

**Table S1:** Plants cited by the informants exploited for liquor preparation

Scientific Name	Habitat	Plant part used	Balsamic period	Preparation	Pathology
<i>Achillea erba-rotta</i> All.	Grasslands	Aerial parts	July-August	Steeping in grappa	-
<i>Aloysia citrodora</i> Palau	Cultivated	Leaves	July	Steeping in grappa	-
<i>Artemisia nitida</i> Bertol.	Rock fissures - stony pastures	Whole plant	July	Spirit	Dyspepsia
<i>Cornus mas</i> L.	Woods - Hedges	Berries	September	Steeping in grappa	-
<i>Galium odoratum</i> L.	Woods	Whole plant without roots	Spring	Steeping in grappa	-
<i>Juglans sp.pl.</i>	Cultivated - Woods	Nuts	When nuts are green	Steeping in grappa	Dyspepsia
<i>Nigritella nigra</i> (L.) Rchb.	Grasslands	Flowers	Summer	Steeping in grappa	-
<i>Pinus mugo</i> Turra	Dwarf Pine scrub	Buds, green cones	Summer	Steeping in grappa Spirit	- -
<i>Prunus spinosa</i> L.	Woods - Hedges	Berries	Autumn	Spirit	Dysentery
<i>Vaccinium myrtillus</i> L.	Woods - Heaths	Fruits	Summer	Steeping in grappa	-

**Table S2:** Plants cited by the informants exploited for veterinary purposes

Scientific Name	Habitat	Plant part used	Balsamic period	Preparation	Pathology
<i>Elymus repens</i> (L.) Gould Syn. <i>Agropyrum repens</i> L	Grasslands	Rhizomes	Summer	Raw	Diuretic
<i>Artemisia absinthium</i> L	Meadows - Forest undergrowth	Aerial parts	Summer	Infusion	Cow dyspepsia
<i>Leontopodium alpinum</i> Cass	Pastures	Flowers	Summer	Infusion	Cows dysentery
<i>Malva sylvestris</i> L.	Grasslands – waysides	Leaves e Flowers	Summer	Infusion	Cow dyspepsia
<i>Medicago sativa</i> L.	Grasslands - Cultivated	Aerial parts	Summer	Feed	-

**Table S3:** Plants cited by the informants exploited for medicinal purposes

Scientific Name	Habitat	Plant part used	Balsamic period	Preparation	Pathology
<i>Abies alba</i> Mill.	Woods	Resin	-	Resin blisters	Muscle and joint pain
		Needles	-	Essential oil	Diseases of the respiratory system
<i>Achillea millefolium</i> L.	Meadows	Flowering tops	Summer	Infusion	Menstrual pain and oligomenorrhea
				Oleolite	Muscle and joint pain
<i>Elymus repens</i> (L.) Gould Syn. <i>Agropyrum repens</i> L.	Grasslands	Rhizomes	Summer	Decoction	Urinary tract infections
<i>Arctium lappa</i> L.	Tall herb fringes	Fresh leaves	July	Skin applications	Bug bites
		Roots	Autumn	Decoction	Diuretic
<i>Arnica montana</i> L.	Grasslands	Flowers	July	Tincture or Oleolite	Muscle and joint pain, muscle strain
				Pack	Sprains
<i>Artemisia absinthium</i> L.	Meadows, roadsides	Branches	Summer	Raw branches Pack with powdered branches	Dyspepsia and worms Sprainse rheumatism
		Leaves and Flowers	May - June	Infusion	Dyspepsia
<i>Bryonia alba</i> L.	Wood edge - hedges	Roots	Autumn	Tincture	Muscle and joint pain
<i>Calendula officinalis</i> L.	Cultivated	Flowers	June - July	Oleolite	Wounds, burns
<i>Capsella bursa-pastoris</i> L.	Cultivated Roadsides - Meadows	Basal rosette	June - August	Infusion	Fevers, diarrhea, urogenital diseases
				Raw	
				Tincture	Rheumatism
<i>Carum carvi</i> L.	Pastures	Seeds	Summer	Infusion	Dyspepsia, bloating and a swollen belly

