine is naturally affected by plant diversity (Doğan, 2012).

The Asteraceae is an exceedingly large and widespread family of vascular plants. This family is represented by 1911 genera and about 32,913 species worldwide (www.theplantlist.org), and 143 genera and approximately 1484 species in Turkey (Davis, 1975; Davis et al., 1988; Özhatay et al., 1994; Özhatay et al., 1999; Güner et al., 2000; Erik and Tarıkahya, 2004; Özhatay and Kültür, 2006; Özhatay et al., 2009).

Asteraceae is one of the most important families; many taxa from this family are used as food and recreational tea in Turkey (Tuzlacı, 2011b).

To this end, the aim of this study is a revision on the wild edible plants of the Asteraceae family in Turkey.

Material and methods

Ethnobotanical analysis of the wild edible plants of the Asteraceae family in Turkey, were combination of field work and analysis of scientific literature records. Field work were based on local ethnobotanical investigations. The information about the plants was obtained from the local people through open and semi-structured interviews. Similar methods were used in the literature to obtain ethnobotanical information (Yıldırım, 1994; Işık et al., 1995; Vural et al., 1997; Duran, 1998; Koçak, 1999; Bağcı, 2000; Ertuğ, 2000; Abay and Kılıç, 2001; Duran et al., 2001; Sadıkoğlu and Alpınar, 2001; Keskin and Alpınar, 2002; Ecevit Genç, 2003; Ertuğ et al., 2003; Tuzlacı, 2003; Ertuğ, 2004; Özgen et al., 2004; Şimşek et al., 2004; Tuzlacı, 2004a; Tuzlacı, 2004b; Koçyiğit, 2005; Özdemir, 2005; Tuzlacı, 2005; Akgül, 2007; Yeşil, 2007; Akan et al., 2008; Akgül, 2008; Emre Bulut, 2008; Keskin, 2008; Kültür, 2008; Bulut and Tuzlacı, 2009; Kargioğlu et al., 2010; Erdoğan, 2011; Güner and Özhatay, 2011; Keskin, 2011; Doğan, 2012; Kızıllarslan and Özhatay, 2012; Tugay et al., 2012; Doğan et al., 2013; Şenkardeş and Tuzlacı, 2014; Doğan and Tuzlacı, 2015; Bulut, 2016; Şenkardeş and Tuzlacı, 2016; Altundağ Çakır, 2017).

The main literature source of this study was a book 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 that have being consumed in Turkey

(Tuzlacı, 2011b). Further, 43 scientific investigations conducted from year 1994 to 2017, were reviewed (as referred above).

Scientific names of the plants were given according to Davis (Davis, 1975). Taxonomical changes were done with reference to 'The Plant List' and are presented in parentheses in Table 1. Also, the local names of the plants are provided according to the literature sources indicated above and the book on local names of Turkish plants, titled "A Dictionary of Turkish Plants (Türkiye Bitkileri Sözlüğü)". The plants' scientific names, local names, parts consumed and modes of consumption are all shown in Table 1 and the results regarding the used parts and the most popular uses of the plants are presented in Figure 1, 2.

The plant specimens collected and used in our investigations, are kept in the Herbarium of the Faculty of Pharmacy, Marmara University (MARE). The samples of the studies that were used in this study are kept in the herbariums of the related faculties and in the individual herbariums.

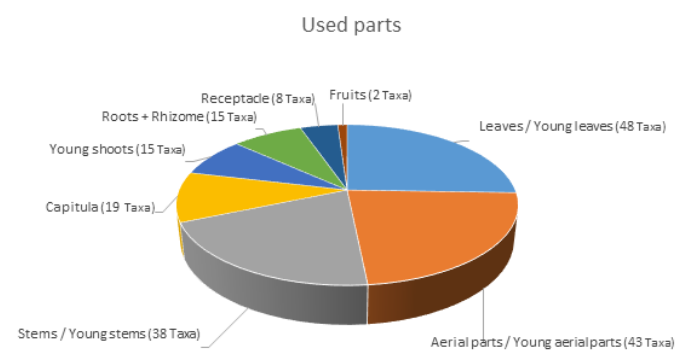


Figure 1. Used parts of the wild edible plants in the study

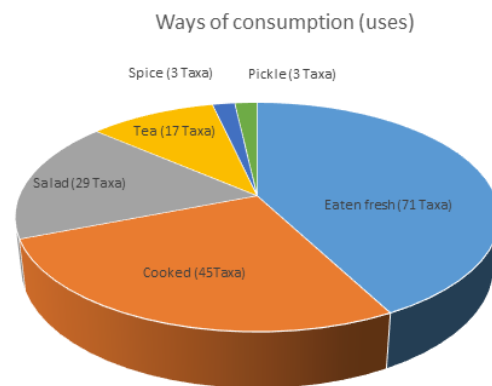


Figure 2. Ways of consumption of the wild edible plants in the study

Results and discussion

Our investigations and the related literature records revealed that 121 taxa (belonging to 43 genera) of Asteraceae family are being used for food, recreational tea and other purposes in Turkey (Table 1). Among them, *Scorzonera* (14 taxa=12%), *Tragopogon* (10 taxa=8%), *Cirsium* (8 taxa=7%), *Centaurea* (7 taxa=6%), *Onopordum* (7 taxa=6%), *Taraxacum* (7 taxa=6%), *Echinops* (5 taxa=4%), *Achillea* (4 taxa=3%), *Anthemis* (4 taxa=3%) and *Carduus* (4 taxa=3%) are the most popular genera. They are used in many localities of Turkey with the highest number of taxa and percentages (Fig. 3).

