

Table 1. Food, flavouring and feed folk uses of plants in the Tyrrhenian sector of Basilicata, Italy

<i>Scientific name (voucher specimen)</i>	<i>Local names</i>	<i>Parts used</i>	<i>Preparation</i>	<i>Popular uses</i>	<i>Citations N°</i>	<i>%</i>	<i>Fre- quen- cy</i>	<i>Current use</i>	<i>Users</i>	<i>Gathe- ring</i>	<i>Habi- tat</i>
Pteridophyta Equisetaceae											
<i>Equisetum telmateja</i> Ehrh. M1	Coda cavallina	Bu	Boiled buds	As food	1	0,3	R	No	F,O	Sp	Da
Angiospermae Dicotyledones											
Salicaceae											
<i>Salix alba</i> L.* M2	Salecòne	Br	Fresh branches	Fodder to strengthen young rabbits (2-3 months old)	2	0,59	R	Yes	P,F,O	Al	Ri
Juglandaceae											
<i>Juglans regia</i> L.° M3	Noce	Hu	Macerated in alcool	Flavouring to make the liqueur 'nocino'	4	1,19	C	Yes	P,F,O	Su	Cu
Fagaceae											
<i>Quercus ilex</i> L.* M4	Ìlece, elce	Fru	Fresh or dried fruits	Fodder for pigs	7	2,08	C	Yes	P,F,O	Fa	Tewo
<i>Quercus virgiliana</i> (Ten.) Ten.° M5, <i>Quercus pubescens</i> Willd.° M6	Cerza, cersa	Fru	Roasted fruits	To make a substitute of coffee	1	0,3	R	No	F,O	Fa	Tewo
		Fru	Fresh or dried fruits	Fodder for pigs	7	2,08	Vc	Yes	P,F,O	Fa	
Moraceae											
<i>Ficus carica</i> L.° M7	Ficàra	Fru	Fresh fruits boiled and strained to obtain a food similar to honey	As food	2	0,59	R	Yes	F	Su	Cu
		Fru	Dried figs kept in wooden cases with <i>L. nobilis</i> leaves	As food	3	0,89	C	No	F,O	Fa, Wi	

Urticaceae

<i>Urtica dioica</i> Mert. et Koch ^o M8	Ardica	Le,	Crushed or boiled, mixed with bran	Fodder for chickens and turkeys	4	1,19	C	Yes	F,O	Al	Unc, Ru
		To	In omelettes	As food	3	0,89	C	Yes	F	Al	

Chenopodiaceae

<i>Beta vulgaris</i> subsp. <i>vulgaris</i> L. M9	Bieta	Le	Cooked as a vegetable in "misca"	As food	4	1,19	Vc	Yes	P,F,O	Sp	Cu
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Portulacaceae

<i>Portulaca oleracea</i> L. M10	Purchiaccia, vritti	To	In mixed salads	As food	5	1,48	C	Yes	F,O	Al	Kigd
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Ranunculaceae

<i>Clematis vitalba</i> L. M11	Turtagne, vitacchia	Bu	Boiled /fried lightly in olive oil or cooked in omelettes	As food	15	4,46	C	Yes	P,F,O	Sp	He, Ma
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Lauraceae

<i>Laurus nobilis</i> L. M12	Lauro	Le	In dry figs, fried in oil, with meat or to wrap 'fegatelli' in gelatine / with anchovies	Flavouring	6	1,78	Vc	Yes	P,F	Al	Cu; Da
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Papaveraceae

<i>Papaver rhoeas</i> L. subsp. <i>rhoeas</i> ^o M13	Papavero, paparina	Le	In soups	Food to provoke sleep	1	0,3	R	No	F	Sp	Fi
		Le	As a cooked vegetable	As food in "misca"	1	0,3	Vc	Yes	P,F	Sp	
		Le	Mixed with bran	As fodder for chickens and rabbits	2	0,59	R	Yes	F	Sp	
		Fl	For floral "carpets" or to throw on the	Ritual use (for the Corpus Domini procession)	4	1,19	Vc	Yes	F,O	Sp	

procession

Cruciferae

<i>Nasturtium officinale</i> R. Br.° M14	Crisciumuli, crisciune	To Ae p	In salad Fresh or dry aerial parts	As food Fodder for pigs	6 2	1,78 0,59	C C	Yes Yes	P,F,O P,F,O	Sp,Su Sp,Su	Da
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Rosaceae