Scientific Name	Habitat	Plant part used	Balsamic period	Preparation	Pathology
<i>Senna alexandrina</i> Mill. Syn. <i>Cassia angustifolia</i> Vahl	Cultivated	Leaves and fruits	Summer	Infusion	Constipation
<i>Cetraria islandica</i> L.	Alpine and subalpine dwarf shrub formations	Whole plant	Summer	Syrup	Diseases of the respiratory system
<i>Chelidonium majus</i> L.	Waysides – Hedgerows – Woods edges	Latex	Summer	Direct application	Corns, calluses and warts
<i>Cornus mas</i> L.	Woods - Hedges	Berries	September	Gelatine	Dysentery
<i>Crataegus monogyna</i> Jacq.	Woods - Edges	Flowers	Spring	Infusion	Hypertension and arrhythmias
<i>Cyclamen purpurascens</i> Mill.	Woods	Bulb	July-August	Oleolite	Ear infection
<i>Equisetum arvense</i> L.	Cultivated fields	Buds	May - July	Infusion	Diseases of the urogenital system
<i>Gentiana lutea</i> L.	Pastures	Roots	Autumn	Decoction or Tincture	Dyspepsia
<i>Hypericum perforatum</i> L.	Pastures - Dry grasslands - Hedges	Flowers	July	Infusion	Infections of the respiratory system
				Oleolite	Diseases of the skin
				Infusion	Depression
<i>Juniperus sp.pl.</i>	Shrubs - Woods	Berries	Autumn	Infusion Steeping in grappa	Dyspepsia and urinary tract infections -
<i>Larix sp.pl.</i>	Woods	Resin	Autumn	Ointment	Cold, herpes, insect bites with abscesses and cuts on the fingers
		Fresh female flowers	Summer	Steeping in grappa	-
<i>Leontopodium alpinum</i> Cass	Pastures	Flowers	Summer	Extract	Skin aging
<i>Lycopodium clavatum</i> L.	Pastures – Heaths - Woods	Flowers	Summer	Powdered flowers	Disease of the skin

Scientific Name	Habitat	Plant part used	Balsamic period	Preparation	Pathology
<i>Malva sylvestris</i> L.	Grasslands - waysides	Leaves and Flowers	May - June	Compress, Infusion Decoction	Muscle aches, oral and eye infections
		Fresh leaves	June - September	Infusion	Dyspepsia
<i>Matricaria chamomilla</i> L.	Weed vegetation	Flowers	July	Compress Infusion	Conjunctivitis Dyspepsia and muscle aches
<i>Melissa officinalis</i> L.	Ruderal vegetation - Cultivated	Leaves	June - July	Infusion	Insomnia and premenstrual syndrome
<i>Nepeta cataria</i> L.	Ruderal vegetation – Clearings (1000 m)	Leaves	Summer	Infusion	Muscle aches, Insomnia and premenstrual syndrome
<i>Oxalis acetosella</i> L.	Forest undergrowth	Flowers	Summer	Ingredient for food	Stomach Acidity and Dyspepsia
<i>Papaver rhoeas</i> L.	Weed vegetation - Waysides	Petals	July	Infusion	Insomnia and cough
<i>Picea abies</i> (L.) H.Karst.		Needles	-	Essential oil	Diseases of the respiratory system
<i>Pinus cembra</i> L.	Woods	Cones	Summer	Syrup	Diseases of the respiratory system
<i>Pinus mugo</i> Turra	Dwarf Pine scrub	Buds, green cones	Summer	Syrup	Diseases of the respiratory system
		Needles	Spring	Essential oil	
<i>Plantago lanceolata</i> L.	Meadows	Leaves	Spring and Summer	Infusion Pounded leaves	Catarrh Wounds and insect bite
<i>Portulaca oleracea</i> L.	Cultivated fields	Leaves and flowers	Late summer	Food	-
				Infusion	Worm infection
<i>Potentilla reptans</i> L.	Meadows	Leaves and flowers	Spring and Summer	Infusion	Diarrhea and fever

