

Table S1. Traditionally used plants in the areas of Ansanto Valley (U.R.: Use Reports; Cos: cosmetic uses; Cul: culinary uses; Med: medicinal uses; Vet: veterinary uses).

Name (Family)	Vernacular name	Parts used	Preparation	Administration	Use	U.R.
<i>Achillea millefolium</i> L. (Asteraceae) AV-001	Achiella, Evera d'Autiello	Flowers	Decoction	Oral	Med: ulcers	1
			Infusion		Med: varicose veins	1
		Whole plant	Decoction		Med: gastritis	1
					Vet: against the intestinal parasites of calves	1
<i>Agrimonia eupatoria</i> L. (Rosaceae) AV-002	Erba delle scottature, evera de lu cuotto	Stem, Leaves, Flowers	The dried and finely chopped plant is toasted, then mixed with (or without) lard and applied on the burns	Topical	Med: burns	6
<i>Allium sativum</i> L. (Amaryllidaceae) AV-003	Agghie, Aglio	Bulbs	Raw	Oral	Med: intestinal disinfectant, against intestinal worms	5
			Raw bulbs crushed in a mortar with rue leaves and then filtered	Topical	Med: blood pressure	4
					Med: antimicrobial	2
					Med: tonic	1
					Med: stomach and belly ache	5
			Raw		Med: insect bites	3
			Raw bulbs crushed with olive oil		Med: to remove calluses	1
			Raw		Dom: insects repellent	2
<i>Aloe arborescens</i> Mill. (Asphodelaceae) AV-004	Aloe	Mucilaginous tissue	Raw	Topical	Dom: bulbs carried in a pocket to keep snakes away	1
					Med: burns	2
					Med: skin lenitive	1
					Med: insect bites	1
					Med: to heal sores in the mouth	1
<i>Apium graveolens</i> L. (Apiaceae) AV-005	Sedano selvatico	Stem, leaves			Cos: skin tonic	1
<i>Artemisia absinthium</i> L. (Asteraceae) AV-006	Assenzio, Nascienzo	Leaves	Decoction	Oral	Cul: as vegetable, aromatizer	2
		Leaves, Flowers	Infusion		Med: intestinal warms	2
		Flowers	Macerate (in wine)		Med: febrifuge, antiseptic	2
		Leaves	Liquor		Med: aperitif	1
<i>Arundo donax</i> L. (Poaceae) AV-007	Canne	Leaves			Med: digestive	1
		Stems			Dom: baskets	4
<i>Asparagus acutifolius</i> L. (Asparagaceae) AV-008	Asparagi, Sparici	Turions	Cooking water	Oral	Med: diuretic	2

			Eaten cooked		Med: iron supplements	1
					Cul: as vegetable	4
<i>Avena sativa</i> L. (Poaceae) AV-009	Avena	Fruits	Boiled with barley, the water is drunk warm Boiled, the water is drunk warm	Oral	Med: lower cholesterol	1
		Stems			Med: sedative	1
					Dom: straw sculptures	1
					Dom: drinking straws	1
<i>Bellis perennis</i> L. (Asteraceae) AV-010	Margherita, Margheritine, Margarita	Leaves	The raw leaves are crushed and applied topically	Topical	Med: pimples healing	3
		Leaves, Flowers	Decoction	Oral	Med: mouth and throat inflammations	2
		Whole plant			Med: to treat acne	1
		Flowers	Infusion Infusion	Topical	Med: refreshing Cosm: to make eyes bright	1 1
		Whole plant	Decoction in milk		Cos: facial cleansing	1
<i>Beta vulgaris</i> L. subsp. <i>maritima</i> (L.) Arcang. (Amaranthaceae) AV-011	Bietola, Ieta	Leaves	Decoction	Oral	Med: rheumatism	1
					Med: blood circulation	1
					Med: diuretic	1
					Cul: as vegetable	12
