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PLANTS CONSUMED AS FOOD IN ETHNOBOTANICAL PERSPECTIVE: THE CASE STUDY OF YENICE-CANAKKALE-TURKIYE

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Abstract
In this study, the plants consumed as human food in the Yenice district of Canakkale, located in the Troy region, were evaluated in terms of ethnobotany. The plants that the local people living in the region consume as food and their usage patterns have been determined on a district basis. These plants are mostly collected from nature by people living in rural areas or used by purchasing them from the market established in the district center. While 64 taxa out of 112 taxa used for food purposes in the study area are grown naturally, 48 taxa are produced and consumed. In addition, 5 types of mushrooms, which are edible and sold in local markets, are also used as food. The leaves of 49 taxa, fruits of 43 taxa, stems of 26 taxa, flowers of 24 taxa, seeds of 10 taxa and roots of 5 taxa are consumed from plants used as food. These plants are consumed raw, cooked, seasoned, frozen, dried, pickled and canned.

Keywords: Ethnobotany, Canakkale, food plant.

1. INTRODUCTION

The use of plants is as old as human history. In the process that started with the drawings of plants on the cave walls, plant pictures were found on horns, tablets and papyrus. According to the clay tablets of the first ages and the pictures on the temple and tomb walls, people used plants for food and treatment (Tutenocakli and Uysal, 2014).

The term of "ethnobotanical" was firstly proposed by John Harshberger as a term for the studies on "the plants used by primitive and aboroginal people". Afterwards, the term took its real usage in the article of J. Walter Fewkes (1896). Through Ethnobotanic studies, the information about how the people use and benefit from the plants is revealed (Martin, 1995).

Ethnobotanical studies are very important in terms of revealing the current, cultural, traditional and historical uses of plants as a folk medicine and food source in the world (Bulut, 2016).

Turkey is one of the countries with rich flora because it is located between three phytogeographic regions (Europe-Siberia, Mediterranean, Iran-Turan), its geological and geomorphological structure, rich water resources and being under the influence of different climate types.

The flora of Turkey is home to approximately 12,000 seed plant species, and 3,649 of them are endemic (Guner et al., 2012). The number of plant species in Turkey is increasing day by day with new species identified as a result of studies. Our country has the richest flora of the Middle East in terms of endemic species rate and diversity (Polat, 2010).

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Edible wild plants have been used in Anatolia for about 50,000 years. Civilizations such as Mesopotamia, Ancient Egypt, Hittite, Greek, Roman, Seljuk and Ottoman have benefited from these wild plants for many purposes and included them in their own nutritional cultures (Akan and Balos, 2023).

Plants used as food; It can be used raw as well as as a tea and spice, by cooking, adding eggs or rice, bulgur, etc. It is also used in the form of stuffing. Especially in the spring season when vegetables are scarce, newly developing wild plants are widely used all over our country (Yucel et al., 2010).

Although scientific studies on the use of wild plants for medicinal, food, dye, ornamental and other purposes are not sufficient in our country, which has an important cultural heritage, it is seen that studies in this field have gained momentum in recent years.

In order for the people of the country to benefit more from plants, which are the most valuable natural resources of a country, they should be introduced and translated into national and international publications. Our country is very rich in terms of cultural diversity, as it is home to different civilizations as well as having a very rich flora.

In this study, it is aimed to reveal the plants used as food by the people in Yenice and its surroundings and the diversity of their use. By establishing a dialogue with the people of the region, the plant use knowledge of the local people based on a long history and the ethnobotanical survey application were revealed. The data obtained were subjected to a scientific evaluation.

Within the scope of the study, 71 villages of Yenice were visited and an ethnobotanical field study was conducted. Wild plants and cultivated plants used as food were identified.

As a result, both the discovery and preservation of these values, which have traditional use and are about to disappear, will be realized. Thus, the results obtained will be brought to science and the infrastructure of new research will be created.

2. MATERIALS AND METHODS

The material of this research consisted of plants of agricultural and ethnobotanical value that people use as food in Yenice (Çanakkale) district center and villages of the district (Figure 1). Plant samples were collected during ethnobotanical research visits to Yenice District and 71 villages of the district.

