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## An ethnobotanical survey of wild edible plants of Campania (Italy)

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### Abstract

A survey of the knowledge on edible wild plants in Campania (Italy) is presented. The checklist is based not only on literature data but also on unpublished results coming from archives of the authors. 639 records of alimentary uses related to 198 taxa are listed. Asteraceae, Lamiaceae, Brassicaceae and Rosaceae are the most represented families. The predominant biological forms are Hemycryptophytes, Terophytes and Phanerophytes. The parts of plant used as food mainly include leaves and aerial parts, followed by flowers, fruits and seeds, whereas roots and other underground parts are less frequently used. Many species are consumed in salads or soups and served in mixtures. The alimentary uses of most species are widespread in Campania, but the uses of 28 species are strictly linked to limited territories.

**Keyword:** Ethnobotany, Campania, edible wild plants

### Riassunto

Viene presentata una rassegna delle conoscenze sulle piante selvatiche commestibili in Campania (Italia). La checklist non si basa solo su dati di letteratura ma anche su risultati inediti provenienti dagli archivi degli autori. Sono stati elencati 639 record di usi alimentari relativi a 198 taxa. Asteraceae, Lamiaceae, Brassicaceae e Rosaceae sono le famiglie più rappresentate. Le forme biologiche predominanti sono: Emicriptofite, Terofite e Fanerofite. Le parti delle piante utilizzate come cibo sono principalmente foglie e parti aeree delle piante, seguite da fiori, frutti e semi, mentre radici e altre parti sotterranee sono usate meno frequentemente. Molte specie si consumano in

insalate o zuppe e si usano in combinazione con altre. La maggior parte delle specie sono adoperate in tutto il territorio Campano, ma gli usi di 28 specie sono strettamente legati a territori circoscritti.

**Parole chiave:** Etnobotanica, Campania, piante selvatiche commestibili

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## Introduction

The use of edible wild plants in southern Europe is still lively, albeit on decline. Throughout the Mediterranean region these plants played a role in the surviving strategy of rural communities for centuries, and there is a diffused awareness that such a heritage should be preserved as it represents a source of untapped information about numerous neglected species (Vanzani et al. 2011).

Wild food plants differ among regions of the Mediterranean basin. Yet, as a general rule, wild greens are largely consumed, having a seasonal usage (Hadjichambis et al. 2008). Often, edible wild plants are weeds, considered noxious to crop cultivation. For this reason, they are controlled by using herbicides and mechanical eradication, even though weeds also play important ecological roles, as sources of biodiversity, as key components of seminatural edge habitats and preventing soil erosion (Turner et al. 2011). The first report on Italian wild edible plants dates back to 1980s (Aliotta 1987). Recent research confirms that in Italy, and particularly in southern regions, numerous wild edible species are still commonly consumed. In Apulia more than 220 wild

herbaceous species are used as food (Biscotti et al. 2018), whereas in Sicily about 300 native edible wild plants were identified in a recent study, based on a review of the extant literature and on recent field investigations (Pasta et al. 2020).

As far as concerns the Campania Region, numerous ethnobotanical reports have been published in the last decades, frequently including information on local uses of edible wild plants. The present study provides the first compilation of ethnobotanical data collected in this territory, aiming to delineate a comprehensive picture of the geographical distribution of these data. This contribution could promote future field investigation, focusing the attention on the Campanian territories where information on edible wild plants is scanty or worse lacking.

## Material and Methods

The list of the edible wild plants of Campania was based on a critical review of recent literature available on this topic, namely: De Natale et al. (2009); De Natale and Pollio (2007); De Rosa et al. (2008); Di Novella et al. (2012); Guarino et al. (2008); La Palometa and Grieco (2003); Mautone et al. (2019); Menale et al. (2016); Menale and

Muio (2014); Motti et al. (2009); Motti and Motti (2017); Salerno and Guarrera (2008); Savo et al. (2015); Savo et al. (2019); Scherrer et al. (2015).

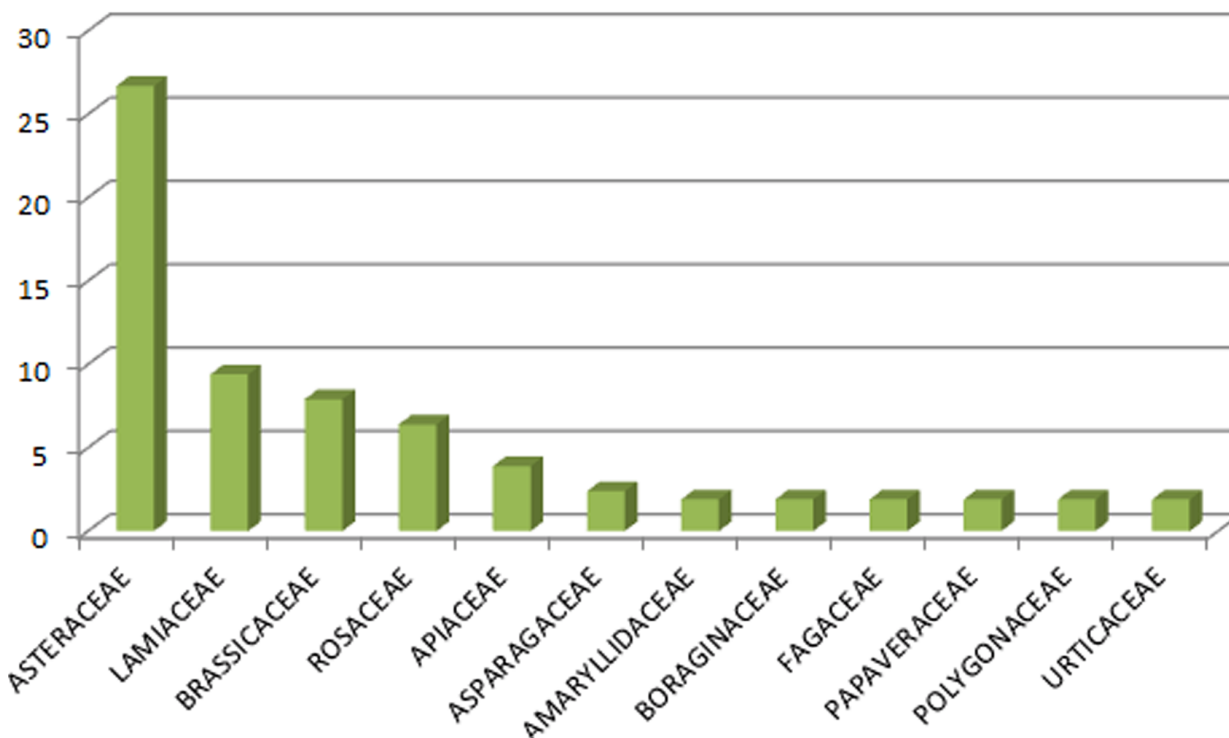
The recent ethnobotanical bibliography was integrated with information coming from the archives of Antonino De Natale (ADN) and Bruno Menale (BM), that further includes unpublished data (u.d.), collected during fieldworks carried out in different areas of the Campania region. As basic references from neighboring regions we considered: Biscotti et al. (2018), for Apulia; Menale et al. (2006), for Molise; Guarrera et al. (2006), for Basilicata; Passalacqua et al. (2006), Nebel et al. (2006), for Calabria; Pasta et al. (2020), for Sicily.

The checklist of edible wild plants reports for

family, as reported by Pignatti (2017-2018). Local names, Province, Locality, Part of the plant used, and Food uses are the other fields included in the check list, that provide an updated information about the uses of edible wild plants in Campania. Life form and chorotypes were recorded in keeping with Pignatti (1982). The taxa are listed in alphabetical order according to their scientific name.

## Results

In the Supplementary Table S1 we list 639 records of alimentary uses, that are related to 198 different taxa. The most represented families are Asteraceae (25.2%), Lamiaceae (9.4%), Brassicaceae (7.9%) and Rosaceae (6.4%) (Fig. 1).



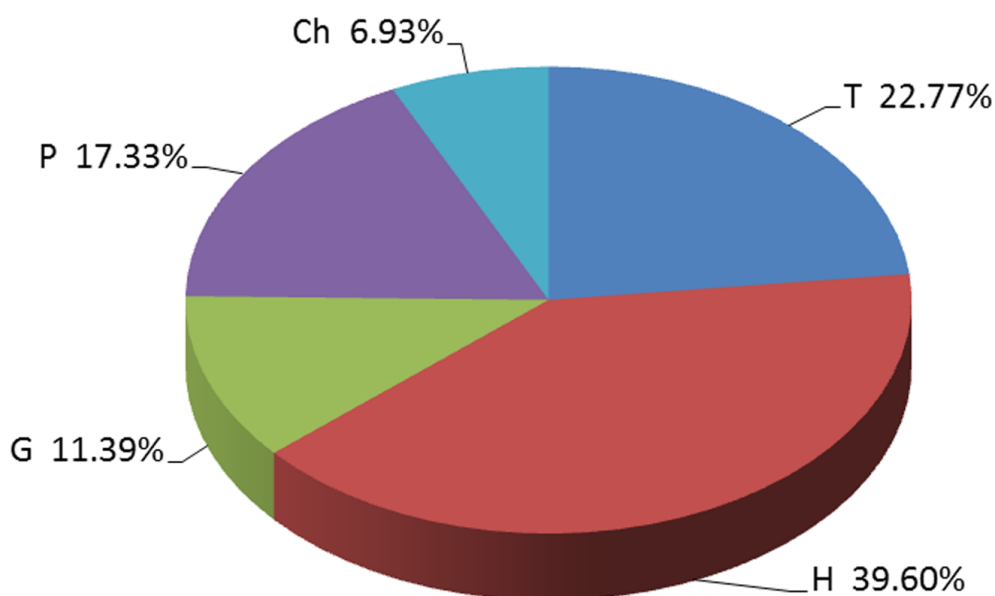
**Figure 1:** Families of food plants used in Campania. The families with a score < 2% are not represented in the figure.

each taxon the scientific name and the plant

The biological spectrum highlights a predominance of Hemicryptophytes, followed by Terophytes and Phanerophytes (Fig. 2), whereas the chorological spectrum

represent some 37% of the taxa included in the checklist, yet only 2.48 % are endemic to Campania (Fig. 3).

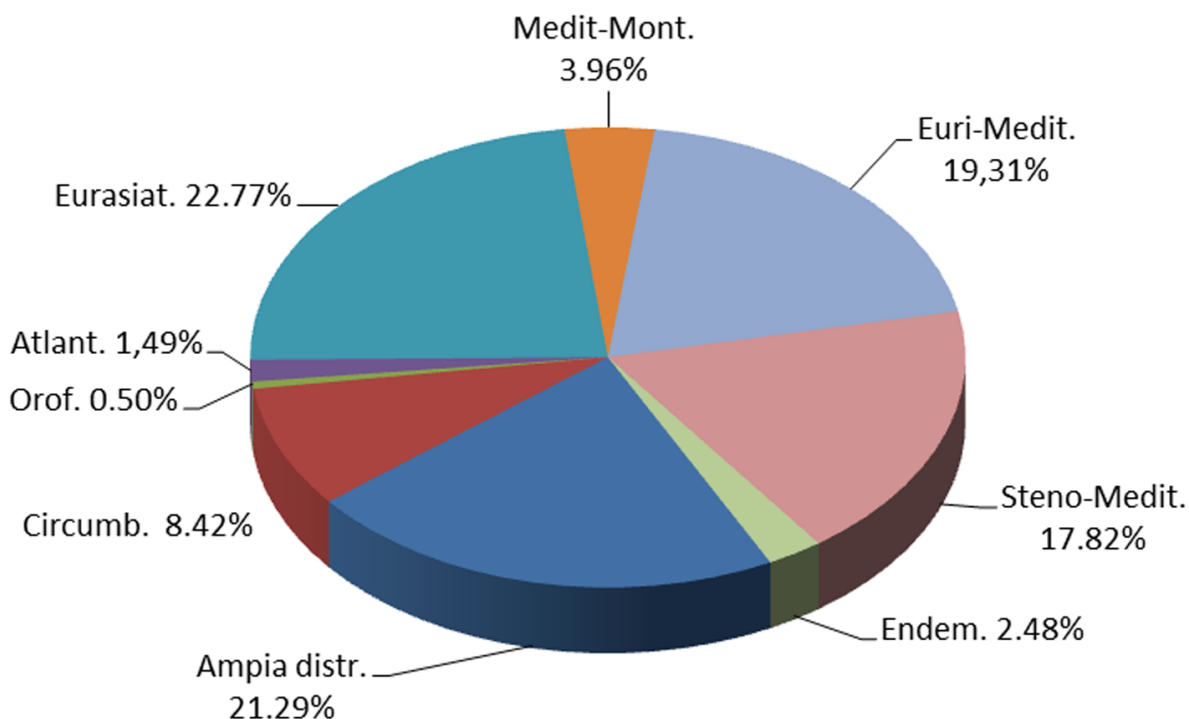
The parts of plant most frequently used are



**Figure 2:** Frequency of growth forms among Campanian food plants expressed as percentage (Ch = Chamaephytes, G = Geophytes, H = Hemicryptophytes, P = Phanerophytes, T = Therophytes).

shows the prevalence of Euroasiatic (22.77%) and Cosmopolitan (21.29%) taxa, that account for almost half of the species overall. Steno- and Euri-mediterranean taxa

leaves and tender twigs, followed by seeds, fruits and flowers. The hypogean organs, either roots or bulbs are less represented. On a



**Figure 3:** Chorological distribution of food plants in Campania.

gastronomic level, plants are mainly consumed in salads or soups, frequently mixing more species (as in the case of the very frequently cited “minestra maritata”, or “minestra terrana”). Plants and gastronomic

uses common to different territory of the region account for more than 50% of the total, but for 26 plants (28%) an alimentary use was reported only for small territories (Table 1).

**Table 1:** Edible wild plants whose use was reported only for small territories.

<b>Species / Family</b>	<b>Locality</b>
<b><i>Anthemis arvensis</i> L. s.l.</b>	Montecorvino Rovella
<b><i>Asphodeline liburnica</i> (Scop.) Rchb.</b>	Montecorvino Rovella
<b><i>Bituminaria bituminosa</i> (L.) Stirt.</b>	Ischia
<b><i>Cardamine hirsuta</i> L.</b>	Montecorvino Rovella
<b><i>Carlina acanthifolia</i> All. subsp. <i>acanthifolia</i> All.</b>	Sanza
<b><i>Centaurea calcitrapa</i> L.</b>	Baselice, S. Giorgio la Molarata Roccamandolfi
<b><i>Colchicum autumnale</i> L.</b>	Montecorvino Rovella
<b><i>Cytisus scoparius</i> (L.) Link subsp. <i>scoparius</i></b>	Montecorvino Rovella
<b><i>Equisetum telmateia</i> Ehrh.</b>	Castel San Lorenzo
<b><i>Ficaria verna</i> Huds.</b>	Montecorvino Rovella
<b><i>Fraxinus ornus</i> L.</b>	Cava de' Tirreni
<b><i>Fumaria officinalis</i> L. s.l.</b>	Montecorvino Rovella
<b><i>Lamium purpureum</i> L.</b>	Cirignano
<b><i>Limbarda crithmoides</i> (L.) Dumort. s.l.</b>	Ascea
<b><i>Mentha aquatica</i> L. s.l.</b>	Montecorvino Rovella
<b><i>Pteridium aquilinum</i> (L.) Kuhn s.l.</b>	Monti Picentini Regional Park
<b><i>Quercus ilex</i> L.</b>	Acerra, Aversa
<b><i>Rumex acetosa</i> All.</b>	San Mauro Cilento
<b><i>Sanguisorba officinalis</i> L.</b>	Cava de' Tirreni
<b><i>Senecio vulgaris</i> L. s.l.</b>	Ischia
<b><i>Silene vulgaris</i> (Moench) Garcke s.l.</b>	Montecorvino Rovella
<b><i>Sisymbrium officinale</i> (L.) Scop.</b>	Acerra
<b><i>Sixalix atropurpurea</i> (L.) Greuter et Burdet</b>	Montecorvino Rovella
<b><i>Taxus baccata</i> L.</b>	Monti Picentini Regional Park

*Tussilago farfara* L.

Montecorvino Rovella

*Ulmus minor* Miller s.l.