<i>Borago officinalis</i> L. (Boraginaceae) AV-012	Borragine, Vorraine, Vorraina, Borraine	Leaves	Decoction	Oral	Med: rheumatism	3
					Med: blood circulation	1
					Med: cough	1
					Cos: skin purification	1
			Raw in the feed		Vet: galactagogue for cows	2
					Cul: as vegetable	17
<i>Brassica oleracea</i> L. (Brassicaceae) AV-013	Cavolo selvatico	Leaves	Crushed ina mortar	Topical	Med: burns	1
		Leaves, flowers			Cul: as vegetable ("Pizza gialla", "Pizza e minestra", "Pizza sciatizza")	2
<i>Brassica cretica</i> Lam. [B. <i>oleracea</i> L. var. <i>botrytis</i> L.] (Brassicaceae) AV-014	Cavolfiore	Leaves	Crushed and applied to the knee	Topical	Med: synovitis	1
<i>Brassica rapa</i> L. (Brassicaceae) AV-015					Cul: as vegetable in pizzas	1
<i>Calendula officinalis</i> L. (Asteraceae) AV-016	Calendula	Flowers	Infusion	Oral	Med: sedative, headache	1
		Stems, Leaves, Flowers	Crushed in a mortar and topically applied	Topical	Med: burns	1

<i>Camellia sinensis</i> (L.) Kuntze (Theaceae)	Tè nero	Leaves			Cul: as vegetable	1
		Flowers	Petals crushed in a mortar and used as saffron		Cul: as spice	1
		Leaves	Boiled in the water		Dom: fabric dye	1
<i>Cannabis sativa</i> L. (Cannabaceae) AV-017	Canapa	Stems	The fibers kneaded with egg and sugar to block the joints in case of sprains	Topical	Med: sprains	5
<i>Capparis spinosa</i> L. (Capparaceae) AV-018	Capperi	Flowers	Fresh flowers chewed		Med: toothaches	2
		Stems	Stems are soaked in water streams, then dried, broken and scutched to separate the desired fibers from hemp's woody core		Dom: for making ropes, fabrics, tow, sheets, seamless stockings	5
		Tips of the branches, immature fruits.		Brine	Cul: flavoring	1
<i>Capsicum annuum</i> L. [C. longum L.] (Solanaceae) AV-019	Peperoncino	Flower buds		Salted	Cul: flavoring	3
		Fruits, seeds	Raw	Oral	Med: coronary arteries cleansing Cul: condiment	1 13
<i>Castanea sativa</i> Mill. (Fagaceae) AV-020	Castagne	Seeds	Decoction with barley and a not identified "erba dei muretti"	Oral	Med: to calm cough	1
<i>Centaureum erythraea</i> Rafn. (Gentianaceae) AV-021	Centaurea	Flowered aerial parts	Decoction	Oral	Med: febrifuge	3
<i>Chelidonium majus</i> L. (Papaveraceae) AV-022	Celidonia	Latex	Raw	Topical	Med: to remove thorns under the skin Med: warts	1 4
<i>Chenopodium album</i> L. (Amaranthaceae) AV-023	Farinole	Leaves	Infusion	Oral	Med: diuretic	1
		Leaves			Cul: as vegetable	3
<i>Chenopodium bonus-enricus</i> L. (Amaranthaceae) AV-024	Orapi	Leaves			Cul: as vegetable	1
<i>Cichorium intybus</i> L. (Asteraceae) AV-025	Cicoria, Cectoria	Leaves	Decoction	Oral	Med: liver depurative	8
					Med: diuretic	4
					Med: digestive	2
					Med: cure the after-effects of bronchitis	2
					Med: viral infections	2
					Med: invigorating	2
					Med: diabetes	1
					Med: lower cholesterol	2
					Med: blood pressure	2
					Med: purify blood after hangover	1

					Cul: as vegetable in soups and pizzas	22