Figure 1. Geographical location of the study area (Google Maps)

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First of all, necessary permissions were obtained from the authorities authorized in the study area and information was presented to the authorities within the scope of a project prepared on objectives and methods.
Information about the research area was collected and preliminary interviews were conducted to get to know the people living in the region.
Information about our research topic was obtained from local people living in the district and the surrounding villages. It has been determined that people who collect plants and use them as food also trade these plants.
An interview form created in the study was applied, and then the data were organized. First of all, the local name of the plant, if any, then the purpose of use, the part used and the way of use were asked to the resource persons. The name, surname, age, village and other information about the plants were tried to be determined. Ertuğ (2003)'s Framework Questions were also used while interviewing the resource persons.
In particular, the type, characteristics and time of coming to the market of the products sold were noted by going to the markets set up on Tuesdays in Akçakoyun Town, Thursdays in the district centre, Fridays in Pazarköy Town and Sundays in Kalkım Town. It was also tried to determine the resource persons to be contacted in the villages during the market tours.
The samples collected during the field studies with the source persons were pressed, dried, turned into herbarium samples in accordance with the herbarium techniques, and the samples were identified by using the "Flora of Turkey and the East Aegean Islands" (Davis, 1965-1985; Davis et al., 1988). Due to seasonal characteristics, the samples could be obtained as witness samples, mostly by taking dried samples from the market or by taking the samples collected by the source people beforehand and stored in their homes after drying.
The diagnosis of fungi Jilber Barutçiyan's book "Turkey's Mushrooms-1" was used. In the identification of ornamental plants.
The scientific names of the plants were confirmed from the book of "List of Plants of Turkey (Veinous Plants)" (Guner et al., 2012).

3. RESULTS AND DISCUSSIONS

In this study, the plants consumed as human food in the Yenice district of Çanakkale, located in the Troy region, were evaluated in terms of ethnobotany.
The plants consumed as food by the local people living in the region and their usage patterns were determined on a district basis. These plants are mostly collected from nature by people living in rural areas or used by purchasing them from the market established in the district center.
While 64 of 112 taxa used for food purposes in the study area are grown spontaneous, 48 taxa are cultured and consumed. In addition, 5 types of mushrooms, which are edible and sold in local markets, are also used as edible (Table 1).
In our study conducted in Yenice (Canakkale), it was determined that the plants consumed as food were mostly taxa belonging to Rosaceae, Lamiaceae, Asteraceae and Brassicaceae families. At least taxa belonging to the families Asparagaceae, Cornaceae, Caryophyllaceae, Elaeagnaceae, Fagaceae, Juglandaceae, Lauraceae, Lythraceae, Papaveraceae and Vitaceae are used as nutrients.

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Table 1. List of plants used as food in Yenice

Scientific Name	Vernacular Name	Plant Part(S) Used	Usage
Agaricaceae			
**Agaricus bisporus* (J. E. Lange) Emil J.Imbach.	Kültür mantarı	All of	Cooked and eaten.
**Agaricus campestris* L.	Mantar	All of	Cooked and eaten.
Amaranthaceae			
**Beta vulgaris* L.	Pancar	Roots	Pickle making
Beta vulgaris var. *cicla*	Pazı	Leaves	Stuffing making
**Beta vulgaris* L. var. *esculenta*	Kırmızı pancar	Roots	Pickle making
Chenopodium album L. ssp. *album* var. *album*	Kazayağı	Leaves	Salad, added to pastry
**Spinacia oleracea* L.	Ispanak	Leaves	Soup making, added to pastry
Amaryllidaceae			
**Allium ampeloprasum* L.	Pırasa	Stems	Cooked and eaten.
**Allium cepa* L.	Soğan	Stems	Soup making, salad, added to pastry
**Allium sativum* L.	Sarımsak	Stems	Meals are used for flavor.
Anacardiaceae			
Pistacia terebinthus L. ssp. *palaestina* (Boiss.)Eng.	Çitlenbik	Fruits	Raw
Rhus coriaria L.	Sumak, somak	Seeds	Spice
Apiaceae			
Anethum graveolens L.	Dere otu, cacık otu	Leaves	Soup making, added to pastry
Apium graveolens L.	Kereviz	Stems, roots	Cooked and eaten.
**Daucus carota L.*	Havuç	Roots	Salad
Foeniculum vulgare Mill.	Rezene, erezene	Flowers, fruits, leaves	Salad, pastry
Oenanthe pimpinelloides L.	Alan maydanozu	Leaves	Salad, pastry
**Petroselinum crispum* (Mill.) Nyman ex A.W. Hill	Maydanoz	Leaves	Soup making, added to pastry
Asparagaceae			
Asparagus acutifolius L.	Kuşkonmaz	Leaves	Salad, added to pastry
Asteraceae			
Cota austriaca Jacq.	Papatya	Flowers, stems	Tea
Anthemis cretica L. ssp. *pontica* (Willd.) Grierson	Papatya	Flowers, stems	Tea
Cichorium intybus L.	Hindiba	Leaves	Salad, added to pastry
**Cynara scolymus L.*	Enginar	Flowers, leaves	Salad, cooked and eaten
Helianthus annuus	Ayçiçeği	Seeds	As a snack
Helianthus tuberosus L.	Yer elması	Stems, roots	Salad, cooked and eaten
**Lactuca sativa L.*	Marul	Leaves	Salad
Scolymus hispanicus L.	Akkız, ak diken	Leaves	Salad, cooked and eaten
Sonchus asper (L.) Hill	Eşek helvası, eşek otu	Leaves	Salad
Taraxacum officinale Weber	Kara hindiba, hindiba	Leaves	Salad
Betulaceae			
Corylus avellana L.	Fındık	Fruits	Dried nuts
*Corylus maxima*Mill.	Fındık	Fruits	Dried nuts
Brassicaceae			
**Brassica oleracea* L. ssp. *acephala*	Lahana, kelem	Leaves	Stuffing making, Cooked and eaten.