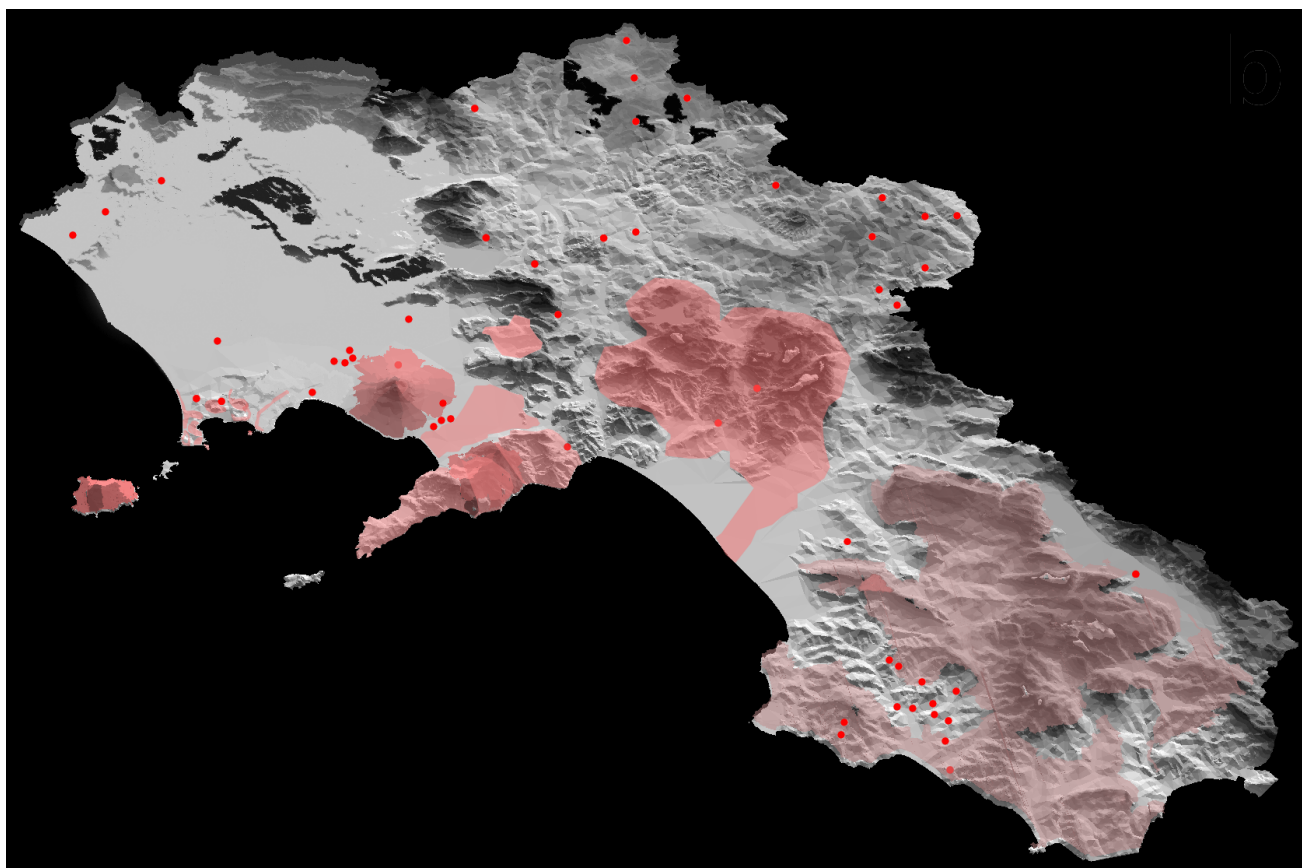
Monti Picentini Regional Park

### Discussion and Conclusion

The data collected in this survey show a non-homogeneous distribution of knowledge on wild edible plants in Campania. The information is mainly concentrated over Naples and Salerno provinces, whereas it is still scanty in the remaining parts of the region (Fig. 4). It is noteworthy the occurrence of food taxa belonging to Lamiaceae and Rosaceae that ranks second and third, after Asteraceae. The prevalence of species belonging to the latter is common

Rosaceae are more frequently used in Northern Italy (Biscotti et al. 2018). The high frequency of Lamiaceae is due to their large use as flavoring spices.

The frequency of biological forms shows a prevalence of Hemicryptophytes and Terophytes, together with a relevant occurrence of Phanerophytes, that could be related to the widespread occurrence in Campania of hillslopes, where woody plants represent a relevant proportion of species



**Figure 4:** Distribution of ethno-alimentary information in Campania region during the XX and XXI Century. Points (red circle) designate local information (territories up to 10 km). Colored areas are related to data generically attributed to large territories.

to the rest of Italian regions, whereas spectrum.



The predominance of food plants belonging to Cosmopolitan and Eurasiatic chorological groups over the Mediterranean ones is another remarkable trait of alimurgic flora of Campania that could be explained under an ecological perspective.

Among the species whose edible utilization is restricted to a single or few locality, *Centaurea calcitrapa* is worthy of mention. The aerial parts of the plant are boiled and consumed in Sicily (Lentini and Venza 2007), and in Cyprus (Della et al. 2006), and a similar use in Campania is reported only for three municipalities of the Benevento Province.

An interesting trait showed by the Picentini edible flora (Savo et al. 2019) is the use of some potentially toxic plant species (i.e., *Pteridium aquilinum* and *Taxus baccata*). The presence of these species in the list of edible plants could represent a trace of a "famine diet" exploited by local people in times of food shortage.

### **Author contributions**

Conceptualization: Antonino De Natale and Antonino Pollio; Data curation and Formal analysis: Serena Di Lecce, Bruno Menale, Antonino De Natale, Antonino Pollio. Investigation: Bruno Menale, Antonino De Natale. Project Administration: Antonino Pollio and Antonino De Natale; Writing - original draft: Antonino De Natale and Antonino Pollio; Writing - final draft preparation: Serena Di Lecce, Bruno Menale, Antonino De Natale, Antonino Pollio.

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Table S1. Check-list of wild edible plants of Campania (u.d.: unpublished data)

Botanical name	Local name	Province	Locality / toponimo	Part(s) used	Food uses	References
<i>Achillea millefolium</i> L. s.l. ASTERACEAE	Stagnasango  Troneto	Salerno  Salerno	National Park of Cilento and Vallo di Diano  Cava de' Tirreni	Flowers, leaves  Flowering tops	Leaves finely chopped to flavor salads, omelettes and fresh cheeses. Flowering tops used to make pancakes.  For the preparation of spirits.	La Palometa and Grieco 2003  Mautone et al. 2019
<i>Alliaria petiolata</i> (M. Bieb.) Cavara et Grande BRASSICACEAE	-	Avellino	Baianese and Lauretana areas	Leaves, bulbs	Spice or salads and dishes.	De Rosa et al. 2008
<i>Allium</i> sp. pl. AMARYLLIDACEAE	Agliardièddu	Salerno	Castel San Lorenzo	Bulbs	Usually fried, for human consumption.	Salerno and Guarrera 2008
<i>Allium ampeloprasum</i> L. AMARYLLIDACEAE	Porro selvatico	Salerno	Monti Picentini Regional Park	Bulbs, stems	Spice or salads and dishes.	Savo et al. 2019
<i>Allium ursinum</i> L. AMARYLLIDACEAE	-  Agliastro, Aglio selvatico	Avellino  Salerno	Baianese and Lauretana areas  Monti Picentini Regional Park	Leaves  Bulbs, stems	In salads or boiled.  Spice.	De Rosa et al. 2008  Savo et al. 2019
<i>Allium vineale</i> L. AMARYLLIDACEAE	Agliardièddo	Salerno	Sanza  National Park of Cilento and Vallo di Diano	Bulbs	In omelette with potatoes and <i>Ornithogalum</i> sp.	u.d.  Di Novella et al. 2013
<i>Amaranthus</i> sp. AMARANTHACEAE	Jetiddu	Salerno	Castel San Lorenzo	Leaves	For human nutrition.	Salerno and Guarrera 2008

<i>Amaranthus retroflexus</i> L. AMARANTHACEAE	-	Avellino	Baianese and Lauretana areas	Leaves, young shoots	In salads, soups or boiled.	De Rosa et al. 2008
	Amaranto	Salerno	Monti Picentini Regional Park	Young shoots, young leaves	In soups.	Savo et al. 2019
		Napoli	Aversa	Leaves	In salads or boiled.	u.d.
<i>Angelica sylvestris</i> L. s.l. APIACEAE	-	Avellino	Baianese and Lauretana areas	Young shoots, young leaves	In salads. Used during Pasqua holidays to prepare the "pizza d'erbe".	De Rosa et al. 2008
	Rarrica addirosa	Salerno	National Park of Cilento and Vallo di Diano	Fresh roots	To flavor chicken and pork broth.	Di Novella et al. 2013
<i>Anthemis arvensis</i> L. s.l. ASTERACEAE	Campumilla salvatica	Salerno	Montecorvino Rovella	Leaves	As ingredient for soup preparation.	u.d.
<i>Anthriscus cerefolium</i> (L.) Hoffm.	-	Avellino	Baianese and Lauretana areas	Leaves	As a component of the "minestra cotta" with: <i>Borago officinalis</i> , <i>Plantago</i> sp. pl., <i>Taraxacum officinale</i> , <i>Urtica dioica</i> . In salads, as ingredients for pizzas ("pizza <i>irpina</i> "), as a cooked vegetable.	De Rosa et al. 2008
		Salerno	Monte Vesole e Ascea	Aerial part	As aromatic herb.	Scherrer et al. 2005
	Accio	Salerno	Sanza	Whole plant	In salads, also mixed with other herbs.	u.d.
<i>Apium graveolens</i> L. APIACEAE		Napoli	Phlegrean Fields Regional Park	Leaves	As aromatic herb.	Motti et al. 2009
		Salerno	Monti Picentini Regional Park	Roots, stems	Raw, as component of salads.	Savo et al. 2019
	Sedano	Salerno	Amalfi Coast	Aerial part	As a component of the "minestra <i>maritata</i> ".	Savo 2010
<i>Apium nodiflorum</i> (L.) Lag. APIACEAE	Accio selvatico	Benevento	Foiano Valfortore	Leaves, shoots	In soups and salads.	u.d.
	Scavoune, Crescione, Scavouini, Scaioni, Ascaiuoli	Salerno	Monti Picentini Regional Park	Leaves, shoots	In soups and salads.	Savo et al. 2019

Sorbe, Sorba pelosa	Salerno	Monte Vesole e Ascea	Eaten fresh or used to make an alcoholic beverage " <i>vino di sorba</i> ".	Scherrer et al. 2005
Sovr' pelose	Avellino	Roccabascerana		u.d.
Sòrva, Sòrva pelosa	Salerno	Castel San Lorenzo		Salerno and Guarrera 2008
Suorvo piluso	Salerno	National Park of Cilento and Vallo di Diano	Eaten fresh	Di Novella et al. 2013
Sovera pelosa	Salerno	Cava de' Tirreni		Mautone et al. 2019
Fraolaro, Fragola d'albero, Corbezzolo, Musina di montagna, Fragola d'inverno, Sorbo peloso, Fragola pelosa, Sorola pelosella, Sorole peloso, Sorolo peloso	Salerno	Monti Picentini Regional Park	Fruits	Savo et al. 2019
Sovera pelosa	Napoli	Vesuvio National Park	Eaten fresh	Menale et al. 2016
Sovera pelosa	Salerno	San Mauro Cilento	Eaten raw; mashed and put in hot water for few days to make a beverage that was preserved in fridge; as fodder for goats.	u.d.
<i>Arctium minus</i> (Hill) Bernh. ASTERACEAE	Avellino	Baianese and Lauretana areas	Roots, stalks	De Rosa et al. 2008
<i>Artemisia absinthium</i> L. ASTERACEAE	Napoli	Peninsula Sorrentina	Aerial part	De Feo et al. 1992
Nascienzo	Salerno	Cava de' Tirreni	Fresh leaves	Mautone et al. 2019
<i>Asparagus acutifolius</i> L. ASPARAGACEAE	Avellino	Baianese and Lauretana areas	Roots, stalks	De Rosa et al. 2008
			Turions in salads or cooked to make omelettes, souces, salads, pasta, etc.	

Asparago selvatico	Salerno	Monte Vesole e Ascea	Shoots	Eaten with eggs or rice.	Scherrer et al. 2005
Apannaro, Sparaci	Salerno	Sanza	Shoots	Turions in salads or cooked to make omelettes, souces, etc.	u.d.
Spagarògna	Salerno	Castel San Lorenzo	Shoots	Turions, called spagàri, in omelettes.	Salerno and Guarrera 2008
Spalice	Salerno	Cava de' Tirreni	Aerial part	Cooked with pasta or eggs.	Mautone et al. 2019
Sparaci selvatici, Spalici selvatici, Sparici selvatici, Asparago di montagna, Spairi, Spauri, Spalaci selvatici, Asparago selvatico	Salerno	Monti Picentini Regional Park	Shoots	Added to omelettes, salads, marinated or pickled vegetables, pasta, soups.	Savo et al. 2019
Aspaligi	Salerno	Montecorvino Rovella		Turions used in the preparations of many dishes.	u.d.
	Taburno	Cirignano		Boiled turions or in omelettes.	u.d.
	Napoli	Acerra, Casoria	Shoots	In omelettes, risotto or eaten raw with vinegar.	u.d.
Spalice	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Celiole, Conca della Campania		With pasta and especially in omelettes.	u.d.
<i>Asphodeline liburnica</i> (Scop.) Rchb. ASPHODELACEAE	Salerno	Montecorvino Rovella	Whole plant	Used before blooming to prepare omelettes.	u.d.
<i>Asphodeline lutea</i> (L.) Rchb. ASPHODELACEAE	Avellino	Baianese and Lauretana areas	Stems before flowering	Roasted, in omelettes or soups.	De Rosa et al. 2008
	Salerno	Sanza	Aerial part	Used before blooming to prepare omelettes.	u.d.

<i>Asphodeline lutea</i> (L.) Rchb. ASPHODELACEAE	Lièmbari	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	Before blooming eaten in soups.	Di Novella et al. 2013
<i>Asphodelus macrocarpus</i> Parl. s.l. ASPHODELACEAE	Cipolla selvatica	Salerno	Monti Picentini Regional Park	Bulbs	As cooked vegetables.	Savo et al. 2019
<i>Avena sativa</i> L. s.l. POACEAE	Viena	Benevento	Castelvetere in Val Fortore	Seeds collected in June - August	Used for both nutritional and medicinal properties.	u.d.
<i>Bellevalia romana</i> (L.) Sweet ASPARAGACEAE	Aliuolo bianco	Salerno	Monti Picentini Regional Park	Bulbs	In omelettes.	Savo et al. 2019
<i>Bellis perennis</i> L. ASTERACEAE	-	Avellino	Baianese and Lauretana areas	Leaves	As cooked vegetables.	De Rosa et al. 2008
<i>Bituminaria bituminosa</i> (L.) Stirt. FABACEAE	Margaritella	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	As a component of the "minestra terrana".	Di Novella et al. 2013
	Fasolara	Napoli	Ischia	Leaves	As a component of the soup called "minesta salvaggioia". For the preparation of the soup were used: <i>Beta vulgaris</i> , <i>Borago officinalis</i> , <i>Centranthus ruber</i> , <i>Cichorium intybus</i> , <i>Eruca vesicaria</i> , <i>Papaver rhoeas</i> , <i>Bituminaria bituminosa</i> , <i>Rapistrum rugosum</i> , <i>Reichardia picroides</i> , <i>Senecio vulgaris</i> , <i>Sonchus oleraceus</i> .	Vallariello 2003
<i>Blitum bonus-henricus</i> (L.) Rchb. CHENOPODIACEAE	-	Avellino	Baianese and Lauretana areas	Leaves	Cooked, preferably in soups.	De Rosa et al. 2008
	Spinacio selvatico	Salerno	Monti Picentini Regional Park	Shoots, young leaves	Cooked, preferably in soups.	Savo et al. 2019



