
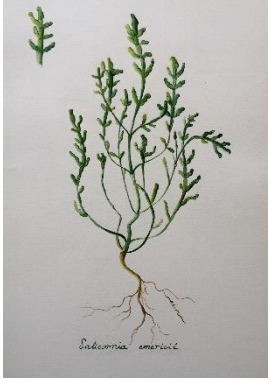











Table S1. BFN priority wild food plants of Turkey from the Aegean, Mediterranean and Black Sea Region pilot sites




AEGEAN REGION							
Family	Botanical name	English name	Photograph	Turkish name	Local Names	Parts used	Preparation methods
Amaranthaceae	<i>Beta maritima</i> L.	Sea beet		Kıyı pancarı	Deli pazı, yabani pancar, yaban pazısı, ova mancarı, pezik, deniz pancarı, dağ pancarı, kır pazısı, zık, yaban pancarı, kara mancar, kara pancar, deli ıspanak, yaban ıspanağı, düdüklü ıspanak	Rosette leaves	Its leaves are served raw or cooked and used in pies and pancakes, omelettes, soups, stuffed for dolma, sautéed or boiled and used in salads, served with or without yoghurt. Sea beets are also cooked like spinach.
Amaranthaceae	<i>Salicornia emericii</i> Duval-Jouve Lectotype: <i>Salicornia europaea</i> L.	Glasswort or Samphire		Deniz börülcesi	Kurşun otu, tuzlu ot, geren otu	Young plants	Glasswort is usually cooked or steamed and then coated in olive oil and lemon or yoghurt. It is also used raw.




Apiaceae	<i>Crithmum maritimum</i> L.	Rock samphire		Deniz teresi, Kaya kuruğu	Deniz rezenesi, deniz marulu, deniz otu, ada börölcesi, deniz kuruğu, deniz keneviri, kereviz otu, genevir, girdama, gövelek, kulak otu, kişgil	Young plants leaves and flower buds	The stems, flowers and leaves are pickled. Leaves are used fresh or boiled in salads, or used in omelettes.
Apiaceae	<i>Foeniculum vulgare</i> Mill.	Fennel		Arapsaçı	Rezene, çaşır, çaşıra, kokar ot, malatura, erezene, razıyane, sıra, marata	Whole plant	Highly aromatic and flavourful, fennel leaves are used in various foods as well as seasoning. Boiled leaves are used in salads and sautéed as well as in pilafs, omelettes, salads, pies, pancakes and soups.
Apiaceae	<i>Opopanax hispidus</i> (Friv.) Gris.	Yellow Herb		Kaymacık	Sarı ot, sarı bacı, kaymaklık, kaymak otu, kırk sıralı, gaymecik, tülü ot, kekire	Young basal leaves	The leaves are cooked with tomato paste, sautéed with/without cream and milk, or boiled and added to omelettes, served with/without yoghurt. Opopanax pancake is also common.




Apiaceae	<i>Smyrniolus satrum</i> L.	Alexanders		Deli kereviz	Yabani kereviz, baldıran	Leaves, young stems and buds	Alexanders tastes like a mix of celery and parsley. It can be sautéed, stewed or fried and used in salads, rice, omelettes, pies, sauces and soups. It is also used as a medicinal herb.
Asteraceae	<i>Glebionis coronaria</i> (L.) Spach Syn: <i>Chrysanthemum segetum</i> L.	Crown Daisy		Alagömeç	Ale gümecı, sarı papatya, öküz gözü, koyun gözü, yabani krizantem	Young sprouts	Crown daisy is used in omelettes, soups, bulgur and sautéed, in salads with or without yoghurt.
Asteraceae	<i>Cichorium intybus</i> L.	Chicory		Hindiba	Hindibag, yabani hindiba, kara hindiba, tatlı hindiba, ak hindiba, güneş, güneşik, yatlı güneş, ak güneş, radika, bahçe radikası, altlık, çatlangoz	Whole young plant/ rosette leaves, roots	The leaves are boiled or used raw in salads. Leaves are simply sautéed, mixed with herbs or added to scrambled eggs. The plant can also be used in soups, omelettes and patties. Dry leaves are used as tea. Roots are also baked and used as a coffee substitute.