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Table 1. List of plants used as food in Yenice (continue)

Scientific Name	Vernacular Name	Plant Part(S) Used	Usage
**Brassica oleracea* L. var. *capitata*	Baş lahana, kelem	Leaves	Stuffing making, Cooked and eaten.
**Brassica oleracea* L. var. *botrytis*	Karnabahar	Flowers	Cooked and eaten.
**Brassica oleracea* L. var. *italica* Plenk	Brokoli	Flowers	Cooked and eaten.
Brassica rapa L.	Şalgam	Stems	Pickle
Eruca sativa Miller	Roka	Leaves	Salad
Lepidium sativum L.	Tereotu, tere	Leaves	Salad
Nasturtium officinale W.T. Aiton	Ispatan, su teresi, gerdeme	Leaves, stems	Salad
Raphanus sativus L.	Turp, kara turp	Leaves, stems	Salad
Caryophyllaceae			
Stelleria media (L.) Vill. ssp. *media*	Cici bici, kuş otu	Leaves	Salad, added to pastry, fried with egg
Cornaceae			
Cornus mas L.	Kızılcık	Fruits	Fresh, jam
Cucurbitaceae			
**Citrullus vulgaris* Schrad	Karpuz	Fruits	Eaten as a fruit.
**Cucumis melo* L.	Kavun	Fruits, flowers	Eaten as a fruit.
**Cucumis sativus* L.	Salatalık	Fruits	Salad, tzatziki making
**Cucurbita moschata* Duchesne	Bal kabağı, sakız kabağı	Fruits	Pumpkin pie
**Cucurbita pepo* L.	Kabak	Fruits	Stuffing making
Elaeagnaceae			
Elaeagnus angustifolia L.	İğde	Fruits, flowers	Fresh, raw
Fabaceae			
Ceratonia siliqua L.	Keçiboynuzu	Fruits, seeds	Fresh, raw
**Cicer arietinum* L.	Nohut	Seeds	Cooked and eaten.
**Lens esculenta* Moench.	Mercimek	Fruits, seeds	Cooked and eaten.
**Phaseolus vulgaris* L.	Fasulye, fasile	Fruits, seeds	Pickle making, fried with egg
Fagaceae			
Castanea sativa Mill.	Kestane	Fruits, stems	Boiling and frying
Hygrophoraceae			
Hygrophorus russula (Fries) Quélet.	Pırnal mantarı	All of	Cooked and eaten.
Hypericaceae			
Hypericum perforatum L.	Kantaron, sarı ot	Flowers, leaves, stems	Used as a tea.
Juglandaceae			
**Juglans regia* L.	Ceviz	Fruits	Raw, added to pastry
Lamiaceae			
Lavandula stoechas L. ssp. stoechas	Karabaş otu	Flowers, leaves, stems	Used as a tea.
Melissa officinalis L.	Melisa, oğul otu	Flowers, leaves	Used as a tea.
Mentha longifolia (L.) L.	Nane	Flowers, leaves, stems	Soup making, salad, tzatziki making, spice
Mentha spicata L.	Nane	Flowers, leaves, stems	Soup making, salad, tzatziki making, spice
Origanum majorana L.	Mercanköşk	Flowers, leaves	Spice

