

Additional file 1. Wild food plants traditionally consumed and number of informants that mention each food-use in the survey areas. SAN: Sanabria; CAU: Caurel; PIL: Piloña; PIC: Picos de Europa; CPO: Campoo; MON: Montesinho. Present but not mentioned in the area (●), absent (-).

Family/Species	SAN	CAU	PIL	PIC	CPO	MON	Food use-categor	Part used, way of consumption
APIACEAE								
<i>Apium nodiflorum</i> (L.) Lag.	2	●	3	●	-	●	Vegetables	Tender leaves and stems, raw in salads
<i>Conopodium</i> sp. pl. (<i>C. majus</i> (Gouan) Loret, <i>C. pyrenaicum</i> (Loisel.) Miégev., <i>C. subcarneum</i> (Boiss. & Reut.) Boiss. & Reut.)	●	4	●	1	9	5	Subterranean organs	Tubers, raw as a snack
<i>Foeniculum vulgare</i> Mill.	3	3	1	2	●	10	Liqueurs	Aerial part or seeds for liqueurs
	●	●	●	1	1	●	Vegetables	Tender leaves and stems, raw in salads or stewed
	●	●	●	●	●	32	Seasoning	Seeds for seasoning soups and stews
	●	●	●	2	●	23	Herbal teas	Aerial part or seeds for herbal teas
<i>Physospermum cornubiense</i> (L.) DC.	-	●	●	-	●	3	Seasoning	Fruits, for flavouring different sorts of cakes made with chestnuts
	-	●	●	-	●	2	Liqueurs	Tender stems for liqueurs
	-	●	●	-	●	3	Herbal teas	leaves for herbal teas
<i>Scandix australis</i> L.	-	-	-	-	4	-	Vegetables	Tender leaves and stems, raw as a snack
	-	-	-	-	2	-	Liqueurs	Tender leaves and stems for liqueurs
ASTERACEAE								
<i>Achillea millefolium</i> L.	●	●	1	6	3	2	Herbal teas	Inflorescences, as herbal tea
<i>Chamaemelum nobile</i> (L.) All.	4	6	26	34	17	13	Herbal teas	Inflorescences, as herbal tea
	●	●	●	1	●	●	Liqueurs	Inflorescences for liqueurs
<i>Helichrysum stoechas</i> (L.) Moench	-	-	-	●	5	●	Herbal teas	Inflorescences, as herbal tea
<i>Hypochoeris radicata</i> L.	●	●	●	●	2	●	Vegetables	Basal leaves, raw as a snack
<i>Matricaria discoidea</i> DC.	●	●	●	●	●	8	Herbal teas	Inflorescences, as herbal tea
<i>Taraxacum officinale</i> Weber	●	●	●	2	5	●	Vegetables	Basal leaves, raw as a snack
<i>Tragopogon pratensis</i> L.	●	●	●	●	9	-	Vegetables	Tender leaves and stems, raw as a snack
BERBERIDACEAE								
<i>Berberis vulgaris</i> L.	●	●	●	3	●	-	Vegetables	Tender leaves, raw as a snack
BETULACEAE								
<i>Corylus avellana</i> L.	2	13	10	34	13	3	Fruits	Fruits, eaten raw, dried, added to cakes
BORAGINACEAE								

<i>Borago officinalis</i> L.	•	–	•	1	1	22	Vegetables	Basal leaves, stewed
<i>Lithospermum officinale</i> L.	–	–	•	•	4	•	Herbal teas	Aerial part for herbal teas
BRASSICACEAE								
<i>Rorippa nasturtium-aquaticum</i> (L.) Hayek	6	3	1	•	11	28	Vegetables	Tender leaves and stems; raw in salads or stewed in soups
<i>Sinapis arvensis</i> L.	•	•	•	•	–	2	Seasoning	Seeds milled as a condiment
CANNABACEAE								
<i>Humulus lupulus</i> L.	–	•	•	–	•	9	Liqueurs	Immature female inflorescences for making liqueurs
CAPRIFOLIACEAE								