-	Avellino	Baianese and Lauretana areas	Leaves	Cooked, preferably in soups. As a component of the " <i>minestra cottia</i> " with: <i>Anthriscus cerefolium</i> , <i>Plantago</i> sp. pl., <i>Taraxacum officinale</i> , <i>Urtica dioica</i> .	De Rosa et al. 2008
Vorraina, Vurraina	Salerno	Monte Vesole e Ascea	Flowers, shoots, young leaves	Shoots and young leaves boiled and fried, occasionally used as stuffing in bread pizza, with ricotta. Flowers sucked or eaten for their sweetness; also added to sweet omelettes.	Scherrer et al. 2005
Vurraina, Lengua re voie	Salerno	National Park of Cilento and Vallo di Diano	Leaves	The most tender leaves used to prepare soups. Leaves used raw in salads, omelettes, for filling of rustic pizzas and ravioli. Large leaves stuffed with eggs, flour, grated cheese.	La Palometa and Grieco 2003
Vorraccia	Napoli	Ischia		As a component of the soup called " <i>minestra salvagioia</i> ".	Vallariello 2003
Vurraina antica	Salerno	Montecorvino Rovella	Young leaves	Tender leaves used for the preparation of a stuffed pizza cooked in the oven.	u.d.
Vurraccia	Avellino	Roccamandolfi	Young leaves	Used to prepare soups with beans.	u.d.
Vurraccia	Benevento	Cirignano	young leaves	Leaves used to prepare soups with beans.	u.d.
Vurròina, vurraggine	Napoli	Agro Nocerino Sarnese	Leaves	One of the seven herbs of " <i>minestra maritata</i> ", a soup with meat broth traditionally eaten at Easter.	Motti and Motti 2017
Vurraina	Salerno	Castel San Lorenzo	Leaves	Basal rosette of leaves for human consumption (in mixed soup or fried with batter).	Salerno and Guarrera 2008

*Borago officinalis* L.  
BORAGINACEAE

Vurraina	Salerno	National Park of Cilento and Vallo di Diano	Aerial part, leaves	Used for the preparation of " <i>minestra terrana</i> ".	Di Novella et al. 2013
Verracine, Vurraina	Salerno	Cava de' Tirreni	Aerial part	In salads or cooked with eggs.	Mautone et al. 2019
Borraggine	Napoli	Phlegrean Fields Regional Park	Leaves	Young leaves for soups and omelettes.	Motti et al. 2009
Borraggine, Burraina, Burraine, Borraine, Boragine, Borracina, Burragine, Vurraina, Burraine, Borraina, Vorraina, Burrasca, Borracine	Salerno	Monti Picentini Regional Park	Basal leaves, flowers	In salads, vegetable pies, snack, pasta, soups and as cooked vegetables.	Savo et al. 2019
Verraina	Salerno	San Mauro Cilento	Leaves	Eaten raw in salads or cooked in soups or omelettes; boiled leaves used for fillings or pies with vegetables.	u.d.
Burraina	Avellino	Pietrastornina	Leaves	Young leaves in pancakes, salads, vegetable minestrone, boiled with oil and lemon and as ravioli filling.	u.d.
Vorraccia	Napoli	Acerra, Casalnuovo, Pomigliano, Aversa	Young stems/leaves/flowers	Young stems, leaves and flowers in salads; leaves in soups.	u.d.
Vorraccia	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Cellole, Conca della Campania	Leaves	In salads.	u.d.
	Napoli	Boscoreale, Boscorecace, Trecase, Terzigno	Aerial part	As ingredient of the " <i>minestra maritata</i> ".	u.d.
<i>Brassica fruticulosa</i> Cyr. s.l. BRASSICACEAE	Salerno	National Park of Cilento and Vallo di Diano	Leaves	In soups.	Di Novella et al. 2013
<i>Brassica incana</i> Ten. BRASSICACEAE	Salerno	National Park of Cilento and Vallo di Diano	Leaves	In soups.	Di Novella et al. 2013

<i>Brassica rapa</i> L. subsp. <i>campestris</i> (L.) Clapham BRASSICACEAE	Broccoli di rapa	Salerno	Monte Vesole e Ascea	Leaves	Eaten boiled and fried. Ingredient of "minestra".	Scherrer et al. 2005
<i>Bryonia dioica</i> Jacq. CUCURBITACEAE	Taggicieddo, Puntirole	Salerno	Monti Picentini Regional Park	Shoots	In omelettes or soups.	Savo et al. 2019
<i>Bunias erucago</i> L. BRASSICACEAE	Aruchèdda	Salerno	National Park of Cilento and Vallo di Diano	Leaves	In salads.	Di Novella et al. 2013.
<i>Campanula rapunculoides</i> L. CAMPANULACEAE	Foglia di Laceno	Salerno	Monti Picentini Regional Park	Basal leaves	In soups.	Savo et al. 2019
<i>Campanula rapunculoides</i> L. CAMPANULACEAE	-	Avellino	Baianese and Lauretana areas	Leaves, roots	As a component of "minestra di campagna". Leaves with roots thin cut as a seasoning for pizzas.	De Rosa et al. 2008
<i>Capsella bursa-pastoris</i> (L.) Medik. s.l. BRASSICACEAE	-	Avellino	Baianese and Lauretana areas	Basal leaves	Boiled with other herbs.	De Rosa et al. 2009
<i>Cardamine bulbifera</i> (L.) Crantz BRASSICACEAE	Zeppolelle sarvatiche	Salerno	Cava de' Tirreni	Leaves	As a component of "minestra maritata".	Mautone et al. 2019
<i>Cardamine bulbifera</i> (L.) Crantz BRASSICACEAE	-	Avellino	Baianese and Lauretana areas	Leaves	In salads mixed with other herbs. Cooked vegetables.	De Rosa et al. 2008
<i>Cardamine hirsuta</i> L. BRASSICACEAE	Cardilli santi	Salerno	Montecorvino Rovella	Young plants	In salads.	u.d.
<i>Carduus pycnocephalus</i> L. s.l. ASTERACEAE	Carduni, Cardone	Salerno	Monti Picentini Regional Park	Young leaves	In soups, salads, or eaten alone after cooking.	Savo et al. 2019
<i>Carlina acanthifolia</i> All. s.l. ASTERACEAE	-	Avellino	Baianese and Lauretana areas	Inflorescences, roots	The unripe inflorescences eaten like artichokes. A sauce like that of mustard is obtained. The roots used to make candied.	De Rosa et al. 2008
<i>Carduus pycnocephalus</i> L. s.l. ASTERACEAE	Cardo selvaggio, Scopetta	Salerno	Monti Picentini Regional Park	Flowers, roots	As snack.	Savo et al. 2019

<i>Carlina acanthifolia</i> All. subsp. <i>acanthifolia</i> ASTERACEAE	Carcioffola servaggia	Salerno	Sanza	Unripe inflorescences	After being roasted, preserved in olive oil to be consumed during the year.	u.d.
	Cardo, Savone (M. Vesole)	Salerno	Monte Vesole e Ascea	Stems, young leaves	Inner part of the tender stem eaten raw. Young leaves and shoots as ingredient of "minestra".	Scherrer et al. 2005
	Scardesse, Evra e' muntagna	Benevento	Cirignano	Leaves before blooming	Cooked in the stew, heated with the "pan cotto".	u.d.
<i>Carlina vulgaris</i> L. s.l. ASTERACEAE	-	Avellino	Baianese and Lauretana areas	Young stems collected in spring	Peeled stems cut for a length of 6-7 cm and then eaten boiled.	De Rosa et al. 2008
	Castagno	Salerno	Monte Vesole e Ascea	Fruits	Fruits dried for conservation, used as flour for bread or cooked in soups with laurel and beans.	Scherrer et al. 2005
		Caserta	Roccamonfina	Fruits	Used in soups with beans.	u.d.
<i>Castanea sativa</i> Mill. FAGACEAE		Avellino	Bisaccia, Sant'Andrea di Conza	Fruits	Used to prepare traditional desserts ("panzerotti"), with chocolate, sugar, honey, cinnamon, and orange peel.	u.d.
		Salerno	San Mauro Cilento	Fruits	Used to prepare the "pasticelle", typical desserts of Cilento.	u.d.
	Castagna	Salerno	Comunità Montana Gelbison-Cervati (Ceraso, Vallo della Lucania, Novi, Cannalonga, Gioi, Salento, Moio della Civitella, Perito, Orria), Castelnuovo Cilento	Fruits	Flour used with chocolate and vermouth to prepare the dough of "pastorella", a Christmas cake.	u.d.
		Salerno	Montecorvino Rovella	Fruits	Fruits roasted or boiled and used during Christmas holidays to prepare small cakes, called "pasticelle".	u.d.
		Salerno	Sanza	Fruits (chestnuts)	The fruits cooked differently; to make a kind of flour	u.d.

Salerno and Guarrera 2008	Dried fruits consumed with beans, or mixed with fruits to prepare cakes.	Fruits	Castel San Lorenzo	Salerno	Castagna	Salerno	Salerno	Salerno and Guarrera 2008
Mautone et al. 2019	For the preparation of pasta and cakes.	Seeds	Cava de' Tirreni	Salerno	Castagna	Salerno	Salerno	Mautone et al. 2019
Motti et al. 2009	Boiled with <i>Laurus nobilis</i> leaves or roasted.	Fruits	Phlegrean Fields Regional Park	Napoli	Castagno	Napoli	Napoli	Motti et al. 2009
Savo 2010	Dried fruits.	Fruits	Amalfi Coast	Salerno	Castagna	Salerno	Salerno	Savo 2010
u.d.	Fruits.	Fruits	Foiano Valfortore	Benevento	Cirasiello	Benevento	Benevento	u.d.
Savo et al. 2019	Fresh fruit..	Fruits	Monti Picentini Regional Park	Salerno	Pipilipi	Salerno	Salerno	Savo et al. 2019
u.d.	The leaves eaten before blooming.	Leaves collected in August - September	Baselice, S. Giorgio la Molara	Benevento	Occhi lucenti	Benevento	Benevento	u.d.
u.d.	In soups.	Leaves, aerial parts	Roccabascerana	Avelino	Cardogni	Avelino	Avelino	u.d.
Vallariello 2003	Eaten as a component of the soup called " <i>mnesta salvagioia</i> ".	Leaves	Ischia	Napoli	Cannocchiara	Napoli	Napoli	Vallariello 2003
Savo 2010	In salads eaten raw or boiled.	Leaves	Amalfi Coast	Salerno	Cannaviello	Salerno	Salerno	Savo 2010
u.d.	Boiled in salads.	Young shoots	Aversa	Napoli	Valeriana	Napoli	Napoli	u.d.
La Palometa and Grieco 2003	Eaten raw or cooked.	Fruits	National Park of Cilento and Vallo di Diano	Salerno	Sciusscella	Salerno	Salerno	La Palometa and Grieco 2003
Salerno and Guarrera 2008	Dry pods for human consumption.	Pods	Castel San Lorenzo	Salerno	Sciusscella, Erbacavalli	Salerno	Salerno	Salerno and Guarrera 2008
Di Novella R. et al.	Used as food; used as food for horses.	Fruits	National Park of Cilento and Vallo di Diano	Salerno	Sciusscella	Salerno	Salerno	Di Novella R. et al.

<i>Ceratonia siliqua</i> L. FABACEAE	Sciuscella	Salerno	Cava de' Tirreni	Food for children.	Mautone et al. 2019
	Sciuscella	Napoli	Vesuvio National Park	Eaten raw.	Menale et al. 2016
	Sciuscella	Salerno	Amalfi Coast	Eaten dried.	Savo 2010
	Suscella	Salerno	Serramezzana, San Mauro Cilento	Eaten raw	u.d.
<i>Cerinihe major</i> L. s.l. BORAGINACEAE	Campanelle	Napoli	Acerra	Fruits and seeds	u.d.
	-	Salerno	Castel San Lorenzo	Flower base	Salerno and Guarrera 2008
	-	Salerno	Monti Picentini Regional Park	Flowers	Savo et al. 2019
	-	Avellino	Baianese and Lauretana areas	Leaves	De Rosa et al. 2008
<i>Chenopodium album</i> L. s.l. CHENOPODIACEAE	Jetiddu	Salerno	Castel San Lorenzo	Flower base sucked (especially by children) for the sweet juice.	Salerno and Guarrera 2008
	Lattarulo	Napoli	Pomigliano, Acerra	Leaves	u.d.
	-	Napoli	Aversa	Seeds	u.d.
	-	Salerno	Cava de' Tirreni	Aerial part	Mautone et al. 2019
<i>Chondrilla juncea</i> L. ASTERACEAE	Corla, Lattarulo, Lattarulo	Salerno	Monti Picentini Regional Park	Basal leaves, stems	Savo et al. 2019
	-	Avellino	Baianese and Lauretana areas	Young leaves and shoots	De Rosa et al. 2008
<i>Cichorium intybus</i> L. ASTERACEAE	Cicoria	Salerno	Monte Vesole e Ascea	Young leaves and shoots	Scherrer et al. 2005



Cecoria	Salerno	National Park of Cilento and Vallo di Diano	Leaves, roots	Eaten cooked in soups, boiled, fried. As a component of the "pizza cù l'erba".	La Palometa and Grieco 2003
Cicoria	Salerno	National Park of Cilento and Vallo di Diano	Roots	In the early 1900s, root usually used as a coffee substitute.	La Palometa and Grieco 2003
Cecoria	Napoli	Ischia	Leaves	As a component of "minestra salvagioia".	Vallariello 2003
Cecoria	Salerno	Sanza	Leaves	Cooked, stuffed or fried.	u.d.
Cicorie	Taburno	Cirignano	Leaves	In soups.	u.d.
Cicorie é bosco	Avellino	Roccabascerana	Leaves	In salads.	u.d.
Cicoria	Napoli	Agro Nocerino Samese	Leaves	In soups.	Motti and Motti 2017
Cicoria	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	As a component of "minestra terrana".	Di Novella et al. 2013
Cicoria selvatica, Cicoria pazza	Salerno	Cava de' Tirreni	Aerial part	As a component of "minestra maritata".	Mautone et al. 2019
Cicoria	Napoli	Phlegrean Fields Regional Park	Leaves	Used in the preparation of soups	Motti et al. 2009
Cicoria	Salerno	Monti Picentini Regional Park	Leaves	In soups, salads or as a cooked vegetable.	Savo et al. 2019
Cicoria	Salerno	Amalfi Coast	Leaves	As a component in the "minestra maritata".	Savo 2010
Cicoria	Salerno	Comunità Montana Gelbison-Cervati (Ceraso, Vallo della Lucania, Novi, Cannalonga, Gioi, Salento, Moio, Perito, Orria), Castelnuovo Cilento	Roots	As coffee substitute.	u.d.
Cecoria	Napoli	Roccarainola, Cicciano	Leaves	In soups.	u.d.

*Cichorium intybus* L.  
ASTERACEAE

Cecoria	Napoli	Casalnuovo, Acerra, Pomigliano	Leaves	As coffee substitute or in soups.	u.d.
Cicoria	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Cellole, Conca della Campania	Leaves	In salads.	u.d.
Cecoria	Napoli	S. Giovanni a Teduccio	Leaves		u.d.
Cicoria	Avellino	Bisaccia, Aquilonia, Calitri, Andretta, Lacedonia, Monteverde, Sant' Andrea di Conza, Conza della Campania	Young leaves and shoots	In soups and salads.	u.d.
-	Avellino	Baianese and Lauretana areas	Young leaves and shoots	In salads or boiled.	De Rosa et al. 2008
Matronnola, Cardogne	Salerno	Monti Picentini Regional Park	Basal leaves, shoots	As soup ingredient, or as a cooked vegetable.	Savo et al. 2019
Cardone	Salerno	Monti Picentini Regional Park	Basal leaves, shoots	As soup ingredient, or as a cooked vegetable.	Savo et al. 2019
Cardoncello	Napoli	San Mauro Cilento	Leaves	Raw in salads or boiled.	u.d.
-	Avellino	Baianese and Lauretana areas	Young shoots	Eaten like asparagus.	De Rosa et al. 2008
Vitosa	Salerno	Monte Vesole e Ascea	Shoots	Young shoots eaten like asparagus.	Scherrer et al. 2005
Vitaglia	Salerno	Montecorvino Rovella	Shoots	Sprouts appreciated for their asparagus-like taste, and generally eaten in salads or in omelettes.	u.d.
Vitosa	Salerno	Sanza	Shoots	The tender shoots as ingredients for omelettes.	u.d.