		Roots	Dried roots are ground and used as coffee powder		Cul: coffee	3
<i>Citrus x limon</i> (L.) Osbeck (Rutaceae) AV-026	Limone	Fruit	Juice in hot water	Oral	Med: dysentery	1
			Juice added to coffee (no sugar)		Med: headache	1
			Lemon and pomegranate juice		Med: refreshing	1
			Liquor		Med: digestive	1
			Juice with salt	Topical	Med: epistaxis	1
			Juice		Dom: invisible ink	1
			Juice with water and sand		Dom: clean copper pots	2
<i>Clematis vitalba</i> L. (Ranunculaceae) AV-027	Vetaglie	Young shoots			Cul: as vegetable	2
<i>Clinopodium nepeta</i> (L.) Kuntze subsp. <i>nepeta</i> (Lamiaceae) AV-028	Nepeta	Leaves			Cul: flavoring	21
<i>Coffea arabica</i> L.; <i>C. canephora</i> Pierre ex A.Froehner (Rubiaceae)	Caffè	Seeds	See <i>Citrus x limon</i>	Oral	Med: headache	1
<i>Cucumis sativus</i> L. (Cucurbitaceae)	Cetriolo	Fruits	Fresh slices on the face	Topical	Cos: beauty masks, skin tonic	1
<i>Cynara cardunculus</i> L. subsp. <i>cardunculus</i> (Asteraceae) AV-029	Cardo	Leaves, stems		Oral	Vet: goat feed	3
<i>Cynara cardunculus</i> L. subsp. <i>scolymus</i> (L.) Hegi (Asteraceae)	Carciofo	Flower buds		Oral	Med: digestive	1
<i>Ecballium elaterium</i> (L.) A.Rich (Cucurbitaceae) AV-030	Cocomero asinino, Scattapiatti, Cucuruzzuli	Fruit	A cotton swab is soaked in the fruit juice and inhaled through the nose	Inhalation	Med: liver depurative	1
					Med: sinusitis, cold	3
					Med: conjunctivitis	1
					Med: otitis	1
					Med: sniffed to sleep	1
<i>Cynodon dactylon</i> L. (Poaceae) AV-031	Gramigna, Ramegna	Rhizome	Decoction (with bay laurel leaves, mauve leaves and chamomile flowers)	Oral	Med: bellyache	2
			Decoction		Med: diuretic, cystitis, gout	5
					Med: back pain, toothache	1
					Med: blood depurative	1
					Med: rheumatism	1
				Topical	Med: eczema	1
				In the horses and rabbits feed	Vet: make the coat shinier, increase the immune system	3

			Boiled		Cul: base for jellies, alcohol and beer	1
<i>Diplotaxis tenuifolia</i> (L.) DC. (Brassicaceae) AV-032	Rucola	Leaves			Cul: salads, pasta condiment	8
<i>Eriobotrya japonica</i> (Thunb.) Lindl. (Rosaceae) AV-033	Nespolo	Flowers	Decoction	Oral	Med: flu, cold	2
<i>Ficus carica</i> L. (Moraceae) AV-034	Fico	Latex	Raw	Topical	Med: insect bites	5
		Fruits			Med: warts, skin fibroids	2
					Cul: jam	1
					Cul: grappa aromatizer	1
<i>Foeniculum vulgare</i> Mill. (Apiaceae) AV-035	Finocchietto, Finocchio selvatico, Finocchiasco	Fruits	Decoction	Oral	Med: bellyache	5
					Med: toothache	2
					Med: digestive	3
					Med: diuretic	1
					Med: flu	1
					Med: cold	2
					Med: sore throat	1
					Med: sedative	1
		Fruits			Cul: liqueur	3
					Cul: aromatizer in taralli and salami	17
		Leaves			Cul: as vegetable	1
<i>Genista tinctoria</i> L. (Fabaceae) AV-036	Ginestra, Inesta, Ianesta	Flowers	Raw	Topical	Med: nosebleed	1
		Stems			Dom: brooms	2
					Dom: to make clothes	3
<i>Glaucium flavum</i> Crantz (Papaveraceae) AV-037	Papagno giallo	Whole plant	Decoction	Oral	Med: insomnia	1