Table 1. Wild Edible Plants of the Turkish Asteraceae Taxa

Botanical name	Local names	Plant part used	Usage
<i>Achillea biebersteinii</i> Afan. [<i>Achillea arabica</i> Kotschy]	Amel otu, Arı çiçeği, Ayvadana, Kılıç otu, Kurt otu, Mayalık otu, Pazvat, Sarılık otu, Sırçan otu, Teleme otu, Yayla çiçeği	Aerial parts	As rennet (used to mix with milk and make cheese) (Özdemir, 2005)
<i>Achillea tenuifolia</i> Lam.	Acıgıcı, Ayvadana, Çobankirpiği, Kirpit	Young leaves Young leaves Young leaves Young leaves (dried) Young leaves	Salad (Tuzlacı, 2011b) Pickle (Tuzlacı, 2011b) Added into 'Ayran çorbası' (a local soup made with yogurt) (Tuzlacı, 2011b) Spice (Altundağ Çakır, 2017) Eaten (with cheese after boiled) (Tuzlacı, 2011b)
<i>Achillea coarctata</i> Poir.	Civanperçemi	Capitula	Tea (Şenkardeş and Tuzlacı, 2016)
<i>Achillea wilhelmsii</i> C. Koch [<i>Achillea santolinoides</i> subsp. <i>wilhelmsii</i> (K.Koch) Greuter]	Ayvadane, Civanperçemi, Girtkesan, Kardeşkanı, Keditırnağı, Kılıç otu, Pesvana, Pisikkuyruğu, Tavukkıcı	Capitula	Tea (Doğan and Tuzlacı, 2015)
<i>Anthemis austriaca</i> Jacq. [<i>Cota austriaca</i> (Jacq.) Sch.Bip.]	Papatya	Capitula Young leaves	Tea (Şenkardeş and Tuzlacı, 2016) Salad (Keskin, 2011)
<i>Anthemis hyalina</i> DC.	Beyaz yoğurt çiçeği, Yoğurt çiçeği, Yoğurt otu	Capitula	Tea (Akan et al., 2008)
<i>Anthemis tinctoria</i> L. var. <i>pallida</i> DC.	Beyaz papatya, Kingözü, Papatya	Capitula	Tea (Yeşil, 2007)
<i>Anthemis tinctoria</i> L. var. <i>tinctoria</i>	Boz yavşan, Koyungözü, Papatya, Sarı papatya	Capitula	Tea (Özdemir, 2005; Doğan and Tuzlacı, 2015)
<i>Arctium minus</i> (Hill) Bernh. subsp. <i>pubens</i>	Ayı pıtırağı, Boz pıtırağ, Büyük kabalak, Deve pıtırağı, Devetabanı, Domuz pıtırağı, Kabalak, Kalağan, Kriz, Yılan otu, Yılcık, Zıroluk	Young stems Leaves Leaves	Eaten fresh after peeled (Özgen et al., 2004) Cooked as 'Sarma' (leaves rolled around a filling made of rice or bulgur and minced meat) (Özgen et al., 2004) Cooked (Özgen et al., 2004)
<i>Arctium platylepis</i> (Boiss. et Bal.) Sosn. ex Grossh.	Bal dikeni, Bariyekırde, Devetabanı, Garahort, Halemhort	Roots and young stems Leaves Young stems	Eaten fresh after peeled (Altundağ Çakır, 2017) Cooked as 'Sarma' (Altundağ Çakır, 2017) Salad (as an appetizer) (Akgül, 2007)
<i>Arctium tomentosum</i> Miller var. <i>glabrum</i> (Körnigke) Arènes	Devetabanı, Dulavrat otu	Young shoots	Cooked (Tuzlacı, 2011b)
<i>Artemisia austriaca</i> Jacq.	Darhun, Gohulu yavşan, Yavşan	Leaves	Spice (Altundağ Çakır, 2017)
<i>Artemisia santonicum</i> L.	Acı yavşan, Kekik, Pelin, Süpürge yavşanı, Yavşan	Capitula and leaves	Added into the herbal tea mixtures as aromatizer (Özdemir, 2005)
<i>Artemisia spicigera</i> C. Koch	Yavşan	Capitula and leaves	Eaten as an appetizer (Özgen et al., 2004; Tuzlacı, 2011b)
<i>Bellis perennis</i> L.	Ak bubeçlik, Beyaz papatya, Kır papatyası, Konga mirişki, Koyungözü, Nine otu, Nisan papatyası, Papatya, Yabancı papatya, Yoğurt çiçeği	Aerial parts Leaves Leaves Capitula	Cooked (Duran, 1998; Keskin, 2008) Cooked together with other herbs (Koçyiğit, 2005; Doğan, 2012; Kızılarşlan and Özhatay, 2012; Doğan et al., 2013) Salad (Doğan et al., 2013) Tea (Kızılarşlan and Özhatay, 2012)
<i>Carduus hamulosus</i> Ehrh.	Deve kangalı	Young stems	Eaten fresh after peeled (Tuzlacı, 2011b)
<i>Carduus nutans</i> L. subsp. <i>leiophyllus</i> (Petr.) Stoj. et Stef.	Çakır dikeni, Deve dikeni, Eşek dikeni, Eşek gengeri, Kangal, Kerbeş	Young stems Receptacles	Eaten fresh after peeled (Akan et al., 2008; Kültür, 2008; Doğan and Tuzlacı, 2015; Şenkardeş and Tuzlacı, 2016) Eaten fresh (Akan et al., 2008)
<i>Carduus nutans</i> L. subsp. <i>nutans</i>	Deve dikeni, Eşek dikeni, Kangal dikeni, Şeker tikani	Young stems	Eaten fresh after peeled (Vural et al., 1997; Altundağ Çakır, 2017)

