

Food Plants Used in Meriç Town from Turkey

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ABSTRACT

Background: Local people are using the plants those are growing naturally in proximity for many purposes, for example pharmaceutical, food, decoration, and ornamental. In recent years, the number of scientists who are interested in ethnobotany has increased. **Aim:** The aim of this study was to determine the plants used for food by the local people in the province of Meriç and its villages. **Methods:** 16 villages were visited and interviews were performed with elderly people of the villages, 38 persons in total, in various places. Interviews were carried out face-to-face with the community. **Results:** At the end of the field studies, food plants from 45 taxa including 27 families were recorded. The herbarium numbers, latin name of the plants, local names, families, village number, parts used and form of usage were listed alphabetically in the table. **Conclusion:** This is the first ethno botanical study conducted to determine the local names and uses of food plants in Meriç town.

Keywords: Edirne, Food plants, Meriç, Turkey.

INTRODUCTION

Local people are using the plants those are growing naturally in proximity for many purposes, for example pharmaceutical, food, fodder, decoration, fuel, toys, crafts and ornamental. In recent years, the number of scientists who are interested in ethnobotany has increased.¹⁻⁸ Turkey is rich in flora and approximately 12.000 varieties of plants are growing naturally.⁹⁻¹⁰ Due to its geographical location, geomorphologic structure and influence of various climate types. There are some ethnobotanical studies implemented in Thrace and world previously.⁶⁻⁸ Akalın and Alpınar⁶ have described 58 medicinal and edible wild plants in Tekirdağ. Kültür⁷ has reported 105 species belonging to 50 families from Kırklareli and explained their local names and usage as food, tea, fodder, spice and dye. Güneş⁸ have determined 67 food plants in Uzunköprü. So far there is no study about ethnobotanical properties of the plants. Therefore, the aim of this study was to determine the plants used for food by the local people in the province of Meriç and its villages.

MATERIAL AND METHODS

The study was performed in March-October in the years of 2013-2015 in Meriç and surrounding villages. It is a district of Edirne in European part of Turkey (Fig). The numbers representing each village was given in the table below. At the end of the field studies, 104 specimens were collected. The identification of the plant species determined to be in use was based on "Flora of Turkey and East Aegean Islands"⁹ and "List of Turkey Plants"¹⁰. The plant samples identified are kept in Trakya University, Faculty of Pharmacy.

RESULTS AND DISCUSSION

The herbarium numbers, latin name of the plants, local names, families, village number, parts used and form of usage were listed alphabetically in the table. In this study, 45 species used as food in the Meriç region were reported. Among them 32 species are wild and 13 species are cultivated and each of them has more than one local name. The

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Table 1: Food Plants Used in Meriç

Voucher number	Latin name	Local name	Family	Village number	Parts used	Usage form
Cultivated 3841-3848	<i>Allium cepa</i> L.	Suvan cücüğü, suvanoku	<i>Amaryllidaceae</i>	10,15,16	Scapus	Cooked
4158-4172	<i>Amaranthus retroflexus</i> L.	Hıştır, ıştır	<i>Amaranthaceae</i>	5,7,11,16	Stems, leaves	Cooked
3840-4121	<i>Achusa hybrida</i> Ten.	Danadili, siğrdili	<i>Boraginaceae</i>	1,4,9,15	Young leaves	Cooked
Cultivated 4275-3890	<i>Beta vulgaris</i> L. var. <i>altissima</i> Döll.	Pancar	<i>Chenopodiaceae</i>	1,2,3,7,12,16	Leaves, roods	Fresh leaves for <i>sarma</i> meal,cooked, roots for grape juice called <i>pekmez</i>
3911-3987 4009-4012	<i>Brassica nigra</i> L.	Ardal, rapisa, radika, hardaliye	<i>Brassicaceae</i>	1-16	Stems ve seeds	Roasted, spices, pickle, traditional drink called <i>hardaliye</i>
3847-b-3881-3842	<i>Capsella bursa-pastoris</i> (L.) Medik.	Kaşık çalan, kaz dişi, kuşemeciği, kuşyemeğ	<i>Brassicaceae</i>	3,5,8,14	Stems, leaves	Cooked,fresh
3972-4001	<i>Ceratophyllum demersum</i> L.	Kedi kuyruğu	<i>Ceratophyllaceae</i>	6,10,13,15	All plant parts	Cooked
4048-4093 3843-4123	<i>Chenopodium album</i> L. subsp. <i>album</i> var. <i>album</i>	İştir, ıştır, siken, telli ıştır, küllü ıştır	<i>Amaranthaceae</i>	2,7,11,16	Stems, leaves	Cooked, soup
4027-4015	<i>Cichorium intybus</i> L.	Hindiba, tellikaşık	<i>Asteraceae</i>	1-16	Young leaves	Salad
Cultivated 4275-3850	<i>Citrullus lanatus</i> (Thunb.) Matsum. & Nakai	Kış karpuzu	<i>Cucurbitaceae</i>	2,4,11,14	Fruits	Boiled grape juice called <i>pekmez</i>
3894-3956	<i>Convolvulus arvensis</i> L.	Kapış otu tospaotu, kaplı, saviak	<i>Convolvulaceae</i>	5,8,14,15	Stems, leaves	Cooked and eat with yogurt
3919-3993	<i>Crataegus pentagyna</i> Waldst. & Kit. ex Willd.	Mışmula, yemişken, yemişen, alişan	<i>Rosaceae</i>	1,6,9,11-13	Fruits	Fresh or boiled and compote
Cultivated 4280-3950	<i>Cucurbita moschata</i> Duchesne	Kış kaba, sarı kabak, balkaba	<i>Cucurbitaceae</i>	2,5,7,13,16	Fruits	New year food called <i>tikfenik</i>
Cultivated 4278-3851	<i>Cucurbita pepo</i> L.	Kızırtmalık kabak	<i>Cucurbitaceae</i>	1,3-7, 10, 13-16	Flowers, fruits	<i>Sarma</i> meal, meatball, frying, sweet
Cultivated 4142-3952	<i>Cydonia oblonga</i> Mill.	Hayva, ayva	<i>Rosaceae</i>	3-8, 10-14	Fruits	Fresh, jam, marmalade, fruits baked
Cultivated 4010-3853	<i>Elaeagnus angustifolia</i> L.	İde, iğde, tikenli ide	<i>Elaeagnaceae</i>	1-5,7,10,12-14	Fruits	Dried
Cultivated 4279-4242	<i>Ficus carica</i> L.	İncir	<i>Moraceae</i>	1,7-11,13	Fruits	Fresh, dried and jam
Cultivated 4291-4192	<i>Juglans regia</i> L.	Ceviz	<i>Juglandaceae</i>	1,9	Seeds and young fruits	Dried fruit put into sweet, jam