Asteraceae	<i>Scolymus hispanicus</i> L.	Golden thistle		Şevketi bostan	Akkız, akçakızı, altın diken, ak diken, diken otu, çetmi diken, sarı diken, sütlü diken, süt diken, güzel hisar diken	Roots, young leaves	The plant's spiny leaves are stripped, the roots cleaned stewed or sautéed to prepare meat dishes. The roots and young leaves can also be used in salads, soups and egg dishes.
Brassicaceae	<i>Raphanus raphanistrum</i> L.	Wild Radish		Eşek turpu	Turpotu, yaban turpu yabani turp, çalgıcı otu, yabani hardal	Young leaves and buds	Wild radish is sautéed or stewed and used in various dishes, salads, main courses, omelette or soups.
Polygonaceae	<i>Rumex acetosella</i> L.	Sorrel		Kuzukulağı	Ekşi kuzukulağı, lutka, ekşi kulak, eğişimene, ekşice, ekşimik, ekşilik ekşimelek, ekşimek, ekşimen, turşu otu, ebem ekşisi, ebenekşisi, oğlak kulağı, küçük kuzukulağı	Leaf	The leaves have a lemony, tangy and sour flavour. They are used raw in salads or cooked in soups, pies and egg dishes.




MEDITERRANEAN REGION




Family	Botanical name	English name	Photograph	Turkish name	Local Names	Parts used	Preparation methods
Acoraceae	<i>Acorus calamus</i> L.	Calamus or Sweet flag		Eğir otu	Azakeriği, Hazanbel, Eğir kökü	Root (rhizome).	The rhizome is chewed and used as a herbal medicine. It is used as a spice.
Anacardiaceae	<i>Rhus coriaria</i> L.	Elm leaved sumach		Sumak	Ekşi külü, somak ekşi, Derici sumağı, Mavru, Tadım, Tahru, Tatari, Tahri, Tetere, Teteni, Tetirli, Tetre, Tertri, Tirimli, Tutum, Tutuba	Fruit; Oil.	The crushed fruit is a popular spice used in the Middle East.
Apiaceae	<i>Ferula elaeochytris</i> Korovin	Ferula or giant fennel		Çağ	Çakşır, çağşır, çavşır, hitik	Root (rhizome) is used as a herbal medicine.	The root is boiled and a tea prepared as a herbal medicine.



Apiaceae	<i>Ferulago trachycarpa</i> Boiss.	-		Kuzukemirdi	Kuzu kişnişi, Kurtkulağı, Kuzubaşı, Kuzukemirdi, Kuzukulağı, Kimyon otu, çakşırotu, çağşır, asaotu	Aerial parts and roots.	Gum is obtained from the incision of the roots. Fresh aerial parts.
Asteraceae	<i>Cichorium intybus</i> L.	Common chicory		Hindiba	Hindiba, yabani hindiba, mavi hindiba, citlik	Leaves, roots	Sautéed, salads. Roots are dried and used as a coffee substitute.
Asteraceae	<i>Chondrilla juncea</i> L.	Rush skeletonweed		Karakavuk	Çıtlık, Çöpkanak, Karakavuk, Karakavut, Sakız otu, Sütlü ot	Leaves	Salads

Asteraceae	<i>Scorzonera cana</i> (C.A.Mey.) Griseb	Salsify		Tekesakalı	Yakı Otu, Yemlik, Dedesakalı, Karakök, Tekesakalı	Leaves	Cooking, salads
Asteraceae	<i>Tragopogon porrifolius</i> subsp. <i>longirostris</i> (Sch.Bip.) Greuter	Purple salsify		Helevan	Teke sakalı	Roots, leaves	Used raw or cooked
Asteraceae	<i>Gundelia tournefortii</i> L.	Gundelia or Tumbleweed		Kenger	Kenger otu	The leaves, stems, roots, and immature flower buds, are edible when they first sprout in early spring	Used fresh or cooked and prepared like artichoke