Botanical name	Local names	Plant part used	Usage
<i>Carduus pycnocephalus</i> L. subsp. <i>albidus</i> (Bieb.) Kazmi	Diken, Eşek dikeni, Eşek kengeri, Kangal, Su kangalı	Young stems	Eaten fresh after peeled (Tuzlacı, 2011b; Doğan and Tuzlacı, 2015; Şenkardeş and Tuzlacı, 2016)
<i>Carthamus dentatus</i> Vahl	Ak diken, Arap dikeni, Eşek dikeni, Gök diken, Kelerkuyruğu, Kına dikeni, Kızıl diken, Ömerkarısı dikeni	Young shoots Young shoots	Salad (after boiled) (Emre Bulut, 2008; Tuzlacı, 2011b) Cooked (with chickpea and meat) (Tuzlacı, 2011b)
<i>Centaurea cheiranthifolia</i> Willd. var. <i>cheiranthifolia</i> [<i>Cyanus cheiranthifolius</i> (Willd.) Soják]	Düğmeli ot, Gökgez, Mavi gökbaş, Mavi kantaron, Perpatyan, Peygamberdüğmesi	Young aerial parts	Boiled and served with eggs, fried with (or without) egg (Altundağ Çakır, 2017)
<i>Centaurea cheiranthifolia</i> Willd. var. <i>purpurascens</i> (DC.) Wagenitz	Perpatıkanı, Perpatyan	Young aerial parts	Boiled and served with eggs, fried with (or without) egg (after boiled) (Altundağ Çakır, 2017)
<i>Centaurea cyanus</i> L. [<i>Cyanus segetum</i> Hill]	Dukkuk çiçeği, Mavi süpürge çiçeği, Peygamber çiçeği, Taç çiçeği, Tavşantopuğu	Leaves	Cooked (Kültür, 2008)
<i>Centaurea depressa</i> Bieb. [<i>Cyanus depressus</i> (M.Bieb.) Soják]	Acımık, Gökbaş, Gökçebaş, Kingözü, Oğul otu, Peygamber çiçeği, Tavşantopuğu, Tayboncuğu	Capitula Young aerial parts	Tea (Yeşil, 2007; Doğan and Tuzlacı, 2015) Fried with egg (Işık et al., 1995)
<i>Centaurea glastifolia</i> L.	Kotankıran, Kötangoparan	Young stems	Eaten fresh after peeled (Özgen et al., 2004)
<i>Centaurea iberica</i> Trev. ex Sprengel	Alabaş, Çakır diken, Çakır dikeni, Deligöz dikeni, Deve dikeni, Kangal, Yabani diken, Zerdali diken	Young stems	Eaten fresh after peeled (Akan et al., 2008; Altundağ Çakır, 2017)
<i>Centaurea solstitialis</i> L. subsp. <i>solstitialis</i>	Abdesbozan otu, Belhok, Çakır dikeni, Çakırca, Gelindili, İshal dikeni, Kavgalaz dikeni, Kuşkonmaz dikeni, Sarı diken, Sarıbaş dikeni, Sıtma otu, Zerdali dikeni, Zerik	Young aerial parts Leaves Young rosette leaves' midribs	Salad (after boiled) (Tuzlacı, 2011b) Eaten after boiled and seasoned (Doğan, 2012) Cooked as 'Sarma' (a kind of stuffed dish with leaves rolled around a filling of rice, onion, etc.) (Ertuğ, 2004)
<i>Chondrilla juncea</i> L. var. <i>acantholepis</i> (Boiss.) Boiss. [<i>Chondrilla acantholepis</i> Boiss.]	Ağsakkız, Çıtlık, Gariyok, Sakız, Sakız otu	Young aerial parts Young leaves	Local pastry (as named 'Patıla') filling (Doğan and Tuzlacı, 2015) Eaten fresh (Tugay et al., 2012)
<i>Chondrilla juncea</i> L. var. <i>juncea</i>	Ak hindibağ, Çekme, Çengel, Çengel otu, Çengelsakızı otu, Çıtlık, Karaavlık, Karakavuk, Karakavut, Sakız otu, Sakızlık, Sakızlık otu, Sütü ot	Young aerial parts Young aerial parts Young aerial parts Leaves Leaves Leaves Leaves	Cooked (Ertuğ, 2000; Ertuğ et al., 2003) Local pastry (as named 'Katma') filling (after boiled) (Yeşil, 2007) Pastry filling (Doğan, 2012; Kargioğlu et al., 2010) Salad (Doğan, 2012; Kargioğlu et al., 2010; Şenkardeş and Tuzlacı, 2016) Eaten fresh (Şenkardeş and Tuzlacı, 2016) Salad (Özdemir, 2005; Keskin, 2011; Şenkardeş and Tuzlacı, 2016) Cooked (Özdemir, 2005; Tuzlacı, 2011b) Eaten fresh (Şenkardeş and Tuzlacı, 2016)
<i>Chrysanthemum coronarium</i> L. [<i>Glebionis coronaria</i> (L.) Cass. ex Spach]	Ala gömeç, Ala gömeç, Ale gömeçi, Ale gömeçi, Dallama, Koyungözü, Sarı papatya Uslu ale gömeçi	Young shoots Leaves Leaves Leaves Leaves Young stems Young stems Young shoots Leaves Young stems	Salad (after boiled) (Tuzlacı, 2011b) Salad (after boiled) (Ertuğ, 2004) Salad (Abay and Kılıç, 2001) Boiled and served with eggs, fried with (or without) egg (Ertuğ, 2004) Pastry filling (Ertuğ, 2004) Added into 'Unlama' (a local dish made with flour, garlic and lemongrass juice) (Tuzlacı, 2011b) Cooked (Tuzlacı, 2011b) Cooked (Tuzlacı, 2011b) Eaten fresh (Tuzlacı, 2011b; Doğan, 2012) Eaten fresh after peeled (Tuzlacı, 2011b)