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Table 1: Cont'd.

Cultivated 4283-3954	<i>Lycopersicon esculentum</i> L.	Domates	Solanaceae	3, 5, 9, 13, 15	Fruits	Dried for breakfast
3844-3885 3891-4125	<i>Malva sylvestris</i> L.	Ebegömeçi, gümülcün otu, ebegömeçi,	Malvaceae	2, 5-14, 15	Air parts	Cooked
4186-4122	<i>Mentha spicata</i> L. subsp. <i>spicata</i>	Kır nanesi, nane	Lamiaceae	2, 4, 6, 9, 15	Leaves	Fresh, spices
4236-3939	<i>Micromeria juliana</i> (L.) Benth.	Kekik	Lamiaceae	4-6, 8, 12, 16	Flowers and leaves	Spices
Cultivated 4293-3854	<i>Morus alba</i> L.	Ak dut	Moraceae	1-16	Fruits and young leaves	Fresh, eat dried and Sarma meal
4032-3846	<i>Nigella arvensis</i> L. var. <i>glauca</i> Boiss.	Çay bitkisi	Ranunculaceae	7, 11	Flowers	Dried flowers for winter tea
3980-c 3887-4225	<i>Origanum vulgare</i> L. subsp. <i>hirtum</i> (Link) Jelsk	Güveyotu, güveotu, kekikotu, bayır nanesi, piperice	Lamiaceae	1-13, 15	All plant parts	Spices
3849-4090 3882-3947	<i>Papaver rhoeas</i> L.	Gelincik, lale, ruja, gül, nöninika, laninka	Papaveraceae	3, 9, 12, 15, 16	Fresh plant, flowers	Cooked, sorbet, patty
Cultivated 4298	<i>Phaseolus vulgaris</i> L.	Fasulye	Fabaceae	4, 7	Leaves	Sarma meal
3996-4147	<i>Plantago major</i> L. subsp. <i>major</i>	Sinirli ot, sinirotu, yaraotu, siğilotu	Plantaginaceae	2, 4, 7, 11	Leaves	Cooked, Sarma meal
4193-3875	<i>Portulaca rausii</i> Danin	Semizotu	Portulacaceae	1, 3-8, 10, 14-15	Air parts	Cooked, salad, fresh
3872-3992 4101-4111	<i>Prunus spinosa</i> L.	Güvem, bürbonka, tranka	Rosaceae	1-16	Fruits	Marmalade, drink
3936-3938	<i>Pyrus elaeagnifolia</i> Pall. subsp. <i>bulgarica</i> (Kuth. & Sachokia) Vulev	Domuz ahlatı, taşlı ahlat	Rosaceae	5-8, 11, 14, 16	Fruits	Pickle, compote
4006-4128	<i>Raphanus raphanistrum</i> L. subsp. <i>raphanistrum</i>	Eşkurtubu, turpotu	Brassicaceae	1-7, 11-16	Young plants	Roasted, salad
3965-3982-	<i>Rosa canina</i> L.	Kuşburnu, Köpek gülü, köpek yemişi	Rosaceae	4-11, 15	Fruits	Marmalade and tea
3969-4131	<i>Rubus sanctus</i> Schreb.	Karamık, kapınak, karabubucuk, papıda	Rosaceae	1-7, 9-13, 15	Fruits	Fresh, cake, compote, preserves and jam
3845-3846-	<i>Rumex crispus</i> L.	Labada, aklabada, alabuda, yeğlilabad	Polygonaceae	1-16	Stems, leaves	Cooked, Sarma meal, patty
3899-4117-	<i>Rumex acetosa</i> L.	Kuzukulağı, ekşikulak, işkulak	Polygonaceae	1-16	Stems, leaves	Salad or fresh
4154-4216	<i>Saturea cuneifolia</i> Ten.	Kekik, kekikotu, dağ kekiği	Lamiaceae	1, 3-11, 13-15	Air parts	Spices, tea
Cultivated 4176-3856	<i>Saturea hortensis</i> L.	Cubrika, çiprisa, çibrisa, cuprişka	Lamiaceae	1-16	Leaves	Dried and use spices