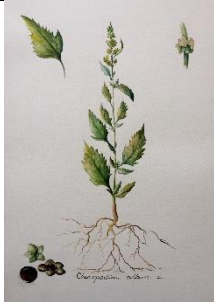


Berberidaceae	<i>Berberis crataegina</i> DC.	Berberis		Karamuk	Amberbaris, Diken üzümü, Ekşimen (Kayseri), Garamık, Gıraba Gırabuh, Gızanbah, Hatuntuzluğu, Kadıntuzluğu, Kamberiz, Karaca Karamih, Karamık, Karamuk dikenii, Karanbuk, Kızambuk, Kızamık, Sarı çalı	Fruits/seeds	Fruit can be consumed raw or in main meals and soups. Vitamin C rich fruit can be consumed as tea, garnish, or used to make compotes, syrups, jams and jellies.
Brassicaceae	<i>Nasturtium officinale</i> R.Br., Aiton	Watercress		Suteresi	Acı gerdeme, Cırcır, Çakandura, Çünk, Derdime, Gerdeme, Hardal otu, Istapan, Ispatan, İstapan, İstepan, Kordomot, Kerdeme, Kurbağapisliği, Su gerdemesi, Su kerdemesi, Su mancası, Tizik, Tuzik, Yabani tere, Gudime	Leaves	Consumed raw or cooked. It has a sharp peppery, flavour Mainly used as a garnish or as an addition to salads.




Capparaceae	<i>Capparis spinosa</i> L.	Caper bush		Kebere	Gebre, kebere, kapari	Fruits/seeds	Pickled or canned. Used in salads, on pizza base as well as a garnish for meat and fish dishes.
Caryophyllaceae	<i>Gypsophila arrostii</i> subsp. <i>nebulosa</i> (Boiss. & Heldr.) Greuter & Burdet	Arrost's baby's-breath		Çöven	Çöven out, Sabun out, Çegen, Tarlacı Çöveni, Kereviç Köpüğü, çuvan	Root (rhizome)	The root extract is used to make sweet preparations, particularly <i>helva</i> .
Cupressaceae	<i>Juniperus drupacea</i> Labill.	Syrian juniper		Enek/andız	Büyük meyveli ardıç	Fruit	Molasses, traditional pekmez




Dioscoreaceae	<i>Dioscorea communis</i> (L.) Caddick & Wilkin	Black bryony		Dolambaç	Sarmaşık, tilkişen, dövülmüş avrat otu, gavur tilkişeni and kara asma	Young shoots	Young shoots may be eaten raw, but they are usually boiled and used in salads and omelettes.
Fabaceae	<i>Lupinus albus</i> L.	White lupin		Termiye	Acı bakla, Delice bakla, Gavur baklası, Kurt baklası, Mısır baklası, Yahudi baklası, Tirmis	Seed	Used as a protein-rich vegetable or savoury dish. Can be used as a bean substitute, sautéed or ground and mixed with flour to make bread. Sautéed, it can become a snack much like peanuts. An edible oil is obtained from the seed. Roasted and ground it can be used as a coffee substitute
Liliaceae	<i>Eremurus spectabilis</i> M.Bieb.	Foxtail lily		Çiriş	Çireş, Dağ pırasası, Gülük, Kiriş, Sarı çiriş, Sarı zambak, Yabani pırasa	Young leaves	Used as vegetables. Sautéed with yoghurt, used to prepare main meals and omelettes.