<i>Crataegus monogyna</i> Jacq.° M15	Spina cerasola spina di piruna	Fru	Fresh or dry fruits	Fodder for pigs	3	0,89	R	No	P,F,O	Fall	Ma, Wo
<i>Fragaria vesca</i> L.° M16	Fragola	Fru	Fresh fruits	As food	4	1,19	C	Yes	P,F,O	Sp	Cle
<i>Mespilus germanica</i> L. M17	Nespolo	Fru	Fresh fruits	As food	1	0,3	R	Yes	P,F,O	Wi	Cu
<i>Pyrus amygdaliformis</i> Vill.° M18	Pirànio	Fru	Fresh or dry fruits	Fodder for pigs	1	0,3	R	No	P,F,O	Wi	Ma
<i>Rubus ulmifolius</i> Schott° M19	Spina, cèusa spina	Fru	Fresh fruits	As food	3	0,89	Vc	Yes	P,F,O	Su	Scr, Cle (Wo)
<i>Sorbus domestica</i> L. M20	Survi, sùgoro	Fru	Fresh or dried fruits	As food	2	0,59	R	No	P,F,O	Wi	Wo

Leguminosae

<i>Ceratonia siliqua</i> L.° M21	Carrubo	Se Fru	Dried seeds Fresh or dried fruits	As food Fodder for livestock	5 17	1,48 5,06	C C	Yes Yes	P,F,O F,O	Al Su	Mema, Co
<i>Cicer arietinum</i> L. M22	Cece	Se	Roasted	To make a substitute of coffee	2	0,59	C	No	F,O	Al	Cu
<i>Pisum sativum</i> L. subsp. <i>elatius</i> (Bieb.) Asch. et Gr.* M23	Oleca	Se	Tender seeds in soups	Food use	2	0,59	R	No	O	Su	Unc

<i>Psoralea bituminosa</i> L.* M24	Occhio di vojo	Ae p	Fresh plant or put in the hay	Fodder for cows	4	1,19	Vc	Yes	P,F,O	Sp, su	Rock, Suunc
<i>Spartium junceum</i> L.* M25	Spartu	St	Fresh stems	Fodder for rabbits	4	1,19	Vc	Yes	P,F,O	Al	Unc,
		Fl	Flowers thrown on the procession; floral carpets	Ritual use (for the Corpus Domini procession)	7	2,08	C	Yes	F,O	Sp, su	Shr
Rhamnaceae											
<i>Ziziphus jujuba</i> Mill.M26	Jujulu	Fru	Fresh fruits	As food	2	0,59	R	Yes	P,F,O	Su	Cu
Myrtaceae											
<i>Myrtus communis</i> L.° M27 Umbelliferae	Murtidda, mortedda	Br (wo)	As skewers for preserving and pressing figs	Flavouring	3	0,89	C	Yes	P,F,O	Fa	Mema
<i>Crithmum maritimum</i> L.* M28	Crìtini	To	In salad	As food	4	1,19	C	No	P,F,O	Al	Sero
<i>Foeniculum vulgare</i>		Le	As a cooked vegetable	As food in "misca"	7	2,08	Vc	Yes	P,F,O	Al	Esc,
Miller subsp. <i>piperitum</i> (Ucra) Coutinho° M29	Finocchio selvatico, finocchietto, finocchio,	Fru	In olives, sausages with pepper/chili, tomato sauce	Flavouring	12	3,57	Vc	Yes	P,F,O	Su	Unc
		Le	With sauge leaves, in pasta with sardines, in soups, in "ciambotta" and with rabbit	Flavouring	5	1,48	Vc	Yes	F,O	Sp	
		Ae p	Fresh aerial part	Fodder for rabbits	2	0,59	C	Yes	O	Sp	
Ericaceae											
<i>Arbutus unedo</i> L. M30	Sorve nataline, sorve selvagge survu pelusu	Fru	Fresh fruits	As food	3	0,89	R	Yes	P,F,O	Wi	Mema

Oleaceae

<i>Fraxinus ornus</i> L.° M31	Milègro, Melègro	Br, le	Fresh leaves / branches	Fodder for goats	5	1,48	C	Yes	F,O	Sp,su,fa	Wo
<i>Olea europaea</i> L.° M32	Palma benedetta		A small branch is placed in the fields	Magic-religious use (to remove storms)	4	1,19	Vc	Yes	P,F,O	Sp	Cu