<i>Sambucus nigra</i> L.	•	•	1	5	6	3	Fruits	Fruits, for making jams or syrups
	•	•	•	1	•	3	Liqueurs	Fruits, for making liqueurs
<i>Viburnum lantana</i> L.	–	–	•	–	13	–	Fruits	Fruits, eaten raw as snack, or stored wrapped in straw
CARYOPHYLLACEAE								
<i>Silene vulgaris</i> (Moench) Garcke	•	•	•	1	1	•	Vegetables	Leaves and young stems, stewed in omelettes and other dishes
CHENOPODIACEAE								
<i>Chenopodium murale</i> L.	•	–	–	–	–	2	Vegetables	Leaves, stewed in soups
CISTACEAE								
<i>Halimium lasianthum</i> subsp. <i>alyssoides</i> (Lam.) Greuter	–	–	–	–	–	3	Vegetables	Young floral buds and immature fruits, chewed raw as a snack
CUCURBITACEAE								
<i>Bryonia dioica</i> Jacq.	•	•	•	•	•	37	Vegetables	Young shoots with leaves, stewed
CUPRESSACEAE								
<i>Juniperus communis</i> subsp. <i>alpina</i> (Suter) Čelak	4	•	•	•	•	–	Liqueurs	Fruits, for making liqueurs
ERICACEAE								
<i>Arbutus unedo</i> L.	•	2	4	26	–	•	Fruits	Fruits, eaten raw
	•	•	2	1	–	15	Liqueurs	Fruits for making liqueurs
<i>Arctostaphylos uva-ursi</i> (L.) Spreng.	–	–	–	7	5	–	Fruits	Fruits, eaten raw as snack
<i>Vaccinium myrtillus</i> L.	4	•	6	22	18	–	Fruits	Fruits, eaten raw and for making jam
	1	5	•	6	•	–	Liqueurs	Fruits, for making liqueurs
FABACEAE								
<i>Pterospartum tridentatum</i> (L.) Willk.	•	•	•	•	•	21	Seasoning	Inflorescences, as a condiment for chicken and rabbit meat
	•	•	•	•	•	6	Vegetables	Young shoots, stewed with rice
	•	•	1	•	•	10	Herbal teas	Flowered aerial part as herbal tea
<i>Trifolium alpinum</i> L.	1	–	–	8	3	–	Subterranean organs	Roots, chewed and sucked
<i>Trifolium pratense</i> L.	•	•	•	2	1	•	Flowers	Flowers sucked
FAGACEAE								

<i>Castanea sativa</i> Mill.	12	12	31	19	5	43	Fruits	Fruits, eaten raw, dried, roasted or added as a condiment for stews, and desserts, sometimes ground into flour
<i>Fagus sylvatica</i> L.	-	4	3	4	6	-	Fruits	Fruits, eaten raw or for extracting oil
<i>Quercus ilex</i> L. [subsp. <i>ballota</i> (Desf.) Samp.]	•	•	•	2	•	•	Fruits	Fruits, roasted
<i>Quercus petraea</i> (Matt.) Liebl.	•	•	•	3	•	-	Fruits	Fruits, roasted
<i>Quercus robur</i> L.	•	•	•	2	-	•	Fruits	Fruits, roasted
GROSSULARIACEAE								
<i>Ribes alpinum</i> L.	-	-	•	7	14	-	Fruits	Fruits, eaten raw
<i>Ribes uva-crispa</i> L.	-	•	•	1	11	-	Fruits	Fruits, eaten raw
IRIDACEAE								
<i>Crocus nudiflorus</i> Sm.	•	-	3	•	-	-	Subterranean organs	Bulbs, raw as a snack
<i>Romulea bulbocodium</i> (L.) Sebast. & Mauri	•	•	•	1	4	•	Subterranean organs	Bulbs, raw as a snack
LAMIACEAE								
<i>Calamintha nepeta</i> (L.) Savi	•	4	•	•	•	17	Seasoning	Aerial part, as a condiments for soups and stews
	•	•	•	•	•	17	Herbal teas	Aerial part, as herbal tea
<i>Lamium maculatum</i> L.	•	•	1	4	3	•	Flowers	Flowers sucked
<i>Lamium purpureum</i> L.	•	•	•	•	•	7	Flowers	Flowers sucked