Rosaceae	<i>Eriolobus trilobatus</i> (Labill. ex Poir.) M.Roem.	Crab apple		Atelması	Geyikeması, geyicek, geyik dikenı	Fruit and leaves	Fresh or boiled. The dried leaves are use for making tea.
Rosaceae	<i>Pyrus serikensis</i> Güner & H. Duman	Serik crab		Zingit	Serik armudu, gurmut	Fruit	Fresh or boiled

BLACK SEA REGION

Family	Botanical name	English name	Photograph	Turkish name	Local Names	Parts used	Preparation method
Amaranthaceae	<i>Chenopodium album</i> L.	Lamb's quarters		Aksirken	Sirken, kelebek, iblice, yaban otu, unluca, ak kaz ayağı, ak pazı, yabani ispanak	Leaves and young shoots	Use raw in salads or sautéed with or without yoghurt. Can also be cooked with bulgur or rice, or mixed with other vegetables and used to prepare patties and pancakes
Apiaceae	<i>Aegopodium podagraria</i> L.	Ground elder		Keçiayağı	Mendek, tavuk ayağı, kır marulu	Young leaves	Can be eaten raw or sautéed with yoghurt, rice or bulgur.
Apiaceae	<i>Oenanthe pimpinelloides</i> L.	Corky-fruited water-dropwort		Deli maydanoz	Kazıyak, Gazyak	Leaves	Is sautéed with or without egg, with leeks and onion. Used to make pastries, it can also be cooked with yoghurt and bulgur.

Asparagaceae	<i>Ornithogalum umbellatum</i> L.	Star of Bethlehem		Sunbala	Sakarca, Sakarcık, Akyıldız, Çöplüce, Karga Soğanı, Tükrük otu	Leaves and bulbs	Used for making bread, or sautéed with or without egg. Can also be cooked with cranberry molasses and rice.
Boraginaceae	<i>Trachystemon orientalis</i> (L.) G.Don	Eastern borage		Kaldirik	Kaldırayak, Kaldırık, Kalduruk, Galdirik, Galdirek, Ispıt, Zılbit, Hodan, Zıbıdk, deremancarı, Burğı, Deve mancarı, Tamara	Leaves, stems and flowers	Consumed as vegetable in the spring time. Steamed it can be used as a salad with or without yoghurt dressing or sautéed, with bulgur or to make pies. Can also be pickled and its larger leaves used for making stuffed rolls (dolma).
Brassicaceae	<i>Capsella bursa-pastoris</i> (L.) Medik.	Shepherd's purse		Çobançantası	Medik, kuşekmeği, lamzam	Aerial parts, leaves	Can be eaten raw in salads or cooked with rice and rice soups. It can be sautéed after boiling with or without yoghurt or cooked together with curly dock. Also used in patties or pancakes.

Caryophyllaceae	<i>Silene vulgaris</i> (Moench) Garcke	Bladder campion		Ecibücü	Mendek, tavukayağı, kır marulu, şakşak, gıvışgan	Leaves	It can be sautéed with or without egg; also used to make pastries, rice, bulgur and soups.
Polygonaceae	<i>Rumex crispus</i> L	Curly dock		Labada	Kıvırcık labada, labada otu, efelek, evelik, eveleyük, ekşi mancar, sığır kuyruğu	Leaves	The boiled leaves can be sautéed and served with or without yoghurt or used to make bulgur or pilaf. The larger leaves are also stuffed. The sun dried leaves are consumed during the winter.
Polygonaceae	<i>Polygonum cognatum</i> Meissn.	Knotgrass (knotweed)		Madımak	İbi otu, kuşekmeği	Leaves	Can be cooked plain, with bulgur or used in soups.

Smilacaceae	<i>Smilax excelsa</i> L.	Catbriers		Dikenucu	Kırçan, çoban ekmeği, dikenözü, müzmelek, müzmüldek, itmük, özdikenî, öz, kırçıyık, melevcan, melocan, melvocan, boylu gıcır, saparna, Anadolu saparnası, iz dikenî, silcan, zimbilaçi, zimilaci, zimilas	Young shoots	The young shoots can be eaten raw or cooked. Used in stews, it is cooked with tomato or pepper paste. Can also be boiled and sautéed with eggs; or used for making pastries.
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