Boraginaceae

<i>Borago officinalis</i> L. M33	Vurrania	Le, to	In fritters, in "misca", in soups, with "sanguinaccio"	As food	20	5,95	Vc	Yes	P,F,O	Sp,Wi	Unc, Cu
		Ae p	Fresh aerial parts	Fodder for pigs	3	0,89	C	Y	P,F,O	Sp	

Labiatae

<i>Mentha x piperita</i> L. M34	Menta	Le	Fresh/dry (e.g. fried fish with boiled vinegar /garlic)	Flavouring	4	1,19	C	Yes	F,O	Al	Da
<i>Origanum heracleoticum</i> L.° M35	Rìgono, arìgano	Fl t	Dry minced flowery tops	Flavouring	6	1,78	Vc	Yes	P,F,O	Su	Moga
<i>Satureja montana</i> L. M36	Sarapuddu	Ae p	Dry minced flowery tops	Flavouring for boiled meats (goat)	1	0,3	R	Yes	F,O	Al	Moga
<i>Teucrium polium</i> L. subsp. <i>capitatum</i> (L.) Arcang.* M37 Plantaginaceae		Ae p	Fresh/dry minced flowery tops	Flavouring	1	0,3	R	No	O	Al	Drpa, Ga

<i>Plantago major</i> L.° M38	Centonerve	Se	Fresh/dry seeds	Fodder for goldfinches	1	0,3	C	No	O	Su	Unc,Me
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Compositae

<i>Cichorium intybus</i> L. M39	Cicoria	Le	As cooked vegetable in "misca"	As food	11	3,27	Vc	Yes	P,F,O	Al	Unc, Cu
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<i>Helichrysum italicum</i> (Roth) G.Don fil.* M40		Ae p	Fresh/dry minced aerial parts	Flavouring for sauces	1	0,3	R	No	F,O	Su	Ga
<i>Inula crithmoides</i> L.* M41	Crìtini	To	In salad	As food	4	1,19	C	No	F,O	Al	Sero
<i>Picris echioides</i> L. M42	Purcinara Purcinara	Le	Cooked in "misca", frequently in wartime	As food	3	0,89	Vc	Yes	P,F,O	Sp	Cu, Unc
<i>P. hieracioides</i> L. M43		Ae p	Fresh aerial parts	Galactagogue fodder for rabbits	1	0,3	R	Yes	P,F,O	Al	
		Ae p	Fresh aerial parts	Fodder for pigs	2	0,59	C	Yes	P,F,O	Al	
<i>Reichardia picroides</i> (L.) Roth° M44	Galazzina, grattalingua, lattucetta	Le	As cooked vegetable	As food in "misca"	3	0,89	C	Yes	P,F,O	Sp	Uncdr,
		Le	In soups	As food	2	0,59	Vc	Yes	P	Sp	Wa
		Ae p	Fresh aerial parts	Fodder for rabbits	2	0,59	C	Yes	F,O	Al	
<i>Sonchus</i> sp.pl. (<i>S. arvensis</i> L.° M45, <i>S. asper</i> (L.) Hill° M46, <i>S. oleraceus</i> L.* M47, <i>S. tenerrimus</i> L.* M48)	Juncia, junci	Le	As cooked vegetable in "misca" and in soups	As food	9	2,67	Vc	Yes	P,F,O	Al	Unc, Cu; Wa
<i>Tussilago farfara</i> L. M49	Ugna	Le	Salads	As food	2	0,59	R	Yes	F	Sp	(<i>S. tenerrimus</i>)
		Ae p	Minced aerial part	Fodder for pigs (with bran)	4	1,19	C	No	P,F,O	Sp-Fa	Dacl
<i>Urospermum picroides</i> (L.) Scop. ex F.W. Schmidt M50	Erba piatta	Le	As cooked vegetable in "misca" and in soups	As food	1	0,3	R	Yes	P	Wi,Sp	Unc, Cu