Botanical name	Local names	Plant part used	Usage
<i>Chrysanthemum segetum</i> L. [<i>Glebionis segetum</i> (L.) Fourr.]	Alümeç, Deli ale gömeci, Deli ale gümeci	Young aerial parts	Salad (after boiled) (Tuzlacı, 2011b)
		Young stems	Eaten fresh after peeled (Tuzlacı, 2011b)
<i>Cichorium intybus</i> L.	Acı günek, Acı güneyik, Acı marul, Acıgıcı, Ak günek, Badık otu, Çatlangaç, Çatlangoz, Çatlanguş, Çıtlak otu, Çıtlık, Çini çiçeği, Çitlek otu, Çukur otu, Eşek karakavuğu, Eşek otu, Gıcıcıcı, Güneyik, Gürlük otu, Ham sütlüvan, Hindiba, Kara hindiba, Karakovuk, Mavi hindiba, Mayasıl otu, Radik, Radika, Sakız çiçeği, Sakız otu, Sakızlık otu, Sütlü ot, Talişk, Yabani hindiba	Young shoots	Eaten fresh (Tuzlacı, 2011b)
		Leaves	Eaten fresh (Doğan, 2012)
		Leaves	Salad (after boiled) (Ertuğ, 2004)
		Leaves	Boiled and served with eggs, fried with (or without) egg (Ertuğ, 2004)
		Leaves	Pastry filling (Ertuğ, 2004)
		Leafy young shoots or rosette leaves	Salad (after boiled) (Ertuğ et al., 2003; Tuzlacı, 2011b; Kızılarşlan and Özhatay, 2012)
		Leafy young shoots or rosette leaves	Salad (Koçak, 1999; Ertuğ, 2000; Ertuğ et al., 2003; Bulut, 2016)
		Leafy young shoots or rosette leaves	Pastry (as named 'Börek') filling (Kızılarşlan and Özhatay, 2012)
		Leafy young shoots	Eaten fresh (with yogurt) (Tuzlacı, 2011b)
		Young leaves	Cooked (with egg) (Koçak, 1999; Doğan and Tuzlacı, 2015)
		Young aerial parts	Cooked (Akgül, 2008; Doğan, 2012; Altundağ Çakır, 2017)
		Leaves	Cooked (Kültür, 2008)
Young aerial parts	Salad (Doğan, 2012; Şenkardeş and Tuzlacı, 2016)		
Young aerial parts	Eaten fresh (Keskin, 2011; Şenkardeş and Tuzlacı, 2016)		
Roots	Roasted (to make coffee) (Tuzlacı, 2011b)		
Roots	Chewed (Bulut, 2016)		
Young roots	Tea (Keskin, 2011)		
Young leaves	Eaten fresh (Tugay et al., 2012)		
<i>Cichorium pumilum</i> Jacq.	Akkanak, Çıtlık, Düneyik, Hindiba, Karakavruk, Sakız otu, Sütlü ot	Leafy young shoots	Salad (after boiled) (Emre Bulut, 2008; Tuzlacı, 2011b)
<i>Cirsium arvense</i> (L.) Scop. subsp. <i>arvense</i>	Hamurkesen, Karasüpürge, Keçimemesi, Kösemen	Young stems	Eaten fresh after peeled (Vural et al., 1997)
<i>Cirsium arvense</i> (L.) Scop. subsp. <i>vestitum</i> [Wimmer et Grab.] Petrak [<i>Cirsium arvense</i> (L.) Scop.]	Hamurkesen diken, Kelendor, Köygöçren, Köygöçerten, Köygöçüren	Leaves Capitula Young stems	Cooked (Sadıkoğlu and Alpınar, 2001) Tea (Ertuğ, 2000) Eaten fresh after peeled (Doğan and Tuzlacı, 2015; Altundağ Çakır, 2017)
<i>Cirsium ciliatum</i> (Murr.) Moench subsp. <i>szovitsii</i> (C. Koch) Petrak	Kazandelen, Kazankulpu, Kuşkonmaz	Young stems	Eaten fresh after peeled (Özgen et al., 2004; Güneş and Özhatay, 2011)
<i>Cirsium creticum</i> (Lam.) d'Urv. subsp. <i>creticum</i>	Deve diken, Eşek çalısı, Eşek diken, Yıldız otu	Young stems Young stems	Cooked (Kızılarşlan and Özhatay, 2012) Eaten fresh after peeled (Özgen et al., 2004; Güneş and Özhatay, 2011; Kızılarşlan and Özhatay, 2012)
<i>Cirsium lappaceum</i> (Bieb.) Fischer subsp. <i>anatolicum</i> Petrak	Eşek diken, İstriyekaran	Young stems	Eaten fresh after peeled (Duran, 1998)
<i>Cirsium rhizocephalum</i> C.A.Meyer subsp. <i>rhizocephalum</i>	Kobuk, Kovluk, Mantik, Medik	Young stems	Eaten fresh after peeled (Özgen et al., 2004; Güneş and Özhatay, 2011; Tuzlacı, 2011b)
<i>Cirsium rhizocephalum</i> C.A.Meyer subsp. <i>sinuatum</i> (Boiss.) Davis et Parris [<i>Cirsium rhizocephalum</i> C.A.Mey.]	Keçimemesi	Roots	Eaten fresh after peeled (Altundağ Çakır, 2017)
<i>Cirsium vulgare</i> (Savi) Ten.	Eşek diken, İstriymişk, Kefik, Su diken	Young stems	Eaten fresh after peeled (Vural et al., 1997; Koçak, 1999)
<i>Cnicus benedictus</i> L. [<i>Centaurea benedicta</i> (L.) L.]	Şevketibostan	Young aerial parts	Cooked (Tuzlacı, 2011b)
<i>Cnicus benedictus</i> L. var. <i>kotschyi</i> Boiss. [<i>Centaurea benedicta</i> (L.) L.]	Diken, Sancı otu	Young aerial parts Young aerial parts	Cooked (Tuzlacı, 2011b) Salad (Tuzlacı, 2011b)
<i>Cousinia eriocephala</i> Boiss. et Hausskn.	Sancı otu	Young stems	Eaten fresh after peeled (Tuzlacı, 2011b)
<i>Crepis reuteriana</i> Boiss. subsp. <i>reuteriana</i>	Keklik otu	Young leaves	Salad (Koçak, 1999)

Botanical name	Local names	Plant part used	Usage
<i>Cynara cardunculus</i> L.	Dikenli enginar, Maya otu, Peynir çiçeği, Peynir otu	Receptacles Involucral bracts Flowers	Cooked (Tuzlacı, 2011b) Eaten fresh (Tuzlacı, 2011b) As rennet (used to mix with milk and make cheese) (Tuzlacı, 2011b)
<i>Echinops orientalis</i> Trautv.	Dağ şekeri, Eşek kengeri, Topıkıstri	Receptacles	Eaten fresh (Yeşil, 2007; Tuzlacı, 2011b; Doğan and Tuzlacı, 2015)
<i>Echinops pungens</i> Trautv. var. <i>pungens</i>	Diken, Eşek kengeri, Kangal diken, Topuz	Young stems Receptacles	Eaten fresh after peeled (Doğan and Tuzlacı, 2015; Altundağ Çakır, 2017) Eaten fresh (Akgül, 2007; Güneş and Özhatay, 2011; Tugay et al., 2012; Doğan and Tuzlacı, 2015; Altundağ Çakır, 2017)
<i>Echinops sphaerocephalus</i> L. subsp. <i>sphaerocephalus</i>	Dedetaşağı, Şekronek	Young stems Receptacles	Eaten fresh after peeled (Şenkardeş and Tuzlacı, 2016) Eaten fresh (Şenkardeş and Tuzlacı, 2016)
<i>Echinops viscosus</i> DC. subsp. <i>bithynicus</i> (Boiss.) Rech. fil. [<i>Echinops spinosissimus</i> Turra]	Ak diken, Deve diken, Eşek diken, Gavurbaşı, Kız diken, Topankelle diken	Young stems Receptacles	Eaten fresh after peeled (Tuzlacı, 2011b) Eaten fresh (Doğan and Tuzlacı, 2015)
<i>Echinops viscosus</i> DC. subsp. <i>viscosus</i> [<i>Echinops spinosissimus</i> Turra]	Deve diken, Kız diken	Young stems	Eaten fresh after peeled (Tuzlacı, 2011b)
<i>Gundelia tournefortii</i> L. var. <i>armata</i> Freyn et Sint.	Acı kenger, Kahve diken, Kengel, Kenger, Kenger otu, Kereng, Keven	Young stems Young shoots Young shoots Roots Mature capitula, Fruits Latex (from root)	Eaten fresh after peeled (Şenkardeş and Tuzlacı, 2014; Şenkardeş and Tuzlacı, 2016) Cooked (Şimşek et al., 2004; Akan et al., 2008; Şenkardeş and Tuzlacı, 2016) Boiled and served with eggs, fried with egg (with egg) (Şenkardeş and Tuzlacı, 2016) Eaten fresh after peeled (Ertuğ, 2000) Roasted and ground (to make coffee as named 'Kenger kahvesi') (Koçak, 1999; Şenkardeş and Tuzlacı, 2014) As gum (Doğan and Tuzlacı, 2015)
<i>Gundelia tournefortii</i> L. var. <i>tenuisecta</i> Boiss. [<i>Gundelia tournefortii</i> L.]	Kenger, Kenker	Young shoots Young shoots	Cooked (Şenkardeş and Tuzlacı, 2016) Eaten fresh after peeled (Doğan and Tuzlacı, 2015)
<i>Gundelia tournefortii</i> L. var. <i>tournefortii</i>	Boz kangal, Karang, Kenger, Kereng, Kerenk	Roots Young stems Young shoots Young shoots Mature capitula	Fried after peeled and boiled(-or not) (Tuzlacı, 2011b) Eaten fresh after peeled (Yeşil, 2007; Akgül, 2008a) Cooked (Doğan and Tuzlacı, 2015) Eaten fresh after peeled (Doğan and Tuzlacı, 2015) Roasted and ground (to make coffee as named 'Kenger kahvesi') (Yeşil, 2007)
<i>Helichrysum arenarium</i> (L.) Moench subsp. <i>aucheri</i> (Boiss.) Davis et Kupicha	Altın otu, Çınrağ çiçeği, Güneş otu, Mantuvar, Ölmez çiçek, Sarı çiçek, Yayla çiçeği	Capitula	Tea (Doğan and Tuzlacı, 2015)
<i>Helichrysum plicatum</i> DC. subsp. <i>plicatum</i>	Altın çiçeği, Amel otu, Mantuvar, Ölmez çiçek, Sarı çiçek, Yayla çiçeği	Capitula	Tea (Bağcı, 2000)
<i>Helichrysum plicatum</i> DC. subsp. <i>polyphyllum</i> (Ledeb.) Davis et Kupicha	Altın otu, Çıngırak çiçeği, Güneş otu, Kaymak çiçeği, Mantıfar, Sarı çiçek	Capitula	Tea (Doğan and Tuzlacı, 2015)
<i>Hyoseris radiata</i> L.	Keçi marulu	Young aerial parts	Salad (after boiled) (Tuzlacı, 2011b)
<i>Hypochoeris radicata</i> L.	Dağ marulu, Sarı hindibağ	Young aerial parts Young aerial parts	Boiled and fried (Tuzlacı, 2011b) Pastry (as named 'Börek') filling (Tuzlacı, 2011b)
<i>Inula oculus-christi</i> L.	Dağ nergisi, Sümenit, Şekerli ot, Yol otu	Young aerial parts	Boiled and the filtrate is obtained to use as flavoring (Tuzlacı, 2011b)
<i>Inula thapsoides</i> (Bieb. ex Willd.) Sprengel subsp. <i>thapsoides</i>	Yıldız otu	Rhizomes	Eaten fresh after peeled (Özgen et al., 2004)
<i>Inula viscosa</i> (L.) Aiton [<i>Dittrichia viscosa</i> (L.) Greuter]	Boz ot, Bozuntu, Ellik otu, Eşek sarı otu, Sümenit, Uslu kara ot, Yapışkan sarı ot, Zinebit	Young leaves	Added into the cheese (Tuzlacı, 2011b)