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Table 1. List of plants used as food in Yenice (continue)

Scientific Name	**Vernacular Name**	**Plant Part(S) Used**	**Usage**
Origanum onites L.	Kekik, güve otu	Flowers, leaves	Used as a tea.
Rosmarinus officinalis L.	Biberiye	Flowers, leaves	Used as a tea.
Salvia officinalis L.	Adaçayı	Flowers, leaves, stems	Used as a tea.
Salvia tomentosa Mill.	Boşabla, boğuş otu	Flowers, leaves, stems	Used as a tea.
Satureja hortensis L.	Cibrisi, cibrisin	Flowers, leaves, stems	Flavor the food
Sideritis perfoliata L.	Dağ çayı	Flowers, leaves, stems	Used as a tea.
Sideritis trojana Bornm.	Dağ çayı	Flowers, leaves, stems	Used as a tea.
Thymus longicaulis C. Presl ssp. *chaubardii*	Kekik, taş kekiği	Flowers, leaves, stems	Soup making
Lauraceae			
Laurus nobilis L.	Defne	Leaves	Spice, in fish fry
Lythraceae			
Punica granatum L.	Nar	Fruits	Eaten asa fruit
Malvaceae			
**Abelmoschus esculentus* (L.) Moench	Bamya	Fruits	Cooked and eaten.
Malva neglecta Wallr.	Ebe gümeci, ebem gömeci	Flowers, leaves	Salad, added to pastry
Malva sylvestris L.	Ebe gümeci, ebem gömeci	Flowers, leaves	Salad, added to pastry
Moraceae			
**Morus alba* L.	Beyaz dut	Fruits	Jam making, eaten as a fruit.
**Morus nigra* L.	Kara dut	Fruits	Jam making, eaten as a fruit.
**Ficus carica* L.	İncir	Fruits, leaves	Compote, jam making, eaten as a fruit.
Tilia tomentosa Moench	Ihlamur	Flowers, leaves	Used as a tea
Oleaceae			
**Olea europaea* L. var. *europaea*	Zeytin	Fruits	For breakfast
Papaveraceae			
Papaver rhoeas L.	Gelincik	Leaves	Salad, added to pastry
Poaceae			
Cynodon dactylon (L.) Pers.	Ayrık otu	Leaves, stems	Salad
Triticum aestivum L.	Buğday	Seeds	Cooked and eaten.
**Zea mays* L.	Mısır	Fruits, seeds	Saald, cooked and eaten.
Polygonaceae			
Polygonum bellardii All.	Madımak otu	Leaves	Salad
Rumex crispus L.	Labada	Leaves	Salad
Rumex conglomeratus Murray	Labada	Leaves	Stuffing making
Rumex patientia L.	Labada	Leaves	Salad, Stuffing making
Rumex tuberosus L.	Kuzu kulağı	Leaves	Salad
Portulacaceae			
Portulaca oleracea L.	Semiz otu, semizlik	Leaves	Soup making, tzatziki making

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Table 1. List of plants used as food in Yenice (continue)