<i>Hedera helix</i> L. (Araliaceae) AV-038	Edera	Leaves	Infusion	Oral	Med: bronchitis	1
			Maceration in olive oil	Topical	Med: burns	1
			Leaves put in warm tub water before bathing at least twice a week		Med: stretch marks and cellulite	2
			Decoction (the filtered water is used to rinse the hair after shampooing)		Cos: darken hair	1
			Decoction (the garments are soaked in filtered water)		Dom: prevent wool felting	1
<i>Hedysarum coronarium</i> L. (Fabaceae) AV-039	Sulla	Leaf rachis	Chewed raw	Oral	Med: for refreshment during field work	1
<i>Hordeum vulgare</i> L. (Poaceae) AV-040	Orzo	Fruits	Boiled with oats, the water is drunk warm	Oral	Med: cough	3
			The caryopsis are roasted and ground, then boiled and filtered, sometimes oats is added		Med: sore throat	4
			Decoction		Med: cold	1

<i>Hypericum perforatum</i> L. (Hypericaceae) AV-041	Iperico, Evera de riumo (erba del rumine)	Petals	Boiled with oats		Med: calming for children	2
			Maceration in olive oil	Topical	Med: burns	1
<i>Junglans regia</i> L. (Juglandaceae) AV-042	Noce	Whole plant	Decoction	Oral	Vet: free the cows' rumen	2
		Fruits	Liquor	Oral	Med: stomach ache, digestive	10
			Liquor	Oral	Cul: liqueur	5
			Minced walnut green husk	Topical	Cos: to dye hair	2
		Wood			Dom: barrels for transporting water	3
<i>Lactuca sativa</i> L. (Asteraceae) AV-043	Lattuga	Leaves	Decoction with <i>Matricaria chamomilla</i>	Topical	Med: conjunctivitis	1
		Leaves	Decoction		Med: mouthwash	1
<i>Lactuca sativa</i> subsp. <i>serriola</i> (L.) Galasso, Banfi, Bartolucci & Ardenghi (Asteraceae) AV-044	Scarola selvatica	Leaves	Boiled leaves applied on tooth		Med: toothache	3
		Leaves	Decoction	Oral	Med: diuretic	1
					Cul: as vegetable in pizzas and soups	6
					Cul: soups	4
					Med: digestive	3
<i>Lathyrus sativus</i> L. (Fabaceae) AV-045 <i>Laurus nobilis</i> L. (Lauraceae) AV-046	Cicerchie, Chicherche	Seeds		Oral		
		Leaves	Liquor	Oral	Med: digestive	3
	Alloro, Lauro		Infusion		Med: digestive	3
			Decoction (with <i>Salvia rosmarinus</i> and <i>S. officinalis</i> leaves)		Med: flu	4
			Decoction		Med: calming	2
					Med: stomach ache	1
					Med: analgesic	1
			Decoction (with <i>Malus domestica</i> and <i>Prunus armeniaca</i> leaves and <i>Tilia cordata</i> flowers)		Med: sore throat	2
			Decoction with <i>Cynodon dactylon</i> roots, <i>Malva sylvestris</i> leaves and <i>Matricaria chamomilla</i> inflorescences		Med: bellyache (including dysmenorrhea pains)	2
		Fruits	Oil obtained by the fruits	Topical	Med: rheumatism	2
					Cul: to season boiled chestnuts, roast meats, jellied pork, pork liver, sausages	15
					Med: calming	1
<i>Lavandula angustifolia</i> L. (Lamiaceae) AV-047	Lavanda	Flowers and Leaves	Infusion	Oral		

		Aerial parts			Dom: to perfume clothes and domestic spaces	1
<i>Linum usitatissimum</i> L. (Linaceae) AV-048	Lino	Seeds	Oil obtained by the seeds	Topical	Med: burns	2