Botanical name	Local names	Plant part used	Usage
<i>Jurinella moschus</i> (Habl.) Bobrov subsp. <i>pinnatisecta</i> (Boiss.) Danin et Davis [<i>Jurinea moschus</i> subsp. <i>pinnatisecta</i> (Boiss.) Greuter]	Dede gülü, Kazankulpu	Roots	Eaten fresh after peeled (Altundağ Çakır, 2017)
<i>Lactuca aculeata</i> Boiss. et Kotschy ex Boiss.	Liğirte, Mikirge, Milkide	Young leaves	Eaten fresh (Tuzlacı, 2011b)
<i>Lactuca serriola</i> L.	Acı marul, Acıbitli, Deli eşekhelvası, Eşek marulu, Eşekhelvası, Helvacık, Kılı çor, Marul otu, Merille, Mikirge, Sütleşen, Sütlen, Sütflü ot, Yabani marul, Yazı marulu	Young aerial parts Young aerial parts Young aerial parts Young leaves Young leaves Young leaves	Boiled and served with eggs, fried with (or without) egg (Ertuğ et al., 2003; Emre Bulut, 2008; Tuzlacı, 2011b) Pastry (as named 'Börek') filling (Kargioğlu et al., 2010) Salad (Kargioğlu et al., 2010) Salad (Şenkardeş and Tuzlacı, 2016) Eaten fresh (Keskin, 2011; Şenkardeş and Tuzlacı, 2016) Cooked (Bulut, 2016)
<i>Leontodon asperrimus</i> (Willd.) J. Ball	Aş yemliği	Young leaves Young leaves	Cooked (Altundağ Çakır, 2017) Added into soup (Altundağ Çakır, 2017)
<i>Leontodon crispus</i> Vill. subsp. <i>asper</i> (Waldst. et Kit.) Rohl. var. <i>setulosus</i> (Hal.) Kupicha	İt yemliği	Young shoots	Cooked (Doğan and Tuzlacı, 2015)
<i>Matricaria chamomilla</i> L. var. <i>chamomilla</i>	Acı papatya, Ak papaçya, Deli papatya, Papaçya, Papatya	Capitula	Tea (Tuzlacı, 2011b)
<i>Matricaria chamomilla</i> L. var. <i>recutita</i> (L.) Grierson [<i>Matricaria chamomilla</i> L.]	Acı papatya, Babaçya, Deli papatya, Papaçya, Papatya	Capitula	Tea (Emre Bulut, 2008)
<i>Notobasis syriaca</i> (L.) Cass.	Deve diken, Diken, Eşek diken, Kenker, Kenger, Yavan kenger, Yavan kenker	Young aerial parts Young stems	Cooked (Tuzlacı, 2011b) Eaten fresh after peeled (Emre Bulut, 2008; Tuzlacı, 2011b)
<i>Onopordum acanthium</i> L.	Galagan, Kalagan, Kanganal, Kavlugan, Kenger	Young stems Roots	Eaten fresh after peeled (Özgen et al., 2004; Altundağ Çakır, 2017) Eaten fresh after peeled (Altundağ Çakır, 2017)
<i>Onopordum bracteatum</i> Boiss. et Heldr.	Diken, Kanganal, Kanganal diken, Kobuk, Sıyrma	Young stems	Eaten fresh after peeled (Koçak, 1999; Tuzlacı, 2011b; Tugay et al., 2012)
<i>Onopordum carduchorum</i> Bornm. et Beauverd	Kanganal, Kanganal diken, Kifar	Young stems	Eaten fresh after peeled (Akgül, 2008; Tuzlacı, 2011b; Şenkardeş and Tuzlacı, 2016)
<i>Onopordum illyricum</i> L.	Akgömlek kenkeri, Deve diken, Deve kenkeri, Dolma kenkeri, Dolmalık kenger, Keler diken, Kengel diken, Kenger, Kenker, Kocabaş otu, Sıtma otu	Young rosette leaves' midribs Young rosette leaves' midribs Young rosette leaves' midribs Receptacles Receptacles Flowers Young stems Roots Fruits	Cooked as 'Dolma' (a kind of stuffed dish) (Tuzlacı, 2011b) Cooked as 'Sarma' (a kind of stuffed dish with a filling of rice, onion, etc.) (Ertuğ, 2004) Salad (after boiled) (Tuzlacı, 2011b) Cooked (Tuzlacı, 2011b) Eaten fresh (Tuzlacı, 2011b) As rennet (used to mix with milk and make cheese) (Tuzlacı, 2011b) Eaten fresh after peeled (Ertuğ et al., 2003; Tuzlacı, 2011b) Eaten fresh after peeled (Ertuğ et al., 2003) Roasted (to make coffee) (Kargioğlu et al., 2010; Tuzlacı, 2011b)
<i>Onopordum myriacanthum</i> Boiss.	Ala diken, Kenger, Kenker	Young stems Receptacles	Eaten fresh after peeled (Tuzlacı, 2011b) Eaten fresh (Tuzlacı, 2011b)
<i>Onopordum polycephalum</i> Boiss.	Beyaz kanganal, Kanganal, Kalgan, Kalganık, Kavlanık	Young stems	Eaten fresh after peeled (Yeşil, 2007)
<i>Onopordum tauricum</i> Willd.	At diken, Deve diken, Eşek diken, Göğündürme, Kanganal, Kenger	Young stems Young leaves	Eaten fresh after peeled (Tuzlacı, 2011b) Pastry (as named 'Börek') filling (Erdoğan, 2011)
<i>Pallenis spinosa</i> (L.) Cass.	Diken otu, Kel dallanpa, Yıldız otu	Aerial parts	Tea (Tuzlacı, 2011b)