*Cichorium intybus* L.  
ASTERACEAE

*Cirsium arvense*  
(L.) Scop.  
ASTERACEAE

*Cirsium vulgare* (Savi)  
Ten. s.l.  
ASTERACEAE

*Clematis vitalba* L.  
RANUNCULACEAE

Vitacchie, Viticelle	Avellino	Roccamandolfina		The tender shoots as ingredients for omelettes and pancakes.	u.d.
Viaulo, Vetusa	Napoli	Agro Nocerino Sarnese		Boiled sprouts eaten in salads or fried.	Motti and Motti 2017 Salerno and Guarrera 2008
Vetaglia	Salerno	Castel San Lorenzo		Young sprouts for human consumption.	Di Novella et al. 2013
Vitosa	Salerno	National Park of Cilento and Vallo di Diano		Young twigs in omelettes.	Mautone et al. 2019
Vitaglia	Salerno	Cava de' Tirreni	Shoots	In salads or omelettes.	
Butalva, Vetalva, Vutaleva, Butaleve, Vtosa, Vtose, Vtalve, Vitaje, Vitaleve, Vetaleva, Vitaleva, Vetaleve, Vitajo, Vetaje, Vitaje, Vitaja, Vetalica	Salerno	Monti Picentini Regional Park		In omelettes, pickled in vinegar, in oil, soups or cooked vegetables.	Savo et al. 2019
Vetaglia	Salerno	San Mauro Cilento		In omelettes.	u.d.
Vetaglia	Napoli	Aversa		Eaten roasted.	u.d.
<i>Clinopodium nepeta</i> (L.) Kuntze s.l. LAMIACEAE	Mentuccia, Nèpeta	Phlegrean Fields Regional Park	Leaves	To flavour fish dishes.	Motti et al. 2009
<i>Clinopodium nepeta</i> (L.) Kuntze subsp. <i>nepeta</i> LAMIACEAE	Mentuccia	Agro Nocerino Sarnese	Leaves	In salads.	Motti and Motti 2017
	Mentustra	Monti Picentini Regional Park	Leaves	Used to flavour dishes.	Savo et al. 2019
<i>Colchicum autumnale</i> L. COLCHICACEAE	Zafferanone	Montecorvino Rovella	Flowers (stamina)	Used to replace saffron.	u.d.
<i>Cornus mas</i> L. CORNACEAE	Curnàlo	National Park of Cilento and Vallo di Diano	Fruits	Preserved in vinegar and eaten in winter salads.	Di Novella et al. 2013

<i>Cornus mas</i> L. CORNACEAE	Cornale, Crugnale, Crugnali	Salerno	Monti Picentini Regional Park	Fruits	As a liqueur or as fresh fruit.	Savo et al. 2019
	Spina servateca	Salerno	National Park of Cilento and Vallo di Diano	Buds	In some countries of Cilento, preserved in vinegar and then used as a condiment, in place of capers.	La Palometa and Grieco 2003
	Biancospino	Salerno	Montecorvino Rovella	Branches, flowers, fruits	Fruits eaten raw or used to prepare marmalades. Branches and flowers to flavour soups.	u.d.
<i>Crataegus monogyna</i> Jacq. ROSACEAE	Biancospino, Spina calaurice, Cerasieddi, Biancospino, Cerasieddi, Ciccispini, Spinaianca, Ceraselle, Spinulella, Spinulelle, Spinaporci, Uva spinunella	Salerno	Monti Picentini Regional Park	Fresh fruit	Used as a spice or eaten as a fresh fruit.	Savo et al. 2019
	Peraino	Salerno	San Mauro Cilento		Used to prepare a wine. 1 l of red wine, sugar, lemon peel, cloves and a handful of hawthorn fruits are boiled. Then, the wine has cooled, filtered and preserved in fridge.	u.d.
<i>Crepis bursifolia</i> L. ASTERACEAE	Margarita	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	Used in the preparation of " <i>minestra terrana</i> ".	Di Novella et al. 2013
	-	Salerno	Monti Picentini Regional Park	Basal leaves	In salads and soups.	Savo et al. 2019
<i>Crepis lacera</i> Ten. ASTERACEAE	-	Avellino	Baianese and Lauretana areas	Young basal leaves, flower buds	In salads or cooked vegetables.	De Rosa et al. 2007
<i>Crepis leontodontoides</i> All. ASTERACEAE	-	Avellino	Baianese and Lauretana areas	Young basal leaves, flower buds	In salads or cooked vegetables.	De Rosa et al. 2008
	Margarita	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	As ingredient of " <i>minestra terrana</i> ".	Di Novella et al. 2013
<i>Crepis neglecta</i> L. s.l. ASTERACEAE	-	Avellino	Baianese and Lauretana areas	Young basal leaves, flower buds	In salads or cooked vegetables.	De Rosa et al. 2009

<i>Crepis neglecta</i> L. s.l. ASTERACEAE	Spaccapreti	Salerno	Monti Picentini Regional Park	Basal leaves	Eaten in soups or as a cooked vegetable.	Savo et al. 2019
<i>Crepis neglecta</i> L. subsp. <i>corymbosa</i> (Ten.) Nyman ASTERACEAE	Lattarulo	Benevento	Foiano Valfortore	Basal leaves	In soups.	u.d.
<i>Crepis pulchra</i> L. ASTERACEAE	-	Avellino	Baianese and Lauretana areas	Young basal leaves, flower buds	In salads or cooked vegetable.	De Rosa et al. 2007
<i>Crepis setosa</i> Haller f. ASTERACEAE	Occhi neureddi, Occhineurelli, Occhi neurelli, Occhineurella, Occhineurello, Occhi rossi, Ragno purcello	Avellino	Baianese and Lauretana areas	Young basal leaves, flower buds	In salads or cooked vegetable.	De Rosa et al. 2008
		Salerno	Monti Picentini Regional Park	Basal leaves	Eaten in soups or as a cooked vegetable.	Savo et al. 2019
<i>Crepis vesicaria</i> L. s.l. ASTERACEAE	Lattarole	Salerno	Baianese and Lauretana areas	Young basal leaves, flower buds	In salads or cooked vegetables.	De Rosa et al. 2008
	Cicurioni, Scazzuoppoli, Occhi rossi	Salerno	Cava de' Tirreni	Aerial part	As ingredient of "minestra maritata".	Mautone et al. 2019
<i>Crocus vernus</i> (L.) Hill s.l. IRIDACEAE	-	Avellino	Baianese and Lauretana areas	Flowers (stamina)	Used to replace saffron.	De Rosa et al. 2008
<i>Cynara cardunculus</i> L. s.l. ASTERACEAE	Carcioffola servaggia	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Cellole, Conca della Campania	Inflorescences, stems	Inflorescences and stems without outer parts eaten raw or cooked.	u.d.
<i>Cynodon dactylon</i> (L.) Pers. POACEAE	-	Avellino	Baianese and Lauretana areas	Young rhizomes	In times of famine the rhizomes were dried, ground and mixed with other flours to make bread. In the past, the roasted rhizomes were used as a coffee substitute.	De Rosa et al. 2008

<i>Cytisus scoparius</i> (L.) Link subsp. <i>scoparius</i> FABACEAE	Ginestra	Salerno	Montecorvino Rovella	Flowers	Eaten in salads.	u.d.
	Pastenaca selvatica	Salerno	Montecorvino Rovella	Roots	Eaten raw, boiled or fried.	u.d.
	Pastenaca selvatica	Salerno	Castel San Lorenzo	Roots	Fried in batter.	Salerno and Guarrera 2008
	Pastinaca	Salerno	National Park of Cilento and Vallo di Diano	Roots	Used as food.	Di Novella et al. 2013
	Pastinaca, Pastinaca selvatica, Carota selvatica, Pastenaca	Salerno	Monti Picentini Regional Park	Roots, young leaves	Eaten in soups, salads or as a cooked vegetable.	Savo et al. 2019
<i>Daucus carota</i> L. s.l. APIACEAE	Spalaci selvatici, Spalici selvatici, Vitarelle, Asparagi di serpe, Spairi di serpa, Spairi di serve, Sparaci selvatici, Puntirole, Viticelle, Viticielli, Verdicelle, Virdicelli, Sparici selvatici, Vituzzelle	Salerno	Monti Picentini Regional Park	Shoots	Eaten in soups, with pasta or as a cooked vegetable.	Savo et al. 2019
	Vitucella	Benevento	Apollosa, Cautano, Castelvetero in Val Fortore, Foiano Valfortore	Shoots	Tender shoots eaten like asparagus.	u.d.
	Spannaro fauzo, Vitacchi	Salerno	Sanza	Young shoots	First boiled and then used to make omelettes.	u.d.
		Salerno	National Park of Cilento and Vallo di Diano		First boiled and then used to make omelettes.	Di Novella et al. 2013
	Rapesta	Benevento	Cautano, Castelvetero in Val Fortore, Foiano Valfortore	Leaves	In salads.	u.d.
<i>Diploptaxis erucooides</i> (L.) DC. BRASSICACEAE						



<i>Diplotaxis erucooides</i> (L.) DC. BRASSICACEAE	-	Avellino	Baianese and Lauretana areas	Leaves	In salads or cooked vegetables.	De Rosa et al. 2008
	-	Avellino	Baianese and Lauretana areas	Leaves	In salads or cooked vegetables.	De Rosa et al. 2008
	Ruola, Ruchetta	Salerno	Monte Vesole e Ascea		Eaten as salad or with fish.	Scherrer et al. 2005
	Ruola	Benevento	Apollosa, Cautano, Foiano Valfortore		In salads.	u.d.
	Ruola	Benevento	Cirignano		Used, alone or with other species, to prepare salads.	u.d.
	Ruola, rughetta	Napoli	Phlegrean Fields Regional Park		In salads.	Motti et al. 2009
	Ruola selvatica, Rugola selvatica, Ruola, Aruncolo	Salerno	Monti Picentini Regional Park	Leaves	In salads, as ingredients for pizzas, as a cooked vegetable.	Savo et al. 2019
	Arucola	Napoli	Vesuvio National Park		Eaten raw.	Menale et al. 2016
	Ruola	Salerno	Amalfi Coast		In salads.	Savo 2010
	Ruola	Napoli	Pomigliano		In salads or eaten with sheep cheese or with pasta.	u.d.
<i>Echium plantagineum</i> L. BORAGINACEAE		Napoli	Pompei, Boscoreale, Trecase		In salads.	u.d.
	Buglossa	Napoli	Monteruscello	Young leaves, shoots	Commonly used as a substitute for borage. Tender shoots also appreciated raw, seasoned with a few drops of lemon.	u.d.
		Napoli	Phlegrean Fields Regional Park	Young leaves, shoots	Leaves for soups and boiled leaves and sprouts for salads or soups.	Motti et al. 2009
<i>Echium vulgare</i> L. s.l. BORAGINACEAE	Buglossa	Napoli	Phlegrean Fields Regional Park	Leaves, shoots	Leaves for soups and boiled leaves and sprouts for salads or soups.	Motti et al. 2009

<i>Equisetum arvense</i> Ehrh. EQUISETACEAE	-	Avellino	Baianese and Lauretana areas	Young stems	Eaten like Asparagus.	De Rosa et al. 2008
<i>Equisetum telmateia</i> Ehrh. EQUISETACEAE	Curivulpi, Spezzagghjungi	Salerno	Castel San Lorenzo	Cone	The cones of fertile shoots eaten fried with batter.	Salerno and Guarrera 2008
<i>Eruca vesicaria</i> (L.) Cav. BRASSICACEAE	Rucola	Napoli	Ischia	Leaves	Component of the soup called " <i>mnesta salvagioia</i> ".	Vallariello 2003
	Rucola	Benevento	Cirignano	Leaves	Eaten alone or with other species, to prepare salads, as it has a taste similar to rocket.	u.d.
	Fahu	Salerno	Sanza	Fruits (faggiolo)	Eaten as peanuts.	u.d.
	Faio	Avellino	Roccabascerana	Fruits (faggiolo)	Edible, with an almond-like taste	u.d.
<i>Fagus sylvatica</i> L. s.l. FAGACEAE	Fàhu, Fàho, Faùsto	Salerno	National Park of Cilento and Vallo di Diano	Seeds	Edible.	Di Novella et al. 2013
	Faggio, Faustro	Salerno	Monti Picentini Regional Park	Seeds	As snack.	Savo et al. 2019
<i>Ficaria verna</i> Huds. RANUNCULACEAE	Cupputielli	Salerno	Montecorvino Rovella	Leaves (before blooming season)	In salads.	u.d.
	Fica	Salerno	Sanza			u.d.
	Fica, Ficucèdde	Salerno	National Park of Cilento and Vallo di Diano			Di Novella et al. 2013
	Fico	Salerno	Montecorvino Rovella			u.d.
	Fico	Napoli	Piano di Sorrento	Fruits	As dessert.	u.d.
<i>Ficus carica</i> L. MORACEAE	Ficozze	Salerno	Amalfi Coast			Savo 2010
	Ficu	Salerno	M. Vesole e Ascea			Scherrer et al. 2005
	Ficu	Salerno	Castel San Lorenzo			Salerno and Guarrera

Funucchiello	Napoli	Piano di Sorrento	Seeds	Flavouring in bread, dried figs, salami and sausages.	u.d.
-	Avellino	Baianese and Lauretana areas	Whole plant	As spice or in salads and other dishes.	De Rosa et al. 2008
Fenocchio, Fenocchio selvatico, Finucchiello	Salerno	Monte Vesole e Ascea	Leaves	As ingredient of " <i>minestrada</i> ".	Scherrer et al. 2005
Finocchio di vigna	Salerno	Monte Vesole e Ascea	Seeds	For the preparation of the liquor called <i>finocchietto</i> .	Scherrer et al. 2005
	Benevento	Apollosa, Cautano, Castelvetere in Val Fortore, Foiano Valfortore	Fruits collected in September-October when ripe; roots collected by the end of the first year in September-October	Seeds used in the preparation of some typically Mediterranean dishes to which they give a spicy aroma and flavour. Fleshy bases of the leaves used cooked with other vegetables.	u.d.
	Benevento	Foiano Valfortore	Leaves	Widespread food use of the fleshy bases of the leaves both raw and cooked.	u.d.
	Salerno	National Park of Cilento and Vallo di Diano	Leaves, seeds	Seeds used to flavor olives, cheese, sausages, biscuits, etc. Fresh leaves used in broth, or to wrap the fish which is then barbecued.	La Palometa and Grieco 2003
	Salerno	Sanza	Fruits	Raw to flavour olives, dried to flavour salami.	u.d.
	Napoli	Agro Nocerino Sarnese	Seeds	Liquor called " <i>finocchietto</i> " obtained from the infusion of seeds in pure alcohol. Seeds used to flavour dried figs and taralli.	Motti and Motti 2017
	Salerno	Castel San Lorenzo	Fruits	Used to flavour sausages, dried figs and biscuits.	Salerno and Guarrera 2008

*Foeniculum vulgare* Mill.  
APIACEAE

Finocchio	Salerno	National Park of Cilento and Vallo di Diano	Seeds, fresh stems	Used in the preparation of seasoned meat and as a flavouring for marinated olives.	Di Novella et al. 2013
Finucchiello	Salerno	Cava de' Tirreni	Fresh leaves	To flavor foods or liqueurs.	Mautone et al. 2019
Finocchio	Napoli	Phlegrean Fields Regional Park	Seeds	Biscuits prepared with seeds and maize flour.	Motti et al. 2009
Finocchio, Fnocchio selvatico, Fnuocchio selvatico, Fenocchio, Fnocchiello, Finocchietto, Finocchio selvatico	Salerno	Monti Picentini Regional Park	Fruits, flowers, young leaves	Used as a spice, or in the preparation of salads, alcoholic beverages, soups, cooked vegetables.	Savo et al. 2019
Fenucchiello	Napoli	Vesuvio National Park	Seeds	Eaten raw.	Menale et al. 2016
Finocchietto	Salerno	Amalfi Coast	Fruits	To flavor meat, taralli, ricotta, dried figs and other dishes.	Savo 2010
Finocchietto	Salerno	Amalfi Coast	Various parts	In the " <i>minestra maritata</i> ".	Savo 2010
Fenucchiello	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Celiole, Conca della Campania	Shoots, leaves	Young shoots or leaves in soups together with endive.	u.d.
Fenucchio	Napoli	Aversa	Leaves	In salads or in omelettes.	u.d.
Fenucchio	Salerno	San Mauro Cilento	Leaves	As a flavouring during the cooking of broad beans.	u.d.
Fenucchio	Avellino	Sant'Andrea di Conza	Fruits	Used to prepare a liqueur (with alcohol, water and sugar).	u.d.
Fragola	Salerno	Montecorvino Rovella	Fruits	Eaten fresh	u.d.
Fraula servaggia	Avellino	Roccabascerana	Fruits	Eaten fresh or for marmalades.	u.d.
Fraula	Salerno	Sanza	Fruits	Eaten raw or used to prepare sorbets.	u.d.