Scientific Name	Vernacular Name	Plant Part(S) Used	Usage
Rosaceae			
**Cydonia oblonga* Mill.	Ayva	Fruits, leaves	Compote, jam making
**Fragaria* × *ananassa* (Weston) Duchesne	Çilek	Fruits	Jam making
**Malus sylvestris* L.	Elma	Fruits	Eaten as a fruit
**Mespilus germenica* L.	Muşmula, döngel	Fruits	Eaten as a fruit.
**Prunus avium* (L.) L.	Kiraz	Fruits	Compote, jam making, eaten as a fruit
**Prunus armeniaca* L.	Kayısı	Fruits	Compote, jam making, eaten as a fruit
**Prunus cerasus* L.	Vişne	Fruits	Compote, jam making, eaten as a fruit
*Prunus domestica	Erik	Fruits	Eaten as a fruit
**Pyrus communis* L.	Armut	Fruits	Eaten as a fruit
**Prunus persica* (L.) Batsch.	Şeftali	Fruits	Jam making, eaten as a fruit
Rosa canina L.	Kuşburnu	Fruits	Compote, jam making, eaten as a fruit
Rubus idaeaus	Ahududu	Fruits	Eaten as a fruit
Rubus canescens DC.	Böğürtlen, gırantı, garantı	Fruits, leaves	Compote, jam making
Rubus sanctus Schreb.	Böğürtlen, gırantı, garantı	Fruits	Compote, jam making
Russulaceae			
Lactarius delicious (L. Ex Fr.) S.F. Gray	Merki, melki	All of	Cooked and eaten.
Russula delica Fr.	Melki, kara biber	All of	Cooked and eaten.
Rutaceae			
**Citrus limonum* Risso	Limon	Fruits	Salad
**Citrus reticulata* Blanco	Mandalina	Fruits	Eaten as a fruit
Solanaceae			
**Capsicum annuum* L.	Biber	Fruits	Salad, pickled
**Lycopersicum esculentum* Mill.	Domates	Fruits	Salad
**Solanum melongena* L	Patlıcan	Fruits	Cooked and eaten.
**Solanum tuberosum* L.	Patates	Stems	Pastry, cooked and eaten.
Urticaceae			
Urtica dioica L.	Isırgan	Leaves	Added to pastry, fried with egg
Urtica urens L.	Isırgan	Leaves	Added to pastry, fried with egg
Vitaceae			
**Vitis vinifera* L.	üzüm, asma	Fruits, leaves	Stuffing making, eaten as a fruit

*: cultivated plant

Of the plants used as food, leaves of 49 taxa, fruits of 43 taxa, stems of 26 taxa, flowers of 24 taxa, seeds of 10 taxa and roots of 5 taxa are consumed (Figure 2). These plants are consumed as raw, cooked, seasoned, frozen, dried, pickled, canned, spice and tea. The plants best known to reference people are the taxon *Spinacia oleracea* (spinach), *Lactuca sativa* (lettuce) and *Petroselinum crispum* (parsley). The least known are the taxa *Chenopodium album* (sincense) and *Cynodon dactylon* (clawgrass).

Various dishes are made from wild plants grown in the region and collected from nature. Plants sold in the town center and town markets are consumed as food on the tables.

Plants such as broad beans, artichokes, spinach, zucchini, cauliflower, celery, cabbage are mainly used by serving both with olive oil and hot. *Malva sylvestris* (mallow), *Raphanus raphanistrum*

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(radish grass), *Chenopodium* spp. (goosefoot), *Oenanthe pimpinelloides* (field parsley), *Urtica dioica* (nettle), *Scolymus hispanicus* (buckthorn) and *Stelleria media* (chickweed) taxa are consumed both as a "mixed herb meal" and by breaking eggs on each and cooking them.

As a result of the ethnobotanical researches carried out in Yenice and its surroundings, 5 mushroom species were found that were collected by the local people or consumed as food by being bought from the market. After the rains in the spring and mainly in the autumn, mushrooms are collected from under grass and pine or oak forest. Mushrooms are a source of both food and income for the local people. Mushroom samples detected in the region are as follows:

a. *Lactarius delicious* (L. ex Fr.) S.F. Gray (Merki, melki)
b. *Agaricus campestris* L. (Grass mushroom)
c. *Russula delica* Fr. (White Melki, Black Pepper)
d. *Hygrophorus russula* (Fries) Quélet. (Horn mushroom)
e. *Agaricus bisporus* (J. E. Lange) Emil J. Imbach. (Cultivated mushroom)