Botanical name	Local names	Plant part used	Usage
<i>Petasites hybridus</i> (L.) Gaertner	Ayıkulağı, Farafra, Kabalak, Kabakulak otu, Kalpak otu, Şemsiye otu	Young shoots	Pickle (Ecevit Genç, 2003)
<i>Picris altissima</i> Delile	Yapışkan ot	Young, leafy shoots Young, leafy shoots	Salad (after boiled) (Tuzlacı, 2011b) Cooked (Emre Bulut, 2008)
<i>Pulicaria arabica</i> (L.) Cass.	Çayır otu	Aerial parts	Tea (Tuzlacı, 2011b)
<i>Scariola viminea</i> (L.) F.W.Schmidt [<i>Lactuca viminea</i> (L.) J.Presl & C.Presl]	Çukur çitliği, Kedi çitliği	Leaves	Eaten fresh (Ertuğ, 2000)
<i>Scolymus hispanicus</i> L.	Akçakız, Altın diken, Çetmi diken, Diken kökü, Kenger, Könger, Sarı diken, Şevketibostan, Uslu kenger, Zerdali diken	Roots	Cooked (the inner parts that are removed after boiling) (Tuzlacı, 2011b; Doğan et al., 2013)
		Roots	Cooked (with meat or chicken and chickpea) (Ertuğ, 2004)
		Young leaves	Cooked (with meat or chicken and chickpea) (Ertuğ, 2004)
		Young aerial parts	Cooked (Duran et al., 2001; Emre Bulut, 2008; Tuzlacı, 2011b)
		Young stems	Salad (after boiled) (Tuzlacı, 2011b)
<i>Scorzonera cana</i> (C.A.Meyer) Hoffm. var. <i>cana</i> [<i>Podospermum canum</i> C.A.Mey.]	Dedesakalı, Tekesakalı, Yemlik	Young basal leaf stalk	Eaten fresh after peeled (Tuzlacı, 2011b) Cooked (Doğan et al., 2013)
		Leaves	Eaten fresh (with salt) (Işık et al., 1995; Doğan et al., 2013)
		Leaves	Salad (Doğan et al., 2013)
		Leaves	Added into dishes (Doğan et al., 2013)
		Leaves	Salad (after boiled) (Ertuğ, 2004)
<i>Scorzonera cana</i> (C.A.Meyer) Hoffm. var. <i>jacquiniana</i> (W.Koch) Chamberlain	Dedesakalı, Tekesakalı, Yemlik	Leaves	Boiled and served with eggs, fried with (or without) egg (Ertuğ, 2004)
		Leaves	Pastry filling (Ertuğ, 2004)
		Young aerial parts	Eaten fresh (Keskin, 2011)
		Young leaves and peduncles	Eaten fresh (Tugay et al., 2012; Altundağ Çakır, 2017)
		Young leaves	Salad (Erdoğan, 2011)
<i>Scorzonera cana</i> (C.A.Meyer) Hoffm. var. <i>radicosa</i> (Boiss.) Chamberlain	Dedesakalı, Tekesakalı	Young aerial parts, Leaves	Cooked (with rice and egg) (Tuzlacı, 2011b)
<i>Scorzonera cinerea</i> Boiss.	At yemliği, Boz kanak, Killi yemlik, Sakız otu, Yemlik	Young aerial parts	Fried (Özdemir, 2005)
		Young aerial parts	Salad (Özdemir, 2005)
		Young aerial parts	Cooked (Özdemir, 2005)
		Young aerial parts	Eaten fresh (in vrap) (Özdemir, 2005)
<i>Scorzonera elata</i> Boiss.	Çet otu, Fener çiçeği, Sütleşen, Sütlen	Young aerial parts	Cooked (Tuzlacı, 2011b)
		Young aerial parts	Pastry (as named 'Börek') filling (Tuzlacı, 2011b)
		Leaves	Eaten fresh (Doğan et al., 2013)
		Leaves	Salad (Doğan et al., 2013)
		Leaves	Added into dishes (Doğan et al., 2013)
		Leaves	Salad (after boiled) (Ertuğ, 2004)
<i>Scorzonera hispanica</i> L.	Yemlik	Leaves	Boiled and served with eggs, fried with (or without) egg (Ertuğ, 2004)
		Leaves	Pastry filling (Ertuğ, 2004)
		Leaves	Eaten fresh (Tuzlacı, 2011b)
		Leaves	Eaten fresh (with salt) (Şimşek et al., 2004)
		Leaves	Cooked (Koçak, 1999)
<i>Scorzonera laciniata</i> L. subsp. <i>laciniata</i> [<i>Podospermum laciniatum</i> (L.) DC.]	Parım, Tekesakalı, Tulu, Yemlik, Yemlik	Young leafy shoots Young leaves and peduncles	Eaten fresh (Altundağ Çakır, 2017)
<i>Scorzonera mollis</i> Bieb. subsp. <i>mollis</i>	Bırçalık, Bırçalığ, Burrun, Buruunpısı, Purrik, Spling, Yemlik	Roots	Eaten fresh (Vural et al., 1997)
		Young aerial parts	Eaten fresh (with salt) (Doğan and Tuzlacı, 2015)