<i>Lavandula stoechas</i> L.	•	-	-	•	•	21	Seasoning	Aerial part for seasoning rabbit meat
<i>Mentha aquatica</i> L.	•	-	•	-	•	6	Herbal teas	Aerial part, as herbal tea
<i>Mentha pulegium</i> L.	3	•	•	•	1	6	Herbal teas	Inflorescences, as herbal teas
	•	•	•	•	•	4	Liqueurs	Inflorescences, for makings liqueurs
	•	•	•	•	•	23	Seasoning	Aerial part, as a condiment for soups
<i>Mentha suaveolens</i> Ehrh.	•	•	•	•	•	9	Seasoning	Aerial part, as a condiment for soups
<i>Origanum vulgare</i> L.	8	6	10	12	20	48	Seasoning	Inflorescences, for seasoning pork (black pudding, "chorizo", marinated pork), stews and roasted meat
	•	•	2	3	1	2	Herbal teas	Inflorescences, as herbal tea
<i>Salvia sclarea</i> L.	•	-	-	-	-	4	Seasoning	Leaves and inflorescences, for seasoning soups
<i>Sideritis hyssopifolia</i> L.	-	•	2	45	9	-	Herbal teas	Inflorescences, as herbal tea
	-	•	•	2	•	-	Liqueurs	Inflorescences for making liqueurs
<i>Thymus mastichina</i> (L.) L.	•	-	-	1	2	31	Seasoning	Inflorescences, for seasoning
<i>Thymus pulegioides</i> L.	2	2	•	6	3	3	Herbal teas	Inflorescences, as herbal tea
	•	•	•	1	•	2	Seasoning	Inflorescences, for seasoning fish and meat stews and "chorizo"

<i>Thymus zygis</i> Loefl. ex L.	2	-	-	-	3	12	Seasoning	Inflorescences, for seasoning stews and meat
LAURACEAE								
<i>Laurus nobilis</i> L.	1	7	7	27	12	45	Seasoning	Leaves, for seasoning stews and "chouriço"
LILIACEAE								
<i>Allium</i> spp.	•	•	•	1	1	•	Vegetables	Bulbs, for seasoning stews
<i>Fritillaria pyrenaica</i> L.	•	-	•	•	5	-	Flowers	Flowers sucked
<i>Merendera montana</i> (L.) Lange	3	•	3	1	1	•	Subterranean organs	Tubers, raw as a snack
MALVACEAE								
<i>Malva sylvestris</i> L.	•	•	•	2	2	5	Vegetables	immature fruits, raw as a snack
<i>Malva tournefortiana</i> L.	•	-	-	-	-	3	Vegetables	immature fruits, raw as a snack
NYMPHAEACEAE								
<i>Nymphaea alba</i> L.	3	-	-	-	-	-	Fruits	Fruits, eaten raw
OXALIDACEAE								
<i>Oxalis acetosella</i> L.	•	-	7	1	1	-	Vegetables	Leaves, raw as a snack
POLYGONACEAE								
<i>Rumex acetosa</i> L.	5	•	22	15	35	18	Vegetables	Basal leaves, raw as a snack, in salads or stewed in soups
<i>Rumex acetosella</i> L.	•	3	•	•	•	10	Vegetables	Leaves, raw as a snack and in salads
<i>Rumex induratus</i> Boiss. & Reut.	•	-	-	-	-	3	Vegetables	Leaves, raw in salads
<i>Rumex obtusifolius</i> L.	•	•	•	1	•	1	Vegetables	Leaves, stewed
<i>Rumex scutatus</i> L.	-	-	•	3	-	-	Vegetables	Leaves, raw as a snack
PORTULACACEAE								
<i>Montia fontana</i> L.	4	•	•	•	-	22	Vegetables	Tender leaves and stems, raw in salads
<i>Portulaca oleracea</i> L.	•	-	•	•	-	20	Vegetables	Tender leaves and stems, stewed
PRIMULACEAE								
<i>Primula acaulis</i> (L.) L.	•	2	4	•	•	•	Flowers	Flowers sucked
<i>Primula elatior</i> (L.) L.	-	-	-	•	3	-	Flowers	Flowers sucked
RAFFLESIAEAE								