Continued...

Table 1: Cont'd.

Cultivated	<i>Sesamum indicum</i> L.	Tarfin, susam	Pedaliaceae	2,11	Seeds	Spice, oil
4311						
3999-4002 4018-4191	<i>Silybum marianum</i> (L.) Gaerth. subsp. <i>marianum</i>	Sütü kengel, kengel tikeni, göngel	Asteraceae	2,4,6,9,15	Stems	Fresh, pickle
4004-4078-	<i>Stellaria media</i> (L.) Vill.	Kuşotu, cabana, tıngılcık	Caryophyllaceae	1-16	Joung plants	Cooked and patty
3966-3967-	<i>Thymus longicaulis</i> C.Presl subsp. <i>longicaulis</i>	Kekik	Lamiaceae	3,6,9,14	Leaves	Spices, tea
3972-4177	<i>Trapa natans</i> L.	Çökelek, devetabanı	Trapaceae	4,8,12,14	Fruits	Fresh or cooked
3877-3997- 3857-4243	<i>Urtica dioica</i> L.	Isırgan, kopırma	Urticaceae	1,2,5,8,10,12, 14,16	Fresh and dried fruits	Slurry, meatball, patty, soup
3983-4081	<i>Vitis sylvestris</i> C.C.Gmel.	Koruk, kuş asması	Vitaceae	1-3,7,10-15	Immature fruits	Side dish in salad

Village numbers: 1. Olacak, 2. Akçaadam, 3. Küpdere, 4. Karayusuf, 5. Alibey, 6. Umurca, 7. Kadidondurma, 8. Akincilar, 9. Paşayenice, 10. Saatağacı, 11. Karahamza, 12. Umurca, 13. Subaşı, 14. Kavaklı, 15. K. Kabağağaç, 16. Adasarhanlı.



Figure 1: The map of Meriç

most commonly used plants are *Capsella bursa-pastoris*, *Malva sylvestris*, *Papaver rhoas*, *Portulaca ransii*, *Prunus spinosa*, *Rumex crispus*, *Stellaria media*, *Urtica dioica*. They were generally used as cooked, roasted, salad, fresh and pickle.

CONCLUSION

This is the first ethnobotanical study conducted to determine the local names and uses of food plants in Meriç town. It is important to document the valuable information because the transfer of knowledge from the old generation to the new generation is diminishing.

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CONFLICT OF INTEREST

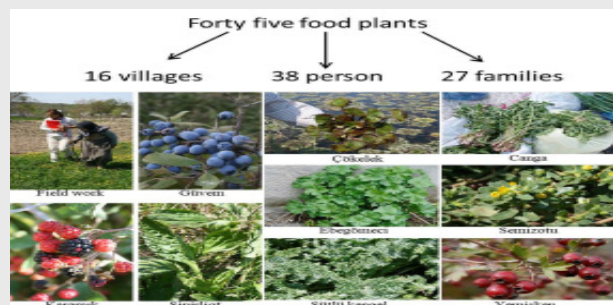
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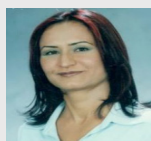
PICTORIAL ABSTRACT



SUMMARY

- This is the first ethnobotanical study, was performed in March-October in the years of 2013-2015 in Meriç town, european part of Turkey.
- 16 villages were visited and 38 people interviewed, 45 food plants were identified.

ABOUT AUTHORS



Fatma Güneş: Is working as a Assoc. Prof. in Department of Pharmaceutical Botany, Faculty of Pharmacy, Trakya University, TURKEY. She is researching on plant systematics, palynology, karyology, seed morphology and ethnobotany.

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