Botanical name	Local names	Plant part used	Usage
<i>Scorzonera mollis</i> Bieb. subsp. <i>szowitsii</i> (DC.) Chamberlain [<i>Scorzonera mollis</i> subsp. <i>szowitzii</i> (DC.) D.F.Chamb.]	Adam yemliği, Bırçalık, Burcalığ, Burrum, Dombalan, Purrik, Tekecan, Tekesakalı, Yemlik	Young aerial parts Young aerial parts Roots	Eaten fresh (Yeşil, 2007) Eaten fresh (with salt) (Şimşek et al., 2004) Eaten fresh (Ertuğ, 2000)
<i>Scorzonera rigida</i> Aucher	Yemlik	Roots	Used instead of Gypsophila roots (Tuzlacı, 2011b)
<i>Scorzonera semicana</i> DC.	Kıvrım, Yemlik	Roots	Cooked (on the embers) (Tuzlacı, 2011b)
<i>Scorzonera suberosa</i> C.Koch subsp. <i>suberosa</i>	Kızıldarı, Yelmik, Yemlik	Roots Young leaves	Eaten fresh (Vural et al., 1997; Altundağ Çakır, 2017) Eaten fresh (Altundağ Çakır, 2017)
<i>Scorzonera tomentosa</i> L.	Arvent, Çitlembik, Karasakız otu, Neraband, Yersakızı	Young stems	Eaten fresh after peeled (Yeşil, 2007)
<i>Senecio vulgaris</i> L.	Sütlüce, Taşakcıl ot	Young leaves	Salad (after boiled) (Kızırlarlan and Özhatay, 2012)
<i>Silybum marianum</i> (L.) Gaertner	Başkavkas, Deve dikenini, Eşek dikenini, Kangal, Kenger, Koca kavkas, Kocabaş, Şeker dikenini, Uslu kenger, Uslu kenker	Young rosette leaves' midribs Young aerial parts Young stems Young stems Young shoots	Cooked as 'Dolma' (Tuzlacı, 2011b) Added into meat dishes (Kültür, 2008, Tuzlacı, 2011b) Eaten fresh after peeled (Ecevit Genç, 2003; Koçyiğit, 2005; Kültür, 2008; Tuzlacı, 2011b; Kızırlarlan and Özhatay, 2012) Cooked (with rice) (Kızırlarlan and Özhatay, 2012) Salad (after boiled) (Kültür, 2008; Tuzlacı, 2011b)
<i>Sonchus asper</i> (L.) Hill subsp. <i>glaucescens</i> (Jordan) Ball	Çallica otu, Dikenli eşek marulu, Eşekgevreği, Eşekhelvası, Gevirtlek, Helvecan, Safarik, Sökelek, Sütlen, Sütlemeç, Sütlü ot, Sütlük, Yumuşak diken	Young aerial parts Young aerial parts Young aerial parts Young shoots Leaves and stems Rosette leaves Leaves Leaves Leaves	Cooked (Ertuğ, 2000; Sadıkoğlu and Alpınar, 2001; Ertuğ, 2004; Şimşek et al., 2004; Koçyiğit, 2005; Emre Bulut, 2008; Tuzlacı, 2011b) Boiled and served with eggs, fried with (or without) egg (Sadıkoğlu and Alpınar, 2001; Ecevit Genç, 2003; Emre Bulut, 2008; Kızırlarlan and Özhatay, 2012) Pastry (as named 'Börek') filling (Emre Bulut, 2008; Kargioğlu et al., 2010) Salad (Kargioğlu et al., 2010) Eaten fresh (with salt) (Şimşek et al., 2004) Cooked together with other herbs (Kızırlarlan and Özhatay, 2012) Salad (Sadıkoğlu and Alpınar, 2001) Salad (after boiled) (Doğan et al., 2013) Fried (with onion and egg) (Doğan et al., 2013) Pastry filling (Doğan et al., 2013)
<i>Sonchus oleraceus</i> L.	Eşek marulu, Eşekhelvası, Karagouk, Kuzugevreği, Sökelek mancarı, Sütlemeç, Sütlen, Sütlü ot, Sütlüvan	Young aerial parts Young aerial parts Leaves Leaves Leaves Leaves Leaves	Cooked (Ertuğ, 2000; Sadıkoğlu and Alpınar, 2001; Emre Bulut, 2008; Tuzlacı, 2011b) Salad (after boiled) (Tuzlacı, 2011b) Added into meat dishes (Ecevit Genç, 2003) Salad (after boiled) (Ertuğ, 2004; Doğan et al., 2013) Fried (with onion and egg) (Doğan et al., 2013) Pastry filling (Ertuğ, 2004; Doğan et al., 2013) Boiled and served with eggs, fried with (or without) egg (Ertuğ, 2004)
<i>Steptorhamphus tuberosus</i> (Jacq.) Grossh. [<i>Lactuca tuberosa</i> Jacq.]	Sütlemeç, Sütlen	Young aerial parts Young stems	Cooked (added yogurt with garlic) (Tuzlacı, 2011b) Eaten fresh after peeled (Tuzlacı, 2011b)
<i>Taraxacum crepidiforme</i> DC. subsp. <i>crepidiforme</i> [<i>Taraxacum stevenii</i> (Spreng.) DC.]	Çıtlık, Hindiba, Keklik otu, Kıl çiçek	Rosette leaves	Cooked (Özdemir, 2005)
<i>Taraxacum fedtschenkoi</i> Hand.- Mazz.	Acıgıcı, Hapşuruk otu, Zeze	Young leaves	Cooked (with young stems of <i>Falcaria vulgaris</i>) (Altundağ Çakır, 2017)
<i>Taraxacum macrolepium</i> Schischkin	Acıgıcı, Hapşuruk otu, Keklik otu, Karlan kavuk, Zeze	Young leaves Young leaves	Cooked (with young stems of <i>Falcaria vulgaris</i>) (Altundağ Çakır, 2017) Eaten fresh, Salad (Keskin, 2011)
<i>Taraxacum pseudobrachyglossum</i> van Soest	Hindiba, Kara hindiba	Young leaves	Cooked (Ecevit Genç, 2003)