Angiospermae Monocotyledones

Liliaceae

<i>Asparagus acutifolius</i> L. M51	Spàragi	Tur	In omelettes, boiled, in "pasta"	As food	10	2,97	Vc	Yes	P,F,O	Sp	Mema, Tewo
<i>Asphodelus microcarpus</i> Salzm. et Viv.* M52	Sciòddule;	Tub	Fresh/dry tubers	Fodder for pigs	1	0,3	C	No	F,O	Al	Ga, Pa
	catània (the	Le	Fresh/dry leaves	Fodder for cows and goats	3	0,89	C	No	F,O	Al	
	flowers)	Ae p	The abundant flowering is interpreted as good future harvests in agriculture	Ritual use (to make omens)	1	0,3	C	Yes	P,F,O	Sp	
<i>Asphodeline liburnica</i> (Scop.)Rchb.* M53	Sbaràvule	Bu	In omelettes and in batter (fritters)	As food	5	1,48	R	No	P,F,O	Sp	Drro
<i>Leopoldia comosa</i> (L.) Parl.° M54	Cipuddini	Bul	In omelettes; fried with bacon, potatoes, pig's fat	As food (bulbs flavoured with garlic, chilli pepper, mint, oregano)	10	2,97	C	Yes	P,F,O	Sp	Uncdr
		Bul	Boiled, baked with lamb	As food (for the seasoning see above)	8	2,37	R	Yes	P,F,O	Sp	
		Le	In omelettes	As food	1	0,3	Vc	Yes	P,F	Sp	

Graminaceae

<i>Cynodon dactylon</i> (L.) Pers.* M55	Gramigna	Rh	Crushed to extract flour	In times of famine added to wheat flour	1	0,3	C	No	F,O	Al	Unc,
		Rh	Boiled	As food in times of famine	1	0,3	C	No	F,O	Al	Cu, Ro
<i>Digitaria sanguinalis</i> (L.) Scop.* M56	Pulicastrieddu, p. femmenino	Ae p	Fresh aerial parts	Fodder for rabbits	5	1,48	C	Yes	P,F,O	Sp	Unc, Cu
<i>Hordeum vulgare</i> L. M57	Orzo	Fru	Roasted	To make a substitute of coffee	9	2,67	Vc	No	F,O	Al	Cu

<i>Lolium multiflorum</i> Lam. subsp. <i>gaudini</i> (Parl.) Sch. et Th.* M58, <i>L.</i> <i>perenne</i> L.* M59	Gioglio, sciuglio Gioglio, sciuglio	Fru, fl, le	The small ears were counted, reciting: "Much, little, nothing" and the last small ear indicated whether a love was reciprocated	Ritual use (for make omens)	8	2,37	Vc	No	F,O	Sp,Su, Fa	Unc, Cu
<i>Setaria</i> sp.* M60	Pulicastrieddu masculino	Ae p	Fresh aerial part	Fodder for cows	1	0,3	R	No	P,F	Sp,su	Unc, Cu
Araceae											
<i>Arum italicum</i> Miller* M61	Pizzicuorno, vrai	Le	Cooked leaves	Fodder for pigs	1	0,3	R	Yes	P	Al	Ma,
		Rh	Fresh/dry rhizomes	Fodder for pigs	5	1,48	R	Yes	P,F,O	Al	He, Cu
		Ae p, rh	Abundant flowers and fruits are an omen of good future in agriculture	Ritual use (for omens)	3	0,89	R	Yes	P,F,O	Fa-Wi	

Shortenings (table I): * = plant not cited in Caneva et al., 1997; Pieroni et al., 2002a; 2002 b; ° = plant cited in the above mentioned papers but at least one use new or different in comparison with them **Citations** The % is referred to a total number of citations (336) **Parts used** Ae p = aerial part; br = branches; bu = buds; bul = bulb; fl = flowers; fl t = flowery tops; fru = fruits; Hu = husk; rh = rhizomes; se = seeds; st = stems; to = tops; tub = tubers; tur = turiones; wo = wood **Use** C= common; Vc= very common; R= rare **Users** P= personal; F= familiar; O= mentioned by others **Period of gathering** Sp= spring; Su= summer; Fa= fall; Wi= winter; Al=always **Habitat** Cle = Clearings; Co = Coasts; Cu= cultivated areas; Da = damp areas; Dacl = damp clayey areas; Drpa = dry pastures; Drro = dry rocky slopes; Esc = escarpments; Fi = fields; Ga = garrigues; Kigd = kitchen gardens; He = hedges; Ma = maquis; Me = meadows; Mema = Mediterranean maquis; Mewo = mesophilous woods; Moga = mountain garrigues; Pa = pastures; Ri = along rivers; Ro = roadsides; Rock = rocky slopes; Ru = ruins; Scr = scrubland; Sero = sea rocks; Sh = shrubby areas; Suunc = sunny uncultivated areas; Tewo = termophilous woods; Unc = uncultivated areas; Uncdr = uncultivated dry areas; Wa = walls; Wo = woods