Supplementary Information

Old Plants for New Food Products? The Diachronic Human Ecology of Wild Herbs in the Western Alps

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Table S1. Comparative study methodologies and contexts for ethnobotanical research in the Bellino and Ubaye valleys.

Methodology	Study 1: Varaita valley, Italy-Bellino valley Current study (2024)	Study 2: Varaita valley, Italy - Bellino and Ubaye valley, France (Pieroni and Giusti, 2009)	Study 3: Alpes de Haute Provence, Ubaye valley, France (Novaretti and Lemordant (published in 1990)
Study Sites	Bellino valley (Italy)	Varaita valley, Western Alps, Piedmont region	Ubaye valley, Alpes de Haute Provence
Geographical Context	Alpine pass connecting Italy and France; Occitan linguistic heritage	Varaita valley flowing from Monviso Mountain slopes	Geology with sedimentary calcareous rocks and siliceous formations supporting unique flora
Altitude Range	1,400 m (Ribiera) to 3,340 m (Mongioia)	Varaita valley from Monviso slopes	From plains-like Haute-Ubaye to alpine and subalpine zones
Ethnographic Context	Occitan-speaking communities with preserved cultural heritage	Occitan linguistic diversity, independent Escartons federation	Isolated community with a strong medicinal plant tradition
Environmental Context	Glacial valley, harsh winters, cool summers, unique fog patterns	Sub-littoral alpine climate, alpine vegetation, agro-pastoral economy	Complex geology and varied climate influencing flora diversity
Data Collection	Semi-structured interviews with residents, restaurateurs, experts	Semi-structured interviews with residents and restaurateurs	Literature review, field observations, and local interviews
Participant Profile	30 participants (10 men, 20 women, aged 30-85)	Local informants (n = 67) were asked about local food and medicinal plants	63 Ubayans, from 35 to 65 years
Sampling Method	Purposive sampling, prioritizing female elders for traditional knowledge	Purposive sampling of culturally knowledgeable residents	Purposive sampling of the knowledgeable people about medicinal plants.
Fieldwork Methodology	Interviews and fieldwork with experts on plant identification	Interviews and fieldwork with expert residents on plant identification	Fieldwork included mapping plant communities and habitat
Comparison of cultural practices	Italian participants' cultural practice	Cross-generational and historical comparisons	Differences noted across subregions within the valley