*Foeniculum vulgare* Mill.  
APIACEAE

*Fragaria vesca* L. s.l.  
ROSACEAE

	Fraula	Salerno	National Park of Cilento and Vallo di Diano	Fruits	For the preparation of ice creams.	Di Novella et al. 2013
<i>Fragaria vesca</i> L. s.l. ROSACEAE	Fragola di bosco, Fragola di montagna, Fragola selvatica, Fragola selvaggia, Fragoline di bosco, Fragolina, Fragolina di bosco, Fragole selvagge, Fraole	Salerno	Monti Picentini Regional Park	Fruits	Eaten raw or to prepare, alcoholic beverages and jams.	Savo et al. 2019
	Uorn	Salerno	Cava de' Tirreni	Bark	Water macerate used as a refreshing drink.	Mautone et al. 2019
	Campanielli misti	Salerno	Montecorvino Rovella	Stems, young leaves	Raw, accompanied by other herbs, to make salads.	u.d.
<i>Fumaria capreolata</i> L. subsp. <i>capreolata</i> PAPAVERACEAE	Olatro	Caserta	S. Gregorio Matese	Leaves (collected in June)	In salads.	u.d.
	Campanielli	Salerno	Montecorvino Rovella	Aerial part	Raw, accompanied by other herbs, to make salads.	u.d.
<i>Galactites tomentosus</i> Moench ASTERACEAE	Carduognolo	Napoli	Phlegrean Fields Regional Park	Young stems, leaves	Used as ingredient for pizza and soups.	Motti et al. 2009
	-	Avellino	Baianese and Lauretana areas	Leaves	In salads or cooked vegetables. Component of " <i>minestra di radichelle</i> ".	De Rosa et al. 2008
<i>Helminthotheca echioides</i> (L.) Holub ASTERACEAE	Lattarole	Salerno	Cava de' Tirreni	Aerial part	Component of " <i>minestra maritata</i> ".	Mautone et al. 2019

Cicorione de ciuccio, Sprunia, Sprunia, Sporone, Sprunia grassa, Spurunia, Aspurunia di ciuccio, Spredda, Asprelle, Aspredda, Aspredda di vigna, Cicoria selvatica	Salerno	Monti Picentini Regional Park	Basal leaves	In salads, soups, cooked vegetables, vegetable pie.	Savo et al. 2019
<i>Helminthotheca echinoides</i> (L.) Holub ASTERACEAE					
Aspredde	Salerno	Comunità Montana Gelbison-Cervati (Ceraso, Vallo della Lucania, Novi, Cannalonga, Gioi, Salento, Moio della Civitella, Perito, Orria), Castelnuovo Cilento	Leaves	In soups.	u.d.
-	Avellino	Baianese and Lauretana areas	Shoots	The tender shoots as ingredients for omelettes.	De Rosa et al. 2008
Asparago selvatico, Luparo, Lupulo, Lupuli, Lupiri, Lupuli, Uvarella, Arucolo, Viticelle, Aruncolo	Salerno	Monti Picentini Regional Park	Shoots	In omelettes or as cooked vegetable.	Savo et al. 2019
<i>Hypochaeris cretensis</i> (L.) Bory et Chaub. ASTERACEAE					
Lattuchedda	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	Component of " <i>minestra terrana</i> ".	Di Novella et al. 2013
-	Avellino	Baianese and Lauretana areas	Young leaves	In salads or cooked vegetables.	De Rosa et al. 2008
Foja, Pere e voje, Cicoria, Ingrassapuorci, Cicurioni, Spaccapreti, Spaccapietre, Spaccaprete	Salerno	Monti Picentini Regional Park	Basal leaves	In salads, soups, cooked vegetables, vegetable pie.	Savo et al. 2019
<i>Hypochaeris radicata</i> L. ASTERACEAE					



<i>Juniperus communis</i> L. JUNIPERACEAE	Citriceddi, Paddocule	Salerno	National Park of Cilento and Vallo di Diano	Cones	Edible.	Di Novella et al. 2013
	Ginepro	Salerno	Monti Picentini Regional Park	Cones	As spice.	Savo et al. 2019
	Noce	Salerno	Monte Vesole e Ascea			Scherrer et al. 2005
<i>Juglans regia</i> L. JUGLANDACEAE		Salerno	Sanza	Husk	For drinks / dessert.	u.d.
		Salerno	Amalfi Coast			Savo 2010
	Occhi neura, Occhi neuri, Occaneura, Occhi neri, Uocchi neura	Salerno	Monti Picentini Regional Park	Basal leaves	To prepare soups or as cooked vegetable.	Savo et al. 2019
<i>Lactuca saligna</i> L. ASTERACEAE	Lattuchedda	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	In soups.	Di Novella et al. 2013
	Lattuca, Lattuga selvatica	Salerno	Monti Picentini Regional Park	Basal leaves	In salads, cooked vegetables, soups.	Savo et al. 2019
	-	Avellino	Baianese and Lauretana areas	Leaves	Cooked vegetables, in soups.	De Rosa et al. 2008
<i>Lactuca sativa</i> L. subsp. <i>serriola</i> (L.) Galasso, Banfi, Bartolucci et Ardenghi ASTERACEAE	Scarola	Salerno	Monte Vesole e Ascea	Leaves	Eaten boiled and fried.	Scherrer et al. 2005
	Lattuca, Lattuga selvatica	Salerno	Monti Picentini Regional Park	Basal leaves	In salads, cooked vegetables, in soups.	Savo et al. 2019
	Cicoria campestre	Salerno	Amalfi Coast	Leaves	In salads.	Savo 2010
<i>Lamium album</i> L. s.l. LAMIACEAE	-	Avellino	Baianese and Lauretana areas	Leaves	In salads or cooked vegetables.	De Rosa et al. 2008

<i>Lamium album</i> L. s.l. LAMIACEAE	Falsa ortica	Benevento	Apollosa, Cautano, Castelvetere in Val Fortore, Foiano Valfortore	Aerial part collected from May to August.	Fresh spring shoots eaten boiled and seasoned with oil, in soups and omelettes.	u.d.
<i>Lamium maculatum</i> L. LAMIACEAE	-	Avellino	Baianese and Lauretana areas	Leaves	In salads or cooked vegetables.	De Rosa et al. 2008
<i>Lamium purpureum</i> L. LAMIACEAE	Miele	Benevento	Cirignano	Flowers	Closed flowers sucked for their honey-taste.	u.d.
<i>Lapsana communis</i> L. s.l. ASTERACEAE	- Lattuchedda	Avellino Salerno	Baianese and Lauretana areas National Park of Cilento and Vallo di Diano	Young leaves Aerial part	In salads or cooked vegetables. As ingredient of " <i>minestra terrana</i> ".	De Rosa et al. 2008 Di Novella et al. 2013
<i>Lathyrus sylvestris</i> L. s.l. FABACEAE	Cicerchia	Salerno	National Park of Cilento and Vallo di Diano	Aerial part, seeds	In soups.	Di Novella et al. 2013
<i>Laurus nobilis</i> L. LAURACEAE	Alloro	Napoli	Phlegrean Fields Regional Park			Motti et al. 2009
	Lauro	Salerno	Montecorvino Rovella			u.d.
	Lauro	Salerno	Sanza			u.d.
	Lauro, Lauriello	Napoli	Penisola Sorrentina	Leaves	As spice.	De Feo et al. 1992
	Lauro	Salerno	Amalfi Coast Castel San Lorenzo			De Feo and Senatore 1993 Salerno and Guarrera 2008

Laur <sup>*</sup>	Napoli	Polvica	As spice.	u.d.
Lauriell <sup>*</sup>	Napoli	Aversa	To prepare an alcoholic beverage called "laurino".	u.d.
Lauriell <sup>*</sup>	Napoli	Pomigliano, Aversa, Acerra, Casalnuovo	As spice.	u.d.
	Napoli	Piano di Sorrento		u.d.
	Salerno	Monte Vesole e Ascea		Scherrer et al. 2005
Lauro	Benevento	Apollosa, Cautano, Castelvetere in Val Fortore, Foiano Valfortore	As spice / drinks.	u.d.
	Cilento	National Park of Cilento and Vallo di Diano		La Palometa and Grieco 2003
	Salerno	Cava de' Tirreni		Mautone et al. 2019
	Salerno	Comunità Montana Gelbison-Cervati (Perito, Orria, Salento, Gioi, Moio della Civitella, Cannalonga, Vallo della Lucania)		u.d.
Lauro	Salerno	San Mauro Cilento	As spice.	u.d.
	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Cellole, Conca della Campania		u.d.

*Laurus nobilis* L.  
LAURACEAE

<i>Laurus nobilis</i> L. LAURACEAE	Lauro	Avellino	Bisaccia, Sant' Andrea di Conza	As spice.	u.d.
<i>Leontodon hispidus</i> L. s.l. ASTERACEAE	- Lattucaina	Avellino Benevento	Baianese and Lauretana areas Cautano, Castelvetere in Val Fortore, Foiano Valfortore	Aerial part Leaves	De Rosa et al. 2008 u.d.
<i>Leontodon tuberosus</i> L. ASTERACEAE	Cicuriona	Salerno	National Park of Cilento and Vallo di Diano	Leaves	Di Novella et al. 2013
<i>Limbaria crithmoides</i> (L.) Dumort. s.l. ASTERACEAE	Critami	Salerno	Ascea	Leaves	Scherret et al. 2005
<i>Malva sylvestris</i> L. MALVACEAE	- Malva	Avellino Salerno Salerno	Baianese and Lauretana areas Monti Picentini Regional Park Amalfi Coast	Young leaves Young leaves Flower buds	De Rosa et al. 2008 Savo et al. 2019 Savo 2010
<i>Matricaria chamomilla</i> L. ASTERACEAE	Cambumilla, u' Camumillo	Salerno	National Park of Cilento and Vallo di Diano	Flowering heads, whole plant	La Palometa and Grieco 2003
<i>Melissa officinalis</i> L. s.l. LAMIACEAE	- Erba cedrata, Limunina Melissa	Avellino Salerno Salerno	Baianese and Lauretana areas National Park of Cilento and Vallo di Diano Monti Picentini Regional Park	Young leaves before flowering Flowers Young leaves	De Rosa et al. 2008 La Palometa and Grieco 2003 Savo et al. 2019

<i>Melissa officinalis</i> L. s.l. LAMIACEAE	Melissa	Salerno	San Mauro Cilento	Leaves	To make a liqueur.	u.d.
		Salerno	Castel San Lorenzo		As flavouring.	Salerno and Guarrera 2008
	Menta	Salerno	Amalfi Coast	Leaves		Savo 2010
<i>Mentha sp. pl.</i> LAMIACEAE		Avellino	Partenio Regional Park		To make a liqueur.	Menale and Muoio 2014
	Mentuccia, Mentella	Salerno	Montecorvino Rovella	Aerial part	Eaten raw; fresh juice mixed with garlic.	u.d.
<i>Mentha aquatica</i> L. s.l. LAMIACEAE	Menta	Benevento	Cirignano		In salads and to flavour land snails (maruccas).	u.d.
		Salerno	Comunità Montana Gelbison-Cervati (Ceraso, Vallo della Lucania, Novi Velia, Cannalonga, Gioi, Moio della Civitella, Perito, Orria), Castelnuovo Cilento e Salento	Leaves	Flavouring of the Cilento pizza, that is prepared using origan and anchovies too.	u.d.
	Menta					
<i>Mentha spicata</i> L. LAMIACEAE	Menta servaggia, Mentastra	Benevento	Castelvetere in Val Fortore, Foiano Valfortore	Leaves and flowering parts collected in July-October	As flavouring of many dishes that, due to their composition, are not too appetizing.	u.d.
	Amenta	Napoli	Amalfi Coast	Whole plant, leaves	Used as flavouring agents.	De Feo and Senatore 1993
		Salerno	Cava de' Tirreni	Leaves	Fresh leaves are used as flavouring agents.	De Feo et al. 1992
		Salerno		Leaves	Main ingredient of a typical dish based on veal or pork spleen.	Mautone et al. 2019

<i>Mentha suaveolens</i> Ehrh. s.l. LAMIACEAE	Amenta sarvatica, Nepetone	Salerno	Amalfi Coast	Leaves	Fresh leaves used as flavouring agents.	De Feo and Senatore 1993
-	-	Avellino	Baianese and Lauretana areas	Bulbs	In salads or cooked vegetables, also used as an onion substitute.	De Rosa et al. 2008
Cipullu	Salerno	Castel San Lorenzo		Bulbs	In omelettes.	Salerno and Guarrera 2008
Cipoddone	Salerno	National Park of Cilento and Vallo di Diano		Bulbs	In omelettes.	Di Novella et al. 2013
Cipudde, Aliuolo, Agiuoli, Aiuoli, Agiuoli rossi, Aiuoli rossi, Agliustrelli, Cipoduzze selvatiche, Mammalone, Lampascioni, Lampacione, Cipolline selvatiche, Cipuddi, Agliustreddi	Salerno	National Park of Cilento and Vallo di Diano		Bulbs	Omelettes, pickled and in-oil vegetables, cooked vegetables.	Savo et al. 2019
<i>Muscari comosum</i> (L.) Mill. ASPARAGACEAE						
		Benevento	Castelvete in Val Fortore	Bulbs	Used as onion substitutes.	u.d.
Cipollino	Benevento	Apollosa, Cautano, Castelvete in Val Fortore, Foiano Valfortore		Fresh bulbs collected in March- April	The bulbs, even if slightly bitterishused after boiling. They are pleasant in salad, as a side dish and in omelettes, but especially in pickled preserves.	u.d.
Ciupullino	Salerno	Montecorvino Rovella		Bulbs	Eaten with salad or fried and dressed with sweet and sour sauce.	u.d.
Erba di Santa Maria, Fili fini	Avelino	Roccabascerana		Bulbs	In salads.	u.d.
Lampascione	Caserta	Roccamonfina, Ponte, Cescheto, Valogno		Bulbs	Used as onions.	u.d.

<i>Muscari comosum</i> (L.) Mill. ASPARAGACEAE	Lampascione	Avellino	Monteverde	Bulbs	Without outer tunic eaten boiled.	u.d.
	Mortella, Murtedda	Salerno	Monte Vesole e Ascea	Leaves, branches, fruits	Burned in the oven before fuel wood to give a special perfume to the bread. Branches put around fresh cheese to give aroma. Fruits also used to perfume meat and soups.	Scherrer et al. 2005
	Mortella, Murtedda	Salerno	Monte Vesole e Ascea	Leaf, fruits, branches	To make a liqueor	Scherrer et al. 2005 La Palometa and Grieco 2003
<i>Myrtus communis</i> L. s.l. MYRTACEAE	Mortella	Salerno	National Park of Cilento and Vallo di Diano	Fruits		u.d.
	Murtella	Napoli	Piano di Sorrento	Leaves	The leaves of laurel, myrtle, mastic and rosemary burnt to make smoke that addressed on sausages both as a flavouring and as an adjuvant in storage.	u.d.
	Murtella	Salerno	Cava de' Tirreni	Fruits	To make a liqueur	Mautone et al. 2019
Mirto		Salerno	Comunità Montana Gelbison-Cervati (Ceraso, Vallo della Lucania, Novi, Cannalonga), Castelnuovo Cilento	leaves	Put in the baskets where milk products were stored, for flavouring them.	u.d.
		Salerno	San Mauro Cilento	Fruits, leaves	Macerated in white wine for 10 days to obtain, after filtration, the wine myrtle; fruits as flavouring of the pork sausage.	u.d.
		Napoli	Acerra	Fruits	Eaten raw or used to prepare jams.	u.d.
<i>Nasturtium officinale</i> R. Br. BRASSICACEAE	Sanacciuolo	Salerno	National Park of Cilento and Vallo di Diano	Plant	In salads.	Di Novella et al. 2013