<i>Logfia gallica</i> (L.) Cosson & Germ. (Asteraceae) AV-049	Bambagia, Vammace	Flower buds	The cotton wool of flower buds	Topical	Med: skin disinfectant	1
<i>Malus domestica</i> Borkh. (Rosaceae) AV-050	Mele	Leaves	Decoction with laurel and apricot leaves and linden flowers	Oral	Med: sore throat	2
		Fruits	Boiled slices with vinegar	Topical	Med: skin imperfections, cellulitis	1
<i>Malva sylvestris</i> L.; <i>M. neglecta</i> Wallr. (Malvaceae) AV-051-052	Malva, Mareva	Leaves, Roots	Decoction	Oral	Med: toothache	3
					Med: ovary inflammation	1
					Med: diuretic	2
		Aerial parts	Raw	Topical	Med: gingivitis	2
			Decoction with <i>Cynodon dactylon</i> roots and <i>Matricaria chamomilla</i> inflorescences	Oral	Med: bellyache	14
			Decoction		Med: stomach ache, digestive	10
					Med: flu, cold, cough	11
					Med: sore throat	3
					Med: cystitis	2
					Med: calming	4
			Boiled	Inhalation	Med: headache	1
					Med: pimples	1
				Topical	Med: wound healings	1
		Leaves	Three parts of chopped leaves are boiled with four parts of butter until all the watery part has evaporated	Topical	Cos: anti-wrinkle	1
		Whole plant	Decoction of mallow with bran and cornmeal	Oral	Vet: to promote the expulsion of the placenta	1
<i>Marrubium vulgare</i> L. (Lamiaceae) AV-053	Marrubio, Marugia, Maruggia	Flowering tops	Infusion	Oral	Med: flu	3
					Med: bellyache	1
					Med: asthma and cough	1
		Whole plant			Med: calming	1
			Boiled	Topical	Med: skin infections	2
			Boiled	Topical	Vet: skin infections	3
<i>Matricaria chamomilla</i> L. (Asteraceae) AV-054	Camomilla, Capommilla	Flowerheads, leaves	Infusion	Oral	Med: stomach ache	12
					Med: bellyache	19

					Med: calming	7
					Med: flu	3
					Med: toothache	1
					Med: headache	1
					Med: sore throat	1
			Compresses (also decoction with <i>Lactuca sativa</i> leaves) Infusion	Topical	Med: dysmenorrhea	4
					Med: conjunctivitis	5
					Cos: lighten hair	1
					Med: antibacterial	1
					Cul: for flavoring sauces	18
<i>Medicago sativa</i> L. (Fabaceae) AV-055	Poliero, Pulejo, Puliero	Leaves	Raw	Oral	Med:	2
<i>Mentha pulegium</i> L. (Lamiaceae) AV-056		Leaves		Oral	Cul: for	18
<i>Mentha spicata</i> L.; <i>M. suaveolens</i> Ehrh. subsp. <i>suaevolens</i> (Lamiaceae) AV-057	Menta	Leaves	Raw leaves chewed	Oral	Med: halitosis	2
			In ice cold water		Med: refreshing	2
					Cul: for flavoring salads and meat	8
<i>Mercurialis annua</i> L. (Euphorbiaceae) AV-058	Mercurella, Mercorella	Leaves	Decoction	Oral	Med: intestinal problems, laxative	2
					Vet: intestinal problems	1
<i>Musa</i> spp. (Musaceae)	Banana	Epicarp	Raw	Topical	Med: eye swelling	1
<i>Ocimum basilicum</i> L. (Lamiaceae) AV-059	Basilico, Vasenicola	Leaves	Raw leaves rubbed on skin	Topical	Med: keep mosquitoes away	1
<i>Olea europaea</i> L. (Oleaceae) AV-060		Fruits	Oil	Topical	Med: earache	1
					Med: to remove calluses	1
					Med: burns, wound healing	2
		Leaves	Decoction	Oral	Med: high blood pressure	2
		Fruits	Oil in which river fish were fried	Topical	Cos: to regrow hair	1