Botanical name	Local names	Plant part used	Usage
<i>Taraxacum scaturiginosum</i> G. Hagl.	Çıtlık, Göğük, Hindiba, Kartlar, Kıvrıkıvrık, Sarısütlü, Sütlü ot	Young leaves Young leaves	Cooked (Kızıllarslan and Özhatay, 2012) Salad (after boiled) (Kızıllarslan and Özhatay, 2012)
<i>Taraxacum serotinum</i> (Waldst. et Kit.) Poir.	Acı marul, Çukur çıtlığı, Çukur otu, Kara kavuk, Karahindi	Young leaves Young leaves Young aerial parts Young aerial parts	Boiled and served with eggs, fried with (or without) egg (Işık et al., 1995) Eaten fresh (with salt) (Işık et al., 1995) Pastry (as named 'Börek') filling (Kargioğlu et al., 2010) Salad (Kargioğlu et al., 2010)
<i>Taraxacum sieheanum</i> van Soest	Tülü	Young leaves	Cooked (Ertuğ et al., 2003)
<i>Tragopogon aureus</i> Boiss.	Yemlik	Leaves Young aerial parts	Eaten fresh (Özgen et al., 2004) Eaten fresh (with salt) (Akgül, 2007)
<i>Tragopogon buphthalmoides</i> (DC.) Boiss. var. <i>buphthalmoides</i>	Sıplıng, Sıplıng, Tarla yemliği, Yemlik	Young aerial parts Young aerial parts Young leaves Leaves	Cooked (Akan et al., 2008) Eaten fresh (with salt) (Doğan and Tuzlacı, 2015) Salad (Keskin, 2011) Eaten fresh (Özgen et al., 2004)
<i>Tragopogon coloratus</i> C.A.Meyer	At yemliği, Yemlik	Young aerial parts	Eaten fresh (Altundağ Çakır, 2017)
<i>Tragopogon dubius</i> Scop.	At yemliği, Çayır yemliği, Dedesakalı, Tarla yemliği, Yemlik	Young aerial parts Young aerial parts Young leaves Young aerial parts, Young leaves	Cooked (with rice or bulgur, then added yogurt with garlic) (Şenkardeş and Tuzlacı, 2016) Eaten fresh (Şenkardeş and Tuzlacı, 2016; Altundağ Çakır, 2017) Eaten fresh (Şenkardeş and Tuzlacı, 2016) Salad (Şenkardeş and Tuzlacı, 2016)
<i>Tragopogon latifolius</i> Boiss.	Yemlik	Young aerial parts Young aerial parts Young aerial parts Young aerial parts Young leaves	Eaten fresh (Tuzlacı, 2011b) Soup (Tuzlacı, 2011b) Pastry (as named 'Börek') filling (Kargioğlu et al., 2010) Salad (Kargioğlu et al., 2010) Eaten fresh (with salt) (Işık et al., 1995)
<i>Tragopogon latifolius</i> Boiss. var. <i>angustifolius</i> Boiss.	Ispıng, Yemlik	Young aerial parts Young aerial parts Leaves	Cooked (Koçak, 1999; Yeşil, 2007) Eaten fresh (with salt) (Şimşek et al., 2004) Eaten fresh (Koçak, 1999; Yeşil, 2007)
<i>Tragopogon longirostris</i> Bisch. ex Schultz Bip. var. <i>longirostris</i> [<i>Tragopogon porrifolius</i> subsp. <i>longirostris</i> (Sch.Bip.) Greuter]	Dedesakalı, Dedesakalı, Sıplıng, Sıplıng, Tekesakalı, Yemlik, Yemlik otu	Leaves Leaves Leaves Leaves Young aerial parts Stems	Cooked (Bağcı, 2000) Salad (after boiled) (Ertuğ, 2004) Boiled and served with eggs, fried with (or without) egg (Ertuğ, 2004) Pastry filling (Ertuğ, 2004) Eaten fresh (with salt) (Doğan and Tuzlacı, 2015) Eaten fresh (Bulut, 2016)
<i>Tragopogon pratensis</i> L.	Tekesakalı	Leaves Aerial parts Aerial parts	Cooked (Tuzlacı, 2011b) Eaten fresh (Güneş and Özhatay, 2011) Pickle (Güneş and Özhatay, 2011)
<i>Tragopogon pratensis</i> L. subsp. <i>orientalis</i> (L.) Çelak [<i>Tragopogon orientalis</i> L.]	At yemliği, Yemlik	Young aerial parts	Eaten fresh (Altundağ Çakır, 2017)
<i>Tragopogon reticulatus</i> Boiss. et Huet	At yemliği, Sinza	Young aerial parts	Eaten fresh (Altundağ Çakır, 2017)
<i>Tripleurospermum parviflorum</i> (Willd.) Pobed.	Beybunuk, Kır papatyası, Papatya	Immature capitula	Eaten fresh (with salt) (Şimşek et al., 2004)
<i>Tussilago farfara</i> L.	Akkız, Ayıkulağı, Bandırmayprağı, Dere kabalağı, Devetabanı, Farfara otu, Kabalak, Kabaldak, Kersim, Kına otu, Kırkpınar otu, Kusut, Öksürük otu, Pamuklu otu, Sulandık otu, Zilgt	Leaves Leaves Leaves Leaves	Boiled and served with eggs, fried with (or without) egg (Tuzlacı, 2011b; Kızıllarslan and Özhatay, 2012) Cooked as 'Sarma' (Tuzlacı, 2011b) Salad (after boiled) (Kızıllarslan and Özhatay, 2012) Pastry (as named 'Börek') filling (Tuzlacı, 2011b)

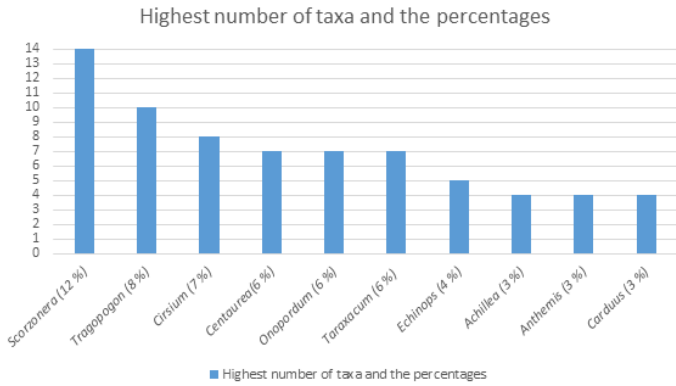


Figure 3. Plant genera with the highest number of taxa and the percentages in the study

The investigation also revealed that, leaves / young leaves (48 taxa), aerial parts / young aerial parts (43 taxa), stems / young stems (38 taxa), capitulas (19 taxa), young shoots (15 taxa), roots + rhizomes (15 taxa), Receptacles (8 taxa) and fruits (2 taxa) are the used parts of the wild food plants (Fig. 1).

In addition, different preparation and other processing forms of the plants (as salad, raw, cooked, tea, spice or pickle) are presented in Fig. 2. They are prepared and served separately, in mixtures or combinations (Table 1).

Conclusion

This study compiles and evaluates the ethnobotanical data that were provided by our ethnobotanical investigations and scientific literature records.

As a conclusion wild plants of Asteraceae taxa are being used as food sources in many parts of Turkey including the Western, Eastern, Middle and Mediterranean areas of Anatolia. Results also pointed out that there is an increasing interest in consuming wild food plants of Asteraceae as part of the diet over the Anatolia as in the Mediterranean Basin.

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