<i>Nasturtium officinale</i> R. Br. BRASSICACEAE	Salerno	Cava de' Tirreni	Leaves	In salads, or as component of " <i>minestra maritata</i> ".	Mautone et al. 2019
	Salerno	Monti Picentini Regional Park	Young leaves, shoots, aerial part	In salads.	Savo et al. 2019
<i>Nepeta cataria</i> L. LAMIACEAE	Salerno	National Park of Cilento and Vallo di Diano	Aerial part dried	Flavouring for food, especially goat's cheese.	Di Novella et al. 2013
	Salerno	Comunità Montana Gelbison-Cervati (Ceraso, Vallo della Lucania, Novi, Cannalonga, Gioi, Salento, Moio della Civitella, Perito, Orria), Castelnuovo Cilento	Aerial part	The decoction of the aerial parts cooled and bunches of grapes were put in it. Thus, the grape took a flavour that kept away the insects during the drying made to obtain the raisin.	u.d.
<i>Oenanthe fistulosa</i> L. APIACEAE	Salerno	Monti Picentini Regional Park	Roots, young leaves	Cooked vegetable, as snack.	Savo et al. 2019
<i>Onobrychis alba</i> (Waldst. et Kit.) Desv. subsp. <i>alba</i> FABACEAE	Napoli	Phlegrean Fields Regional Park	Seeds	Roasted seeds as a coffee substitute.	Motti et al. 2009
<i>Onopordum illyricum</i> L. s.l. ASTERACEAE	Salerno	National Park of Cilento and Vallo di Diano	Leaves	In soups.	Di Novella et al. 2013
	Salerno	National Park of Cilento and Vallo di Diano	Fruits, whole plant	Edible.	Di Novella et al. 2013
<i>Opuntia ficus-indica</i> (L.) Mill. CACTACEAE	Salerno	Monte Vesole and Ascea	Fruits	Fruits eaten fresh.	Scherrer et al. 2005
	Salerno	Ascea	Fruits	To make a liqueur.	Scherrer et al. 2005



Fecurinia	Salerno	Castel San Lorenzo	Fruits, peel	Fruit for human consumption. Peeled without thorns, dried in the sun and stored for the winter to be fried together with potatoes as a substitute for dried peppers.	Salerno and Guarrera 2008
<i>Opuntia ficus-indica</i> (L.) Mill. CACTACEAE					
Ficurinie	Napoli	Vesuvio National Park	Fruits	Eaten raw.	Menale et al. 2016
Figurine	Napoli	Aversa, Acerra	Young cladodes	Eaten raw or boiled in salads.	u.d.
Arcana	Salerno	San Mauro Cilento	Shoots	As flavouring of the Cilento pizza, that is prepared using mint and anchovies too.	u.d.
Arètica	Salerno	Acerno	Flowers	Dried flower buds used as a spice.	u.d.
	Salerno	Montecorvino Rovella	Flowers	Dried flower buds used as a spice.	u.d.
Arecheta	Benevento	Cirignano	Flowers	Dried flower buds used as a spice.	u.d.
Aregana	Salerno	Castel san Lorenzo	Leaves	As flavouring.	Salerno and Guarrera 2008
Harigana rossa	Napoli	National Park of Cilento and Vallo di Diano	Dried aerial part	As flavouring for food, especially goat's cheese.	Di Novella et al. 2013
Regano	Avellino	Monteverde	Shoots	As flavouring of the "pizza arrehenata", a flat bread seasoned with salt and tomatoes too.	u.d.
-	Napoli	Agro Nocerino Samese	Leaves	As flavouring for food.	Motti and Motti 2017
<i>Origanum vulgare</i> L. subsp. <i>viridulum</i> (Martini-Donos) Nyman LAMIACEAE					

Oregano, la Regana, Oregano, Oreano, Areono, Pilievo, Areano, Origano, Aregana, Aregano, Arecana	Salerno	Monti Picentini Regional Park	Young leaves, aerial part	Savo et al. 2019
<i>Origanum vulgare</i> L. subsp. <i>viridulum</i> (Martini-Donos) Nyman LAMIACEAE	Salerno	National Park of Cilento and Vallo di Diano	Dried aerial part	Di Novella et al. 2013
Harigana.janca	Salerno	Amalfi Coast	Leaves	Savo 2010
Arechete	Salerno	Amalfi Coast	Leaves	Savo 2010
			As flavouring for meat and vegetables especially tomatoes ( <i>Solanum lycopersicum</i> ), potatoes ( <i>Solanum tuberosum</i> ) and eggplants ( <i>Solanum melogena</i> ).	
<i>Ornithogalum umbellatum</i> L. ASPARAGACEAE	Salerno	National Park of Cilento and Vallo di Diano	Bulbs	Di Novella et al. 2013
			In soups.	
<i>Pancratium maritimum</i> L. AMARYLLIDACEAE	Napoli	Monteruscello	Bulbs	u.d.
Giglio di mare, Porro	Napoli	Monteruscello	Bulbs	u.d.
Giglio di mare	Napoli	Phlegrean Fields Regional Park	Bulbs	Motti et al. 2009
			Ingreidient for salads as onion substitute.	
-	Avellino	Baianese and Lauretana areas	Young plants	De Rosa et al. 2008
			In omelettes, salads, cooked vegetables, soups. As a component of "minestra di campagna".	
Papagne	Salerno	Monte Vesole e Ascea	Young plants	Scherrer et al. 2005
<i>Papaver rhoeas</i> L. s.l. PAPAVERACEAE	Napoli	Ischia	Leaves	Vallariello 2003 Salerno and Guarrera 2008
			Component of "mnesta salvagioia".	
Papagnu	Salerno	Castel San Lorenzo	Leaves	Scherrer et al. 2005
			Eaten boiled and fried. They can be added as an ingredient to soup.	
			Used as a cooked vegetable.	

<i>Papaver rhoeas</i> L. s.l. PAPAVERACEAE	Papagna, Papagno	Salerno	Monti Picentini Regional Park	Young basal leaves	In omelettes, salads, cooked vegetables, soups.	Savo et al. 2019
	Papagna	Napoli	Phlegrean Fields Regional Park	Seeds	Used in bean soup before they germinate.	Motti et al. 2009
		Napoli	Ercolano, Torre del Greco	Flowery tops	In soups and salads.	u.d.
	Papagno	Napoli	Pompei, Boscoreale, Terzigno	Tops	In salads.	u.d.
		Napoli	Acerra, Casalnuovo	Young leaves	In salads or in vegetable minestrone.	u.d.
<i>Papaver rhoeas</i> L. subsp. <i>rhoeas</i> PAPAVERACEAE	Papagn	Avellino	Partenio Regional Park	Whole plant	In salads.	Menale and Muoio 2014
<i>Papaver setigerum</i> DC. PAPAVERACEAE	Papagna	Napoli	Phlegrean Fields Regional Park	Seeds	Used in bean soup before they germinate.	Motti et al. 2009
<i>Parietaria judaica</i> L. URTICACEAE	-	Avellino	Baianese and Lauretana areas	Aerial parts	In soups.	De Rosa et al. 2008
	Erva de muro	Napoli	Acerra, Casalnuovo	Young leaves	In omelettes and soups.	u.d.
<i>Petasites hybridus</i> (L.) G. Gaertn., B. Mey., Scherb. s.l. ASTERACEAE	Lappazzi	Salerno	Monti Picentini Regional Park	Leaf stem	Used as a cooked vegetable.	Savo et al. 2019
<i>Picris hieracioides</i> L. s.l. ASTERACEAE	-	Avellino	Baianese and Lauretana areas	Young stems leaves, basal leaves	As component of " <i>minestra di radichelle</i> ".	De Rosa et al. 2008
	Cicorione de ciuccio, Asprella, Cicoria	Salerno	Monti Picentini Regional Park	Basal leaves	In salads, cooked vegetables, soups.	Savo et al. 2019
<i>Picris hieracioides</i> L. subsp. <i>hieracioides</i> ASTERACEAE	Asprella, Spredda	Salerno	Monte Vesole e Ascea	Leaves	As ingredient of " <i>minestra</i> ".	Scherrer et al. 2005

<i>Picris hieracioides</i> L. subsp. <i>hieracioides</i> ASTERACEAE	Cicoria selvatica	Salerno	Amalfi Coast	Basal leaves	In salads.	Savo 2010
	Cimmusella	Salerno	National Park of Cilento and Vallo di Diano	Seeds	As cookie flavouring.	Di Novella et al. 2013
<i>Pimpinella anisoides</i> Briganti APIACEAE	Pigna	Napoli	Phlegrean Fields Regional Park		As dessert.	Motti et al. 2009
	Pignoli	Salerno	Comunità Montana Gelbison-Cervati (Perito, Orria, Gioi, Salento, Castelnuovo)	Seeds	In blood sausage.	u.d.
	Pinuoli	Caserta	San Mauro Cilento		In cakes and blood sausage.	u.d.
<i>Pistacia lentiscus</i> L. ANACARDIACEAE	Lentisco	Napoli	Piano di Sorrento	Leaves	Leaves of laurel, myrtle, mastic and rosemary burnt to make smoke that addressed on sausages worked both as a flavouring and as an adjuvant in storage.	u.d.
	Lestringo	Salerno	National Park of Cilento and Vallo di Diano	Fruits, seeds	Fruits preserved in salt and used to flavour meat. Oil obtained from the seeds by pressure.	La Palometa and Grieco 2003
	-	Avellino	Baianese and Lauretana areas	Leaves	In salads mixed with other herbs, in soups.	De Rosa et al. 2008
<i>Plantago lanceolata</i> L. PLANTAGINACEAE	Cincheniervi	Salerno	Cava de' Tirreni	Leaves	Component of " <i>minestra maritata</i> ".	Mautone et al. 2019
	Cinquenervi	Salerno	Monti Picentini Regional Park	Young leaves	Soups.	Savo et al. 2019

<i>Plantago lanceolata</i> L. PLANTAGINACEAE	Cinquenervi	Napoli	Acerra		In salads or in vegetable minestrone.	u.d.
	Lengua re cane	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Celiole, Conca della Campania	Leaves	In soups.	u.d.
<i>Plantago major</i> L. PLANTAGINACEAE	-	Avellino	Baianese and Lauretana areas	Leaves	In salads mixed with other herbs, in soups.	De Rosa et al. 2008
	Cinchenierve, Centonierve	Napoli	Agro Nocerino Samnese	Leaves	In soups.	Motti and Motti 2017
	Cinchenierve	Salerno	Cava de' Tirreni	Leaves	As component of " <i>minestra maritata</i> ".	Mautone et al. 2019
	Centounerbe, Piantaggine, Cinquenervi	Salerno	Monti Picentini Regional Park	Young leaves	In soups.	Savo et al. 2019
	Piantaggine	Napoli	Acerra	Leaves	In salads or in vegetable minestrone.	u.d.
<i>Polygonum aviculare</i> L. POLYGONACEAE	Cientnureche	Napoli	Ercolano, Portici, Torre del Greco	Aerial parts	In the past, aerial parts used as food.	u.d.
	-	Avellino	Baianese and Lauretana areas	Leaves	In salads mixed with other herbs, in omelettes, preserved in vinegar. Often sun dried for winter use.	De Rosa et al. 2008
<i>Portulaca oleracea</i> L. PORTULACACEAE	Pucchiacchella, Erba vasciulella	Salerno	Monte Vesole e Ascea	Leaves	Eaten as salad.	Scherrer et al. 2005
	Erba vasciulella	Benevento	Apollosa, Cautano, Castelvetere in Val Fortore, Foiano Valfortore	Bark	Aerial part or tender leaves used as a tasty complement to raw or cooked salads.	u.d.

Purchiacchiella	Salerno	Montecorvino Rovella	Whole plant	Eaten in mixed salads.	u.d.
Pucchiacchielli	Avellino	Roccabascerana	Leaves	In salads raw or cooked.	u.d.
Purchiacchioddo	Salerno	Sanza	Leaves	Fresh and tender leaves in salads with lettuce and tomatoes.	u.d.
-	Salerno	Agro Nocerino Samese	Whole plant	In the past, consumed raw in the growing season and dried in winter (sometimes preserved in olive oil). Today used as a salad ingredient.	Motti and Motti 2017
Purejiacca	Salerno	Castel San Lorenzo	Shoots	Soft shoots added to mixed salads.	Salerno and Guarrera 2008
Purchiacchioddo	Salerno	National Park of Cilento and Vallo di Diano	Leaves	In salads.	Di Novella et al. 2013
Pucchiacchella, Erba vasciulella	Salerno	Cava de' Tirreni	Leaves	In salads.	Mautone et al. 2019
Picchiacca, Picchiacchiella, Pucchiacchiella, Picchiacche, Pricchiacca, Pricchiacchiodda, Pricchiacca, Centofoglie, Pricchiacchioddi, Erba vasciulella, Pirchiacchiodda, Puracchiodda, Erba chiatta, Puracchielle, Erva chiatta, Puracchielli, Pucchiacca, Pucchiacchielli, Centofrunelle	Salerno	Monti Picentini Regional Park	Aerial part, young leaves	In salads, cooked vegetables, soups.	Savo et al. 2019

*Portulaca oleracea* L.  
PORTULACACEAE

	Precchiacca	Salerno	Comunità Montana Gelbison-Cervati (Perito, Orria, Ceraso, Novi, Cannalonga, Moio della Civitella), Castelnuovo Cilento	Leaves	u.d.
	Erva porchiacchella	Napoli	Casalnuovo, Acerra, Aversa, Pomigliano	Leaves and young stems In salads.	u.d.
	Purecciuoli	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Cellole, Conca della Campania		u.d.
	Ever' pucchiacchella, Ever' vasciulella	Napoli	Ercolano, San Giovanni a Teduccio, Torre del Greco, San Giorgio a Cremano	Aerial parts	u.d.
	Ever' purchiacchiella, Ever' cascialella, Ever' vasciulell'	Napoli	Pompei, Boscoreale, Boscotrecase, Trecase, Terzigno	Aerial parts in salads or dried parts eaten fried with oil, salt and pepper.	u.d.
<i>Poterium sanguisorba</i> L. s.l. ROSACEAE	-	Avellino	Baianese and Lauretana areas	Leaves	De Rosa et al. 2008
	Pimpinella	Avellino	Montecorvino Rovella	Leaves	u.d.
<i>Poterium sanguisorba</i> L. subsp. <i>balearicum</i> (Bourg. ex Nyman) Stace ROSACEAE	Pane 'e noce	Salerno	Amalfi Coast	Leaves	Savo 2010
	-	Avellino	Baianese and Lauretana areas	Leaves, flowers	De Rosa et al. 2008
<i>Primula vulgaris</i> Huds. s.l. PRIMULACEAE	Piraino	Salerno	Sanza	Fruits	u.d.
	'Siur é pane	Benevento	Cirignano	Flowers	u.d.

<i>Primula vulgaris</i> Huds. s.l. PRIMULACEAE	Viole di pane, Fiori di pane, Erba di S. Antonio, e' Primule, Fiore di S. Giuseppe, Lacrime della Madonna, Fiore di S. Antonio, Primula di S. Giuseppe, Primula gialla, Viola bianca	Salerno	Monti Picentini Regional Park	Flowers	Sucked.	Savo et al. 2019
<i>Prunus spinosa</i> L. s.l. ROSACEAE	Trigna (fruit)  Trigne, la Spina, Prugna selvaggia, Trigna, Ciccispini, Spino, Uvo spinoso, Ceraselle selvatiche, Cessauoi, Biancospino, Prunelle selvatiche	Benevento  Salerno	Cautano, Castelvetere in Val Fortore, Foiano Valfortore  Monti Picentini Regional Park	  Fruits	  Eaten raw, to make jams.	  Savo et al. 2019
	Pruno	Salerno	San Mauro Cilento		In jams or used to prepare a liqueur with sugar and alcoholic distillate.	u.d.
	Trigna, Spina trigna	Avellino	Monteverde		Eaten raw or used to prepare a liqueur.	u.d.
<i>Pteridium aquilinum</i> (L.) Kuhn s.l. DENNSTAEDTIACEAE	Felece	Salerno	Monti Picentini Regional Park	Young shoots	In soups.	Savo et al. 2019
<i>Pyrus communis</i> L. subsp. <i>pyraster</i> (L.) Ehrh. ROSACEAE	Piraino  -	Salerno  Salerno	National Park of Cilento and Vallo di Diano  Amalfi Coast	Unripe fruit  Fruits	Harvested in October and preserved in vinegar; eaten in winter salads.  As dried fruit.	Di Novella et al. 2013  Savo 2010
<i>Quercus ilex</i> L. FAGACEAE	Cierro	Napoli	Acerra, Aversa	Fruits	In the past, minced fruits used as coffee substitute.	u.d.