		Fruits	Oil		Dom: to make soap	2
<i>Onobrychis viciifolia</i> Scop. (Fabaceae) AV-061	Lupinella	Leaves			Cul: as vegetable	1
<i>Ononis spinosa</i> L. (Fabaceae) AV-062	Ominite, Spina olivella	Roots	Decoction	Oral	Med: rheumatism	1
<i>Origanum vulgare</i> L. subsp. <i>viridulum</i> (Martrin-Donos) Nyman (Lamiaceae) AV-063	Origano, Arechena	Leaves	Decoction	Oral	Med: dysentery	1
			Decoction	Topical	Med: pediculosis	2
			Maceration in olive oil	Topical	Med: rheumatism	3
			Maceration in alcohol		Med: toothache	1
			Decoction in red wine	Topical	Med: stiff neck	2

		Stems		Topical	Med: in the pierced ears to keep the hole from closing and prevent infections	1
		Flowering tops			Cul: To flavor poultry, fish, and other dishes as a spice in tomato based sauces or salads	5
<i>Panicum miliaceum</i> L. (Poaceae) AV-064	Miglio	Stems			Dom: brooms	7
		Fruits	Boiled		Cos: hair masks	1
		Seeds			Vet: fodder	1
<i>Papaver rhoeas</i> L. (Papaveraceae) AV-065	Papagno rosso, Rosolaccio	Aerial parts, Fruits	Boiled	Oral	Med: soporific for children	11
		Leaves			Cul: as vegetable	1
<i>Parietaria judaica</i> L. (Urticaceae) AV-066	Paretaria, Evera è muro, Vetraiola	Leaves	Decoction	Oral	Med: abortive	1
					Med: respiratory system	2
					Med: hepatomegaly	3
					Med: jaundice	1
					Med: kidney stones	1
					Med: cystitis	1
			Cataplasms	Topical	Med: wound healing, burns, herpes zoster, rhagades	6
			Leaves between the bandages soaked in egg white to block the fractures		Med: fractures	2
					Dom: to clean bottles and clothing	4
<i>Petasites hybridus</i> (L.) G.Gaertn., B.Mey. & Scherb. (Asteraceae) AV-067	Lappazzio, Lapazio, Farfaraccio	Leaves	Raw	Topical	Med: pimples	3
<i>Petroselinum crispum</i> (Mill.) Fuss (Apiaceae) AV-068	Prezzemolo, Pretusino	Leaves	Juice	Oral	Med: abortive	2
<i>Populus nigra</i> L., <i>P. alba</i> L. (Salicaceae) AV-069	Pioppo	Stems			Dom: to make flutes	1
<i>Portulaca oleracea</i> L. (Portulacaceae) AV-070	Cientofrunnelle, Pucchiacchella	Leaves			Cul: salads	10
<i>Prunus avium</i> L.; <i>P. persica</i> Batch (Rosaceae) AV-071		Leaves, stems	Decoction	Oral	Med: headache	1
<i>Prunus armeniaca</i> L. (Rosaceae) AV-072	Albicocche	Leaves	Decoction with <i>Malus domestica</i> and <i>Prunus armeniaca</i> leaves and <i>Tilia cordata</i> flowers	Oral	Med: sore throat	2
<i>Prunus spinosa</i> L. (Rosaceae) AV-073	Prugnolo, Trigne	Fruits	Liquor	Oral	Med: flu	2
<i>Punica granatum</i> L. (Lythraceae) AV-074	Melograno	Seeds	Syrup	Oral	Med: refreshing, invigorating	3
		Epicarp	Boiled		Med: dysentery	1

<i>Ricinus communis</i> L. (Euphorbiaceae) AV-075	Ricino	Seeds	Raw	Topical	Med: gingivitis	1
		Seeds	Oil	Oral	Med: bellyache	1
<i>Robinia pseudoacacia</i> L. (Fabaceae) AV-076	Acacia	Flowers			Cul: fritters	1
<i>Rosa canina</i> L. (Rosaceae) AV-077	Rosa	Fruits	Decoction	Oral	Med: vitamin C supplement	1
		Leaves	Decoction, liquor	Oral	Med: flu	3
		Fruits	Raw	Topical	Med: gingivitis	1
					Cul: jam	1