<i>Cytinus hypocistis</i> (L.) L.	5	•	•	-	-	3	Flowers	Flowers sucked
ROSACEAE								
<i>Amelanchier ovalis</i> Medik.	•	-	•	•	2	•	Fruits	Fruits, eaten raw
<i>Crataegus monogyna</i> Jacq.	4	•	1	20	17	3	Fruits	Fruits, eaten raw
<i>Fragaria vesca</i> L.	2	4	5	21	10	30	Fruits	Fruits, eaten raw and for making jam or desserts
	•	•	•	•	•	25	Liqueurs	Fruits, for making liqueurs
<i>Malus sylvestris</i> (L.) Mill.	•	•	•	4	16	•	Fruits	Fruits, eaten raw as a snack or stored and used as dessert
	2	•	•	14	4	•	Liqueurs	Fruits, for making liqueurs or cider
<i>Mespilus germanica</i> L.	-	-	•	4	5	-	Fruits	Fruits, eaten raw after stored
	-	-	1	•	•	-	Liqueurs	Fruits, for making liqueurs
<i>Prunus avium</i> L.	4	7	1	21	3	37	Fruits	Fruits, eaten raw as dessert and for making jam
	•	•	•	3	•	2	Liqueurs	Fruits, for making liqueurs

<i>Prunus cerasus</i> L.	•	•	•	•	•	11	Fruits	Fruits, for making jams
	2	3	12	4	5	7	Liqueurs	Fruits, for making liqueurs
<i>Prunus insititia</i> L.	-	-	•	2	7	-	Fruits	Fruits, eaten raw
	-	-	•	•	4	-	Liqueurs	Fruits, for making liqueurs
<i>Prunus spinosa</i> L.	•	•	6	17	16	•	Fruits	Fruits, eaten raw after stored
	9	8	9	21	14	6	Liqueurs	Fruits, for making liqueurs
<i>Pyrus cordata</i> Desv.	•	•	4	7	5	•	Fruits	Fruits, eaten raw after stored
	•	•	•	•	1	•	Liqueurs	Fruits, for making liqueurs
<i>Rosa canina</i> L.	•	•	4	4	11	•	Vegetables	Young shoots, raw as a snack
	6	•	•	10	18	3	Fruits	Fruits, eaten raw
	•	•	•	1	1	•	Liqueurs	Fruits, for making liqueurs
<i>Rubus idaeus</i> L.	2	•	•	7	1	9	Fruits	Fruits, eaten raw as dessert
	2	•	•	•	•	9	Liqueurs	Fruits, for making liqueurs
<i>Rubus ulmifolius</i> Schott	•	•	5	6	14	•	Vegetables	Young shoots, raw as a snack
	4	9	7	29	16	27	Fruits	Fruits, eaten raw as dessert or for making jams
	•	•	2	4	1	6	Liqueurs	Fruits, for making liqueurs or other beverages
<i>Sorbus aria</i> (L.) Crantz	•	•	3	27	14	-	Fruits	Fruits, eaten raw (sometimes as dessert)
<i>Sorbus aucuparia</i> L.	•	•	-	2	•	•	Fruits	Fruits, eaten raw
<i>Sorbus intermedia</i> (Ehrh.) Pers.	•	-	-	3	-	-	Fruits	Fruits, eaten raw
<i>Sorbus torminalis</i> (L.) Crantz	•	•	•	4	•	•	Fruits	Fruits, eaten raw
SCROPHULARIACEAE								
<i>Pedicularis schizocalyx</i> (Lange) Steinger	•	-	•	-	11	-	Flowers	Flowers sucked
TAXACEAE								
<i>Taxus baccata</i> L.	•	•	3	3	•	•	Fruits	The aril of the seed, eaten raw
TILIACEAE								
<i>Tilia platyphyllos</i> Scop., <i>T. cordata</i> Mill.	-	-	1	•	-	28	Herbal teas	Flowers, as herbal tea
ULMACEAE								
<i>Ulmus minor</i> Mill.	7	•	•	•	•	•	Vegetables	immature fruits, raw as a snack
URTICACEAE								
<i>Urtica dioica</i> L.	•	•	4	3	3	21	Vegetables	Tender leaves and stems, stewed
<i>Urtica membranacea</i> Poir.	-	-	•	-	-	12	Vegetables	Tender leaves and stems, stewed
VALERIANACEAE								
<i>Valerianella carinata</i> Loisel.	•	-	•	-	2	-	Vegetables	Basal leaves, raw in salads