Roverella	Salerno	Monte Vesole e Ascea	Fruit	Flour of the acorns used to make bread.	Scherrer et al. 2005
Cercula	Napoli	Acerca, Aversa	Fruit	In the past, minced fruits used as coffee substitute.	u.d.
	Salerno	San Mauro Cilento	Fruit	Roasted fruits used as coffee substitute. In the past, roasted fruits used as food.	u.d.
	Salerno	Sanza	Fruits and wood	During World War II, roasted fruits used as a coffee substitute.	u.d.
Cerza	Salerno	Castel San Lorenzo	Fruits	Dried acorns ground to make bread.	Salerno and Guarrera 2008
	Salerno	San Mauro Cilento	Fruits	Roasted fruits as coffee substitute.	u.d.
-	Avellino	Baianese and Lauretana areas	Young leaves, stems	In salads or cooked vegetables. Component of "minestra di radichelle". The basal part of the stem, the thicker one, is cut, peeled and eaten raw with plates of sausages.	De Rosa et al. 2008
Rafano	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	In soups.	Di Novella et al. 2013
Rarice	Salerno	Phlegrean Fields Regional Park	Shoots	Grazed young shoots as an ingredient for salads.	Motti et al. 2009
Rapesta, Rapa selvatica, Rapesta bianca, Foja, Rapa selvaggia, Foglia vecchia	Salerno	Monti Picentini Regional Park	Roots, young leaves, stems	In salads, cooked vegetables, vegetable pie, soups.	Savo et al. 2019
Rafano	Napoli	Agro Nocerino Samese	Roots	Fresh grated root on spaghetti.	Motti and Motti 2017
Lossena	Benevento	Apollosa, Cautano, Castelvetere in Val Fortore, Foiano Valfortore	Leaves	In vegetable soups.	u.d.

*Quercus pubescens*  
Willd. s.l.  
FAGACEAE

*Raphanus raphanistrum*  
L. s.l.  
BRASSICACEAE

*Rapistrum rugosum*  
(L.) All.  
BRASSICACEAE

<i>Rapistrum rugosum</i> (L.) All. BRASSICACEAE	Rapesta	Napoli	Ischia	Leaves	In the soup called " <i>mnesta salvagioia</i> ".	Vallariello 2003
		Salerno	Monti Picentini Regional Park	Young leaves	In soups.	Savo et al. 2019
<i>Reichardia picroides</i> (L.) Roth ASTERACEAE	-	Avellino	Baianese and Lauretana areas	Young basal leaves	In salads or cooked vegetables.	De Rosa et al. 2008
	Paparastiello	Napoli	Ischia	Leaves	In the soup called " <i>mnesta salvagioia</i> ".	Vallariello 2003
	Lattuchedda	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	In the soup called " <i>minestra terrana</i> ".	Di Novella et al. 2013
	Lattecielle	Salerno	Cava de' Tirreni	Leaves	In the soup called " <i>minestra maritata</i> ".	Mautone et al. 2019
	Musso e' lepre, Caccialepri, Scaccialepri, Scaccialepre, Scaccialepre	Salerno	Monti Picentini Regional Park	Basal leaves	In salads, cooked vegetables, vegetable pie, soups.	Savo et al. 2019
	Lattiarola	Salerno	Amalfi Coast	Leaves	In the soup called " <i>minestra maritata</i> ".	Savo 2010
	Caccialepre	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Cellole, Conca della Campania	Young plants, leaves	In salads or as coffee substitute.	u.d.
	Scazzaliepr'	Napoli	Ercolano, Torre del Greco, San Giovanni a Teduccio	Aerial parts	In salads or soups.	u.d.
	Ruca, le Ruche, Cannavella	Salerno	Monti Picentini Regional Park	Basal leaves	Cooked vegetable, in soups.	Savo et al. 2019

Acacia	Benevento	Cirignano	Flowers	In omelettes.	u.d.
Caggi, Acacia, Gaggia	Salerno	Monti Picentini Regional Park	Flowers	In omelettes, salads and as a cooked vegetable.	Savo et al. 2019
<i>Robinia pseudoacacia</i> L. FABACEAE	Napoli	Aversa, Pomigliano	Flowers	Fried in batter.	u.d.
Spinacacia	Salerno	San Mauro Cilento	Flowers	Used to prepare pancakes or macerated in red wine to obtain the robinia wine.	u.d.
Rosa canina, Spina cagazzara, Ruvaina, Rosa cagazzara, Spennapulici	Salerno	Monti Picentini Regional Park		Spice, fresh fruit, jam.	Savo et al. 2019
<i>Rosa canina</i> L. ROSACEAE	Salerno	Comunità Montana Gelbison-Cervati (Novi Velia, Moio della Civitella, Cannalonga)	Accessory fruits	Exsiccated accessory fruit eaten raw.	u.d.
Rosa canina	Salerno	San Mauro Cilento		Used to obtain a jam or to prepare a cream (after pulp boiling, seeds removal and blending with sugar, two beaten yolks and marsala wine).	u.d.
	Napoli	Acerra		Used to obtain a jam.	u.d.
	Avellino	Monteverde	Petals	Used to decorate salads and as flavouring.	u.d.
Frammisalo	Salerno	National Park of Cilento and Vallo di Diano	Fruits	To make jams.	Di Novella et al. 2013
Rusto	Salerno	Cava de' Tirreni	Tender tops	In omelettes.	Mautone et al. 2019
<i>Rubus caesius</i> L. ROSACEAE					

<i>Rubus caesius</i> L. ROSACEAE	Musina, Framogne, Murulo di rovo, li Rui, Muruli, Muroli, Muroli niuri	Salerno	Monti Picentini Regional Park	Fruits	To prepare jams or cooked in alcohol, as fresh fruit.	Savo et al. 2019
	Rivitale, R'amore	Salerno	National Park of Cilento and Vallo di Diano		To prepare marmalades.	Di Novella et al. 2013
<i>Rubus canescens</i> DC. ROSACEAE	Mura di montagna	Salerno	Monti Picentini Regional Park	Fruits	To prepare marmalades, as fresh fruit.	Savo et al. 2019
	Mura di montagna, Musina di montagna	Salerno	Monti Picentini Regional Park	Fruits	Eatgen raw or to prepare jam.	Savo et al. 2019
<i>Rubus hirtus</i> Waldst. et Kit. (group) ROSACEAE	-	Avellino	Baianese and Lauretana areas	Fruits, young shoots	Fruits eaten fresh, to prepare jams. The young shoots eaten like asparagus.	De Rosa et al. 2008
	Frammisalo	Salerno	National Park of Cilento and Vallo di Diano			Di Novella et al. 2013
<i>Rubus idaeus</i> L. ROSACEAE	Carmuciani, Framogne rosse, Carmuciano, Lampone, Framogne rosse, Muruli russi, Muruli rossi, Morula, Muroli rossi	Salerno	Monti Picentini Regional Park	Fruits	As drinks / dessert.	Savo et al. 2019
	-	Avellino	Baianese and Lauretana areas	Fruits, young shoots	Fruits eaten fresh, to prepare jams. The young shoots eaten like asparagus.	De Rosa et al. 2008
<i>Rubus ulmifolius</i> Schott ROSACEAE	Ruveta (plant), Morena (fruit)	Salerno	Montecorvino Rovella	Fruits	Fruits eaten fresh.	u.d.
	Rivitale, R'amore (fruit)	Salerno	Sanza	Fruits	Jams made with the fruits, which are picked and slipped one by one into a dry <i>Bromus</i> sp. plant.	u.d.
More		Avellino	Roccasecerana	Fruits	Eaten fresh or used to make jams.	u.d.

Ruvera	Salerno	Castel San Lorenzo	Fruits	Used or feeding: they were typically assembled, to be transported, by stabbing them into a barrel of <i>Dactylis</i> sp.	Salerno and Guarrera 2008
Lamòre, Framosge nere, la Mura, le More, Amùra, Lamùra, la Mùre, re More, Ruveto, Ruvetto, Ruiti, Lamore, Borraïne, Borraïne, le Musine, Borraïne, Borraïne, Framoge nere, Murulo di spina, Muruli, Muruli niuri, Muruli neri, Muruli selvage, Muruli di spina	Salerno	Monti Picentini Regional Park	Fruits	Cooked fruits in alcohol, fresh fruit, in salads, to make jams, as snack, alcoholic beverage, in soups.	Savo et al. 2019
<i>Rubus ulmifolius</i> Schott ROSACEAE					
More	Napoli	Acerri, Aversa, Pomigliano, Casalnuovo	Fruits	Used to prepare jams and slushes.	u.d.
	Napoli	Roccarainola, Polvica	Fruits	Used to prepare jams, slushes and syrups.	u.d.
<i>Rumex acetosa</i> All. POLYGONACEAE	Salerno	San Mauro Cilento	Young leaves	In salads.	u.d.
<i>Rumex arifolius</i> All. POLYGONACEAE	Salerno	Monti Picentini Regional Park	Young leaves, stems	As snack.	Savo et al. 2019
<i>Rumex crispus</i> L. POLYGONACEAE	Salerno	Monti Picentini Regional Park	Young leaves, stems	As snack, cooked vegetable, in soups.	Savo et al. 2019
<i>Rumex scutatus</i> L. s.l. POLYGONACEAE	Salerno	National Park of Cilento and Vallo di Diano	Leaves	In salads and soups.	Di Novella et al. 2013

-	Avellino	Baianese and Lauretana areas	Young shoots	Eaten like asparagus.	De Rosa et al. 2008
Pungitopo	Salerno	Monte Vesole e Ascea	Shoot	Young shoots eaten like asparagus or cooked in water and vinegar and then put in olive oil for conservation.	Scherrer et al. 2005
Frusci	Salerno	Sanza	Young shoots	Eaten like asparagus.	Salerno and Guarrera 2008
Pungitopo	Napoli	Agro Nocerino Samnese	Shoots	In omelettes.	Motti and Motti 2017
Frusci	Salerno	Castel San Lorenzo	Shoots	Young shoots eaten in omelettes.	Salerno and Guarrera 2008
Scacciasurece	Salerno	Cava de' Tirreni	Aerial part	In salads or with eggs.	Mautone et al. 2019
Pungitopo, Ciccasurici, Arusci, Avruscio	Salerno	Monti Picentini Regional Park		Vegetables cooked or marinated in oil, in omelettes.	Savo et al. 2019
Pungizoccule	Salerno	San Mauro Cilento		Young shoots used like asparagus.	u.d.
Pungitopo	Benevento	San Lupo, San Lorenzo Maggiore, Ponte, Casalduni, Pontelandolfo	Shoots	Young shoots eaten boiled as asparagus.	u.d.
Frusci	Napoli	Pietrastornina		Cooked shoots in soups.	u.d.
Pungitopo	Napoli	Aversa		Young shoots eaten cooked like asparagus.	u.d.
Piscialietto	Caserta	Carinola, Casale di Carinola		Young shoots used as asparagus or eaten boiled.	u.d.
Ruta, Aruta, Ruta capuzza	Salerno	Monte Vesole e Ascea	Leaves	To prepare a liqueur.	Scherrer et al. 2005
Ruta	Benevento	Pietraroja	Leaves	Today used to flavor grape brandy.	u.d.

*Ruscus aculeatus* L.  
 ASPARAGACEAE

*Ruta graveolens* L.  
 RUTACEAE

<i>Ruta graveolens</i> L. RUTACEAE	Benevento	Pietraroja	Leaves	In small quantities, used to give an unusual aroma to fresh cheese, eggs and fish dishes.	u.d.
	Salerno	Amalfi Coast	Branches	To aromatize the grappa and then used like digestive.	Savo 2010
	Salerno	San Mauro Cilento	Aerial parts	Crushed aerial parts eaten fried.	u.d.
<i>Ruta chalepensis</i> L. RUTACEAE	Napoli	Pompei, Boscoreale, Terzigno	Shoots	Used as flavouring of grappa.	u.d.
	Salerno	Monte Vesole e Ascea	Leaves	To flavour meat dishes.	Scherrer et al. 2005
<i>Salvia officinalis</i> L. s.l. LAMIACEAE	Salerno	Castel San Lorenzo	Leaves	As flavouring.	Salerno and Guarrera 2008
	Salerno	National Park of Cilento and Vallo di Diano	Dried aerial parts	As flavouring, especially for goat's cheese.	Di Novella R. et al
	Salerno	Piano di Sorrento		Leaves of laurel, myrtle, mastic and rosemary, burnt to make smoke that addressed on sausages worked both as a flavouring and as an adjuvant in storage.	u.d.
<i>Salvia rosmarinus</i> Schleid. LAMIACEAE	Salerno	Sanza		To flavour mainly meats.	u.d.
	Benevento	Cirignano	Leaves	As a flavouring in numerous dishes.	u.d.
	Salerno	Castel San Lorenzo		As flavouring.	Salerno and Guarrera 2008
	Napoli	Phlegrean Fields Regional Park		As meat flavouring.	Motti et al. 2009
	Napoli	Vesuvio National Park		Eaten raw.	Menale et al. 2016
<i>Sambucus nigra</i> L. ADOXACEAE	Salerno	Monte Vesole e Ascea	Flowers	Flowers dipped in egg and fried.	Scherrer et al. 2005

Saùco	Benevento	Apollosa, Cautano, Castelvetere in Val Fortore, Foiano Valfortore	Flowers	In beverages.	u.d.
Savùco	Salerno	Cave de' Tirreni	Fruits, leaves	The leaves eaten with eggs; the fruits used in the preparation of jams.	Mautone et al. 2019
Savuco, Sauco, Sambuco, Pastaccera, Savuci, Savucio	Salerno	Monti Picentini Regional Park	Fruits, leaves	To make alcoholic and analcoholic drinks; consumed as everyday food.	Savo et al. 2019
Sammuco	Napoli	Boscotrecase, Ercolano, Massa di Somma, Ottaviano, Pollena Trocchia, San Giuseppe Vesuviano, San Sebastiano al Vesuvio, Sant'Anastasia, Somma Vesuviana, Terzigno, Torre del Greco and Trecase		To prepare marmalades.	Menale et al. 2016
Savuco	Salerno	San Mauro Cilento	Flowers, Fruits	Fruits used to prepare a jam; flowers to prepare pancakes.	u.d.
Saucio	Napoli	Acerra, Aversa		Fruits used to prepare jams and syrups.	u.d.
Sammucio	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Cellole, Conca della Campania		Fruits used to prepare a liqueur.	u.d.
Sambuco	Avellino	Bisaccia		Fruits used to prepare jams.	u.d.