		Flowers	Boiled		Dom: to dye fabrics	1
<i>Rubus ulmifolius</i> Schott (Rosaceae) AV-078	More, Rovi	Fruits	Liquor	Oral	Med: digestive	1
					Med: flu	1
		Leaves	Raw	Topical	Med: pimples	3
		Stems			Dom: brooms	1
		Fruits			Cul: jam	4
<i>Rumex crispus</i> L. (Polygonaceae) AV-079	Lingue di cane	Stems	Infusion	Oral	Vet: coryza of hens	1
		Fruits			Med: pimples	2
		Stems				
		Leaves	Raw	Topical		
<i>Ruta graveolens</i> L.; <i>R. chalepensis</i> L. (Rutaceae) AV-080-081	Ruta	Aerial parts	Raw, infusion, liquor	Oral	Med: flu, cold, cough	5
			Ground with garlic and filtered	Oral	Med: stomach ache	5
		Leaves	Raw, infusion	Oral, inhalation	Med: bellyache	2
			Decoction	Oral	Med: colitis	1
					Med: menstrual disorders	1
					Med: arthritis	1
					Med: abortive	1
			Raw		Med: ringworms	4
					Med: invigorating	1
			Boiled	Topical	Med: toothache	4
<i>Salix alba</i> L. (Salicaceae) AV-082	Salice		Raw		Med: eye swelling, to improve vision	2
					Med: bruises	1
		Whole plant	Fried in olive oil		Dom: baskets	5
		Stems				
					Dom: to tie the vine to the posts	2
					Dom: to make brooms	1
					Dom: to make flutes	2
<i>Salvia officinalis</i> L. (Lamiaceae) AV-083	Salvia	Leaves	Infusion with <i>Laurus nobilis</i> and <i>Salvia rosmarinus</i> leaves	Oral	Med: flu	2
			Infusion		Med: asthma	1
			Decoction with lemon juice		Med: digestive, stomach ache	1
			Raw		Med: halitosis	4

<i>Salvia rosmarinus</i> Schleid. (Lamiaceae) AV-084	Rosmarino, Spinaddosso, Spigaddosso	Flowers, Leaves	Decoction	Oral, topical	Med: sore throat	3			
			Boiled	Topical	Med: toothache, whiten teeth	3			
			Infusion (the filtered water is used to rinse the hair after shampooing)		Cos: darken hair	1			
					Cul: flavoring, fritters	7			
			Infusion with <i>Laurus nobilis</i> and <i>Salvia officinalis</i> leaves	Oral	Med: cold, flu	3			
<i>Sambucus nigra</i> L. (Caprifoliaceae) AV-085	Sambuco, Saucco, Saucu, Parmiccole	Leaves	Boiled	Inhalation	Med: cold	1			
		Flowers	Decoction with <i>Laurus nobilis</i> leaves	Oral	Med: digestive	1			
		Leaves			Cul: flavoring for meat roasts and pasta	9			
		Aerial parts	Liquor	Oral	Med: flu	2			
			Decoction		Med: cold, flu	3			
<i>Sambucus ebulus</i> L. (Caprifoliaceae) AV-087 <i>Saponaria officinalis</i> L. (Caryophyllaceae) AV-088	Saucu elleboro Erba della schiuma		Crushed with garlic	Topical	Med: burns	1			
			Leaves	Boiled		Med: leg swelling, mastitis	3		
			Flowers	Boiled		Med: rheumatism	1		
				Infusion		Med: styne	1		
					Oral	Med: excessive sweating	1		
			Bark				Med: cough, anti inflammatory	3	
							Med: bellyache	2	
					Boiled	Inhalation	Med: cold	2	
				Poultices	Topical	Med: sprains	2		
				Flowers			Cul: fritters	1	
			Leaves	Boiled	Topical	Topical	Vet: mastitis	2	
							Vet: animal coat infections	2	
							Dom: ink	1	
<i>Scolymus grandiflorus</i> Desf. (Asteraceae) AV-089	Cardone	Leaves, Stems			Cul: as vegetable	2			