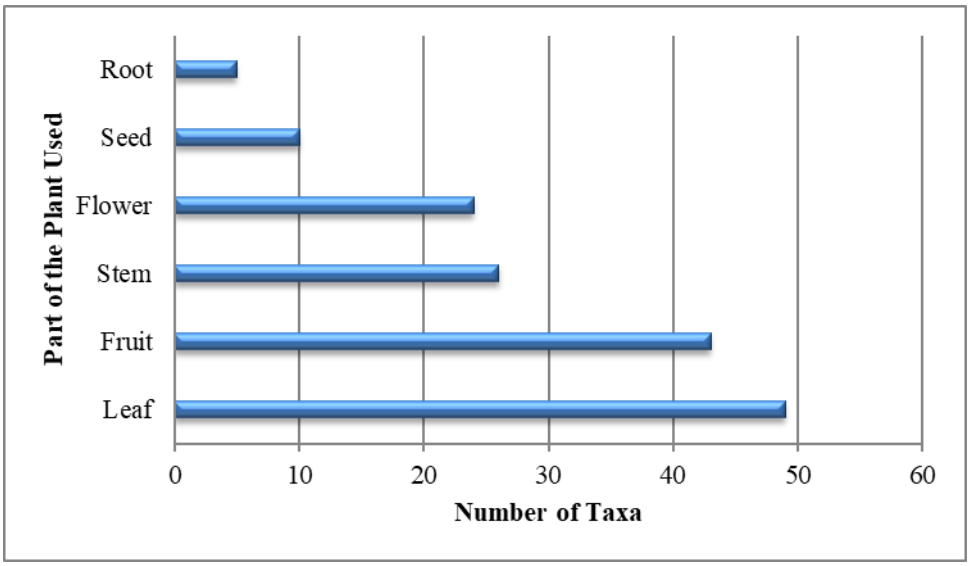

Figure 2. List of plants used as food according to the organs used

Our research in Yenice district has shown that people mostly benefit from plants for food purposes. This situation is compatible with ethnobotanical studies (Kökçü, 2015) conducted in Çanakkale's Ayvacık district (Tutenocakli, 2002) and Canakkale's Lapseki district. It also overlaps with the results of Polat's (2010) ethnobotanical research around Havran and Burhaniye, which is the closest region to our study area. Medicinal plants are mainly used in Bayramiç and Çan districts of Çanakkale (Uysal et al., 2006; Bulut and Tuzlacı, 2009).

When we compare the taxa that we have determined to use as a nutrient in Yenice (Canakkale) with the taxa in the studies carried out in the nearby environment (Tutenocakli, 2002; Onar, 2006; Uysal et al, 2006; Satıl et al., 2007; Satıl et al, 2008; Bulut and Tuzlacı, 2009; Polat, 2010; Kökçü, 2015; Bulut, 2016; Gunes, 2017; Kızılarslan Hançer et al., 2020; Tanaydın et al., 2022), it is seen that they are similar. As a result, it is possible to say that these plants used for food are widely used in Turkey. The comparison of the number of taxa used as food in the research area with the number of taxa used as food in the surrounding districts and provinces is shown in Table 2.

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Table 2. Numerical comparison of the studies carried out in the surrounding provinces and the food plants used in Yenice (Canakkale)

Research in the Nearby Environs	**Number of taxa used as food**
Yenice (Canakkale-Turkey) (Tutenocakli, 2014).	112
Bigadiç (Balıkesir-Turkey) (Tanaydın et al., 2022)	51
Biga (Canakkale-Turkey) (Kızılarslan Hançer, 2020)	55
Meriç Town (Edirne-Turkey) (Gunes, 2017)	45
Lapseki (Canakkale-Turkey) (Kökçü, 2015)	104
İzmir (Turkey) (Dogan et al., 2013)	46
İzmit (Turkey) (Kızılarslan and Özhatay, 2012)	60
Burhaniye-Havran (Balıkesir-Turkey) (Polat, 2010)	140
Bayramiç (Canakkale-Turkey) (Bulut, 2009)	68
Madra Dağı (Balıkesir-Turkey) (Satıl et al., 2008)	52
Kaz Dağı (Satıl et al., 2007)	159
Bandırma (Balıkesir-Turkey) (Onar, 2006)	41
Çan (Canakkale-Turkey) (Uysal et al., 2006)	51
Ayvacık (Canakkale-Turkey) (Tutenocakli, 2002)	48

4. CONCLUSIONS

As a result, in our country where an edible plant is discovered every day, ethnobotanical research is of great importance in terms of protecting the flora, revealing cultural diversity, recording plant use information and revealing the contribution of plants with economic value to our country. This study is one of the studies revealing this richness.

Encouragement should be provided in order to record and promote local dishes made with plants, and they should be promoted in shops and markets.

Establishing an "Ethnobotanical Ethics Committee" and an "Ethnobotanical Database" in order to control the news that appear unconsciously in the visual and written media will be an important step in preventing information pollution by ensuring the control of non-scientific plant use information in the visual and printed media today.

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