Scientific Name	Habitat	Plant part used	Balsamic period	Preparation	Pathology
<i>Pulmonaria officinalis</i> L.	Forest undergrowth	Leaves	Spring	Infusion	Cough
<i>Frangula alnus</i> Mill. Syn. <i>Rhamnus frangula</i> L.	Hedges - Woods	Bark	Autumn	Infusion	Constipation
<i>Rhododendron ferrugineum</i> L.	Shrubs - Woods	Galle	Autumn	Oleolite	Gout, joint pain
<i>Rhodiola rosea</i> L.	Dry grasslands	Roots	Autumn	Infusion	Depression
<i>Rosa canina</i> L.	Wood margins - Hedges	Berries	Late October	Food Infusion	Cough and sore throat
<i>Sambucus nigra</i> L.	Woods - Hedges	Flowers	Spring	Infusion	Cold
<i>Satureja montana</i> L.	Dry stony grasslands - Waysides	Leaves and flowers	Summer	Infusion	Digestive, reduces nervous gastric pains, bloating, and vomiting
<i>Hylotelephium telephium</i> (L.) Holub Syn. <i>Sedum telephium</i> L.	Wood margins – Dry grasslands	Leaves	Spring and Summer	Raw leaves	Dermatitis, hemorrhoid abscesses, subside sores or ulcers, wound healing
<i>Solanum nigrum</i> L.	Cultivated fields – Ruderal vegetation	Berries	Summer		Warts and dermatitis
<i>Solidago virgaurea</i> L.	Grasslands - Woods	Flowering tops	July-August	Infusion	Cystitis
<i>Filipendula ulmaria</i> (L.) Maxim.	Meadows (up to 1500 m a.s.l.)	Flowers	Summer	Tincture	Muscle and joint pain
<i>Symphytum officinale</i> L.	Forest undergrowth	Roots	Autumn	Oleolite	Muscle and joint pain, muscle strain
<i>Taraxacum</i> F.H.Wigg. sect. <i>Taraxacum</i> Syn. <i>Taraxacum officinale</i> (L.) W.W.Weber ex F.H.Wigg.	Meadows – Wet grasslands	Roots	Autunno	Decoction	Diuretic

Scientific Name	Habitat	Plant part used	Balsamic period	Preparation	Pathology
<i>Tilia sp.pl.</i>	Woods - Cultivated	Flowers	Late June	Infusion	Cough, cold, and tachycardia
	Woods - Cultivated	Flowers	Late June	Syrup	Insomnia
<i>Thymus pulegioides</i> L. Syn. <i>Thymus serpyllum</i> L. pl.pl.	Dry grasslands	Aerial parts	July	Infusion	Infections of the respiratory system
<i>Tussilago farfara</i> L.	Pioneer vegetation on bare soil	Flowers	February	Syrup	Diseases of the respiratory system
	Undergrowth	Leaves and flowers	Before flowers	Infusion	Diseases of the respiratory system
<i>Urtica dioica</i> L.	Wastelands – forest margins - Waysides	Young plants	Spring	Infusion	Idem
				Poultices	Skin inflammation and wounds
				Compress	Wounds
<i>Vaccinium vitis-idaea</i> L.	Woods – Heaths	Leaves	August	Infusion	Cystitis and colic
<i>Verbascum thapsus</i> L.	Waysides – Ruderal vegetation	Flowers	Summer	Infusion	Infections of the respiratory system
<i>Viburnum lantana</i> L.	Dry woods edges	Trichomes	-	Powder	Epistaxis
<i>Viola odorata</i> L.	Grasslands – Hedges - woods edges	Leaves and flowers	Spring and Summer	Infusion	Cough