<i>Scolymus hispanicus</i> L. subsp. <i>hispanicus</i> (Asteraceae) AV-090	Cardoncello	Leaves, Roots			Cul: as vegetable	2			
<i>Sedum cepaea</i> L. (Crassulaceae) AV-091	Borracina	Leaves		Topical	Med: wound healing, burns	7			
<i>Solanum melongena</i> L. (Solanaceae)	Melanzane	Fruits	Raw	Topical	Med: hemorrhoids	1			
<i>Solanum tuberosum</i> L. (Solanaceae)	Patate	Tuber	Raw	Topical	Med: burns	5			
					Med: headache	1			

<i>Sonchus oleraceus</i> L. (Asteraceae) AV-092	Seone	Leaves	Raw	Oral	Med: stomach ache	2
			Decoction		Med: rheumatism	1
		Leaves	Boiled, raw		Med: blood circulation	1
					Cul: as vegetable	12
<i>Sonchus asper</i> (L.) Hill subsp. <i>asper</i> (Asteraceae) AV-093	Seone	Leaves	Boiled		Med: diuretic	1
<i>Sonchus tenerrimus</i> L. (Asteraceae) AV-094	Seone	Leaves			Cul: salads	1
<i>Sorbus domestica</i> L. (Rosaceae)	Sorbe, Sorva	Fruits		Oral	Med: laxative	1
					Cul: jam	1
<i>Sorghum bicolor</i> (L.) Moench (Poaceae) AV-095	Saggina, Meleche	Stems			Dom: brooms	1
<i>Taraxacum campylodes</i> G.E.Haglund. (Asteraceae) AV-096	Tarassaco	Aerial parts	Decoction	Oral	Med: diuretic	3
		Aerial parts			Cul: as vegetable	1
<i>Thymus pulegioides</i> L., <i>Th. longicaulis</i> C. Presl. (Lamiaceae) AV-097	Timo	Leaves			Cul: aromatizer	2
<i>Tilia cordata</i> Mill., <i>T. platyphyllos</i> Scop. (Malvaceae) AV-098	Tiglio	Flowers	Decoction	Oral	Med: sore throat, flu, cold	7
					Med: stomach ache	2
					Med: calming	3
<i>Triticum turgidum</i> L. subsp. <i>durum</i> (Desf.) Husn., <i>Triticum aestivum</i> L. (Poaceae) AV-099-100	Grano, Vrenna, Caniglia	Fruits	Toasted flour and bran in a stocking and applied to the cheek	Topical	Med: toothache	1
			Flour mixed with water and salt and applied on the sore part		Med: sprains and contusions	1
			Toasted bran in a stocking and applied to the breast		Med: pneumonia	1
			Bran mixed with egg whites		Med: sprain	3
			Bran mixed with an egg and applied on the legs		Med: leg swelling	1
		Stems	Hay		Med: leeks	1
					Dom: straws to drink liquids	1
<i>Urtica membranacea</i> Poir., <i>U. dioica</i> L. (Urticaceae) AV-101	Ortica, Ordiche, Vurdica, Vicci	Roots	Decoction	Topical	Med: eczema	2
				Oral	Med: purify the blood	1

		Leaves	Raw		Med: digestive	1
			Infusion		Med: menstrual disorders	1
		Whole plant	The painful parts are scourged with the stem of the freshly harvested plant	Topical	Med: hemorrhoids	1
					Med: rheumatism, sciatica	1
		Leaves	Infusion	Topical	Cos: hair care	10
		Leaves		Oral	Cos: skin care	1
					Cul: as vegetable	10
			Decoction		Vet: cure poultry	4
		Bark	Raw	Topical	Med: wound healing	8
					Vet: wound healing	2
<i>Ulmus minor</i> Mill. (Ulmaceae) AV-102	Olmo, Puleja				Med: calming	1
<i>Valeriana officinalis</i> L. (Valerianaceae) AV-103	Valeriana	Aerial parts	Decoction	Oral		
<i>Vitis vinifera</i> L. (Vitaceae)	Vite	Fruits	Boiled wine	Oral	Med: cold, cough	2
					Cul: vincotto	2
<i>Zea mays</i> L. (Poaceae) AV-104	Granone, Graulino	Bark	Raw		Dom: smoked	1
		Leaves			Dom: mattress	1