*Sambucus nigra* L.  
ADOXACEAE



<i>Sanguisorba officinalis</i> L. ROSACEAE	Pane 'e noce	Salerno	Cava de' Tirreni	Leaves	In salads or in the " <i>minestra maritata</i> ".	Mautone et al. 2019
<i>Satureja montana</i> L. subsp. <i>montana</i> LAMIACEAE	Timo Harihanedda	Salerno Salerno	Monte Vesole e Ascea National Park of Cilento and Vallo di Diano	Leaves Dried aerial parts	As flavouring, with meat and artichokes. As flavouring especially for goat's cheese.	Scherrer et al. 2005 Di Novella et al. 2013
<i>Scandix pecten-veneris</i> L. - APIACEAE	Scirvuglio	Salerno	Amalfi Coast	Branches	As flavouring especially for cooked vegetables.	Savo 2010
<i>Scolymus hispanicus</i> L. - ASTERACEAE	-	Avellino Avellino	Baianese and Lauretana areas Baianese and Lauretana areas	Young leaves and shoots Roots, ribs	In salads or soups mixed with other herbs. The spine-deprived ribs used in salads or cooked vegetables.	De Rosa et al. 2008 De Rosa et al. 2008
<i>Senecio vulgaris</i> L. s.l. ASTERACEAE	Cardillo	Napoli	Ischia	Leaves	As a component of the soup called " <i>minestra salvagioia</i> ".	Vallariello 2003
<i>Silene latifolia</i> Poir. CARYOPHYLLACEAE	- Silene	Avellino Napoli	Mugnano del Cardinale Pompei, Boscotrecase, Terzigno	Young shoots Tops	In salads, omelettes and soups. In salads.	De Rosa et al. 2008 u.d.
<i>Silene vulgaris</i> (Moench) Garoke s.l. CARYOPHYLLACEAE	Garufiulli	Salerno	Montecorvino Rovella	Leaves, flowers	Leaves gathered in springs and used in soups. Flowers eaten in salads.	u.d.
<i>Silybum marianum</i> (L.) Gaertn. ASTERACEAE	- Cardone	Avellino Benevento	Baianese and Lauretana areas Apollosa, Cautano, Castelvetere in Val Fortore, Foiano Valfortore	Young shoots Shoots, leaves, heads	In salads. The tender shoots, harvested long before flowering, are edible, the young leaves and the heads still closed are eaten raw or cooked like artichokes whose taste they recall.	De Rosa et al. 2008 u.d.
		Salerno	Cava de' Tirreni	Flowering heads	Used in the " <i>minestra maritata</i> ".	Mautone et

al. 2019

<i>Silybum marianum</i> (L.) Gaertn. ASTERACEAE	Cardo	Caserta	S. Gregorio Matese	Stems, shoots, young leaves	In soups.	u.d.
	Cardone	Caserta	Corigliano, Li Paoli, Ponte, S. Andrea del Garigliano, Valogno, Fontanaradina	Tops, young shoots and leaves without thorns	Raw or cooked in salads.	u.d.
<i>Sinapis sp.</i> BRASSICACEAE	Làssana	Salerno	Comunità Montana Gelbison-Cervati (Ceraso, Vallo della Lucania, Novi, Cannalonga, Gioi, Salento, Moio della Civitella, Perito, Orria), Castelnovo Cilento	Young leaves	In the past, young leaves without thorns used, together with <i>Cichorium intybus</i> and <i>Urtica dioica</i> , to prepare a dish obtained heating them and frying with potatoes.	u.d.
	Vuoccolo sirvaggio	Salerno	Monteverde	Receptacle	Receptacles without outer parts in soups or eaten boiled.	u.d.
<i>Sinapis alba</i> L. s.l. BRASSICACEAE	Làssana	Salerno	Castel San Lorenzo	Leaves, tender shoots, fruits	Fruits eaten raw; leaves and tender shoots cooked as vegetables.	Salerno and Guarrera 2008
	Vuoccolo sirvaggio	Salerno	National Park of Cilento and Vallo di Diano	Leaves	In soups.	Di Novella et al. 2013
<i>Sinapis arvensis</i> L. s.l. BRASSICACEAE	Ravizzone	Salerno	Sanza	Flowering tops	Flowering tops used as wild broccoli in all recipes: boiled in salad or fried, even to season pasta.	u.d.
	Ravizzone, Rapèsta	Salerno	National Park of Cilento and Vallo di Diano	Top plants	In salads.	Di Novella et al. 2013
<i>Sisymbrium officinale</i> (L.) Scop. BRASSICACEAE	Vuoccolo sirvaggio	Salerno	National Park of Cilento and Vallo di Diano	Leaves	In soups.	Di Novella et al. 2013
	Rapistogno	Napoli	Acerra	Leaves	In salads, omelettes and soups or fried in the "pancotto".	u.d.
<i>Sisylx atropurpurea</i> (L.) Greuter et Burdet DIPSACACEAE	Vedovina	Salerno	Montecorvino Rovella	Young leaves	Young leaves eaten as a cooked vegetable.	u.d.

<i>Sixalix atropurpurea</i> (L.) Greuter et Burdet DIPSACACEAE	Vedovina	Salerno	Maccchia village (Montecorvino Rovella)	Leaves before blooming	In Maccchia village are eaten in salads.	u.d.
	-	Avellino	Baianese and Lauretana areas	Roots	As coffee substitute.	De Rosa et al. 2007
<i>Sonchus</i> sp. pl. ASTERACEAE	Sovòne, Sivone, Sevono, Svone, Seone, Cardilli, Carduncelli, Sevòne, Cardo beneritto, Cardo biniritto, Carduncelle, Sione, Siuni	Salerno	Monti Picentini Regional Park	Basal leaves, shoots, stems	Eaten in salads, soups, vegetable pie, as a cooked vegetable.	Savo et al. 2019
<i>Sonchus arvensis</i> L. s.l. ASTERACEAE	-	Avellino	Baianese and Lauretana areas	Leaves	In salads mixed with other herbs.	De Rosa et al. 2007
<i>Sonchus asper</i> (L.) Hill s.l. ASTERACEAE	Sivone	Avellino	Baianese and Lauretana areas	Leaves	In salads mixed with other herbs.	De Rosa et al. 2008
	Cardone	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	As ingredient of " <i>minestra terrana</i> ".	Di Novella et al. 2013
	-	Salerno	Amalfi Coast	Leaves	As ingredient of " <i>minestra terrana</i> ".	Savo 2010
<i>Sonchus oleraceus</i> L. ASTERACEAE	Cicoria	Salerno	Baianese and Lauretana areas	Leaves	In salads mixed with other herbs.	De Rosa et al. 2008
	Cardillo	Benevento	Monte Vesole e Ascea	Leaves	As ingredient of " <i>minestra</i> ". Other species of <i>Sonchus</i> sp. pl. also used for " <i>minestra</i> ".	Scherrer et al. 2005
	Trunzo	Napoli	Apollosa, Cautano, Castelvetere in Val Fortore, Foiano Valfortore	Young shoots	The young shoots, even if slightly thorny, eaten raw in salads, or cooked in soups.	u.d.
			Ischia	Leaves	As ingredient of the soup called " <i>minestra sahvagioia</i> ".	Vallariello 2003

Vraspabelle, Stracciaccannarone	Benevento	Cirignano	Aerial part	As a substitute for spinach in pizzas and soups.	u.d.
Cardillo, Savuni	Napoli	Agro Nocerino Samnese	Leaves	As a substitute for spinach in pizzas and soups.	Motti and Motti 2017
Sivone	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	In the " <i>minestra terrana</i> ".	Di Novella et al. 2013
Cardillo	Napoli	Phlegrean Fields Regional Park	Leaves	As a substitute for spinach in pizzas and soups.	Motti et al. 2009
Cardilli	Salerno	Amalfi Coast		In salads.	Savo 2010
Cardillo	Napoli	Aversa, Acerra		In soups or salads.	u.d.
Cardillo	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Celiole, Conca della Campania, S. Andrea del Garigliano, Ponte, Corigliano, Valogno	Leaves	Eaten raw or cooked in salads.	u.d.
-	Avellino	Baianese and Lauretana areas	Leaves	In salads mixed with other herbs.	De Rosa et al. 2008
Cardilli	Benevento	Cirignano	Herbaceous parts, leaves	Eaten in salads before flowering.	u.d.
Cardillo, Savuni	Avellino	Roccabascerana	Herbaceous parts, leaves	Eaten in salad before flowering; boiled with beans.	u.d.
Cardillo, Savuni	Napoli	Agro Nocerino Samnese	Leaves	As a substitute for spinach in pizzas and soups.	Motti and Motti 2017
Cardilli	Salerno	Amalfi Coast	Leaves	In salads.	Savo 2010
Suòrvu	Salerno	Castel San Lorenzo	Fruits	As dessert.	Salerno and Guarrera 2008

*Sonchus oleraceus* L.  
ASTERACEAE

*Sonchus tenerrimus* L.  
ASTERACEAE

*Sorbus domestica* L.  
ROSACEAE

<i>Sorbus domestica</i> L. ROSACEAE	Suorvo, Sòrole, Suorivo, Suorevo selvatico, Sorbo, Sòreva, Sòrve, Suòrelo	Salerno	Monti Picentini Regional Park	Fruits	As dessert.	Savo et al. 2019
<i>Smilax aspera</i> L. SMILACACEAE	Sovera	Napoli	Vesuvio National Park	Young shoots	Eaten like asparagus, pickled in vinegar.	Menale et al. 2016
<i>Stellaria media</i> (L.) Vill. s.l. CARYOPHYLLACEAE	Mbruvuglina	Avellino	Baianese and Lauretana areas	Leaves	In salads mixed with other herbs.	De Rosa et al. 2008
<i>Sulla coronaria</i> (L.) Medik. FABACEAE	Sulla	Salerno	Monte Vesole e Ascea	Leaves	Additional ingredient of " <i>minestra</i> ".	Scherrer et al. 2005
	Sorda	Salerno	Castel San Lorenzo	Tender tops	Cooked as a vegetable.	Salerno and Guarrera 2008
	Custanzella, Cicoria	Napoli	Agro Nocerino Samese	Leaves	In soups.	Motti and Motti 2017
<i>Taraxacum</i> sp. ASTERACEAE	Cicoria selvatica	Salerno	Cava de' Tirreni	Leaves	In salads or cooked in the " <i>minestra maritata</i> ".	Mautone et al. 2019
	Cicorione, Cicurione, Tarassaco, Soffione, Ragno purcello, Cicoria, Spaccapreti, Piscialietti, Radicchio, Cicurioni, Cicorioni, Scarola selvatica	Salerno	Monti Picentini Regional Park	Basal leaves	Eaten in salads, soups, vegetable pie, as a cooked vegetable.	Savo et al. 2019

<i>Taraxacum fulvum</i> Raunk. ASTERACEAE	Cicurione	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	In the " <i>minestra terrana</i> ".	Di Novella et al. 2013
	-	Avellino	Baianese and Lauretana areas	Leaves, flowers, roots	As a component of the "minestra cotta" with: <i>Anthriscus cerefolium</i> , <i>Borago officinalis</i> , <i>Plantago</i> sp. pl., <i>Urtica dioica</i> . Preparation of liqueurs. Rosted roots used as coffee substitute.	De Rosa et al. 2008
	Custanzella	Napoli	Piano di Sorrento	Leaves	In salads.	
	Cecuta	Salerno	Monte Vesole e Ascea	Leaves	In soups.	Scherrer et al. 2005
<i>Taraxacum officinale</i> Weber ex F.H.Wigg. [ <i>Taraxacum</i> sect. <i>Taraxacum aggregate</i> ] ASTERACEAE	Rugno, Cicoria selvaggia	Benevento	Castelvetere in Val Fortore	Roots, leaves	Prepared and consumed like chicory, but with a less bitter taste. The leaves also used in salads.	u.d.
	Cicurione	Salerno	National Park of Cilento and Vallo di Diano	Aerial part	In the " <i>minestra terrana</i> ".	Di Novella et al. 2013
	Cicoria	Napoli	Phlegrean Fields Regional Park	Leaves	In soups.	Motti et al. 2009
	Cicoria	Salerno	Amalfi Coast	Leaves		Savo 2010
	Cicorie selvagge	Salerno	Comunità Montana Gelbison-Cervati (Ceraso, Novi Velia, Vallo della Lucania, Cannalonga), Castelnuovo Cilento	Leaves	In salads.	u.d.
		Napoli	Acerra, Aversa, Boscoreale, Boscorease, Casalnuovo, Pompei, Terzigno, Treccase	Leaves		u.d.

<i>Taraxacum officinale</i> Weber ex F.H.Wigg. [ <i>Taraxacum</i> sect. <i>Taraxacum</i> aggregate] ASTERACEAE	Cicorie selvagge	Caserta	Sessa Aurunca, Roccamonfina, Carinola, Cellole, Conca della Campania	Leaves	Eaten raw in salads or cooked.	u.d.
		Salerno	San Mauro Cilento	Flowers	Used to prepare a jelly. 400 g of inflorescences are boiled together with cloves and two lemon cut into pieces. Then, the product is filtered and 800 g of sugar are added; at the end, the product is boiled another time.	u.d.
<i>Taxus baccata</i> L. TAXACEAE	Tasso	Salerno	Monti Picentini Regional Park	False fruit (seed cord)	Eaten as fresh fruit.	Savo et al. 2019
<i>Thymus longicaulis</i> subsp. <i>longicaulis</i> C. Presl LAMIACEAE	Timo	Salerno	Amalfi Coast	Leaves	To season meat.	Savo 2010
<i>Thymus spinulosus</i> Ten. LAMIACEAE	Serapullo	Benevento	Cautano, Foiano Valfortore	Flowering tops collected in June- August	Known to be used exclusively in a preparation called sanguinaccio, based on pork blood with dried fruit, sultanas and cooked wine.	u.d.
<i>Thymus striatus</i> Vahl. LAMIACEAE	Timo	Salerno	Amalfi Coast	Leaves	To season meat.	Savo 2010
<i>Thymus serpyllum</i> L. (group.) LAMIACEAE	Timo, Serapullo, Timo selvatico	Salerno	Monti Picentini Regional Park	Aerial part	Used as a spice.	Savo et al. 2019
<i>Trifolium pratense</i> L. s.l. FABACEAE	-	Avellino	Baianese and Lauretana areas	Whole plant	In salads, cooked vegetables.	De Rosa et al. 2007
<i>Tussilago farfara</i> L. ASTERACEAE	Ogne 'e cavallo	Salerno	Montecorvino Rovella	Aerial parts	In soups, omelettes.	u.d.
	Cùcole	Salerno	Monti Picentini Regional Park	Shoots	In soups.	Savo et al. 2019

<i>Ulmus minor</i> Miller s.l. ULMACEAE	Olmo	Salerno	Monti Picentini Regional Park	Fruits	Eaten raw	Savo et al. 2019
<i>Urospermum dalechampii</i> (L.) F. W. Schmidt ASTERACEAE	-	Avellino	Baianese and Lauretana areas	Young leaves	As a cooked vegetable.	De Rosa et al. 2007
	-	Avellino	Baianese and Lauretana areas	Young leaves	As a cooked vegetable.	De Rosa et al. 2008
<i>Urospermum picroides</i> (L.) Scop. ex Schmidt ASTERACEAE	Ogna purcedda	Salerno	Castel di San Lorenzo	Leaves	Eaten boiled	Salerno and Guarrera, 2008
	Sivone grasso, Sovone grasso, Seone, Sevone	Salerno	Monti Picentini Regional Park	Basal leaves	As a cooked vegetable.	Savo et al. 2019
	-	Avellino	Mugnano del Cardinale	Leaves, stems	As a cooked vegetable. As a component of the "minestra cotta" with: <i>Anthriscus cerefolium</i> , <i>Borago officinalis</i> , <i>Plantago</i> sp. pl., <i>Taraxacum officinale</i> .	De Rosa et al. 2008
	Verdicole, Cudicole	Salerno	Monte Vesole e Ascea	Young leaves	Boiled and fried, used to fill pizza bread, or as a cream on pasta. Fodder for turkeys (boiled, cut and mixed with flour).	Scherrer et al. 2005
<i>Urtica dioica</i> L. s.l. URTICACEAE	Ardica	Benevento	Apollosa, Castelvetere in Val Fortore	Whole plant	Cooked in a little water and then seasoned with olive oil.	u.d.
	Ardicola	Salerno	National Park of Cilento and Vallo di Diano	Tops	Tops, boiled and reheated with butter or garlic, eaten like asparagus.	La Palometa and Grieco 2003
	Ardica	Salerno	Cava de' Tirreni	Aerial part	Boiled and eaten in salads or with pasta.	Mautone et al. 2019
	Urdic	Avellino	Partenio Regional Park	Aerial part	In salads.	Menale and Muoio 2014



Urdica, Ordica, Ardica, Burdiche, Bordiche, Ordiga, Urtiche, Bordica	Salerno	Monti Picentini Regional Park	Young leaves, shoots	Young leaves, vegetable pie, in soups, cooked vegetables.	Savo et al. 2019
Ardic	Napoli	Phlegrean Fields Regional Park	Leaves	Boiled and fried with pasta.	Motti et al. 2009
Ardica	Salerno	Comunità Montana Gelbison-Cervati (Ceraso, Vallo della Lucania, Novi, Cannalonga, Gioi, Salento, Moio della Civitella, Perito, Orria), Castelnuovo Cilento	Aerial parts	In the past, together with <i>Cichorium intybus</i> and <i>Silybum marianum</i> , used to prepare a dish obtained heating them and frying with potatoes.	u.d.
Ortica	Avellino	Monteverde	Aerial parts	Eaten boiled	u.d.
Lardica	Napoli	Pompei, Boscoreale, Boscotrecase, Trecase, Terzigno	Young leaves	In salads or to prepare pancakes.	u.d.
Ardeca	Salerno	Agro Nocerino Samese	Young leaves	In pizzas, soups and spaghetti.	Motti and Motti 2017
Ardic	Napoli	Phlegrean Fields Regional Park		Boiled and eaten in salads or with pasta.	Motti et al. 2009
Verdicula	Salerno	San Mauro Cilento		To prepare the nettle salad, obtained with samples boiled and dressed with olive oil.	u.d.
Ardica	Napoli	Acerra, Aversa, Pomigliano	Leaves	Young leaves in omelettes and soups.	u.d.
Ardica campanara, Evr' pugnucosa	Napoli	Ercolano, Torre del Greco, Portici		Young leaves in salads and pancakes.	u.d.
Lardica campanara	Napoli	Pompei, Boscoreale, Boscotrecase, Trecase, Terzigno		Young leaves in salads and pancakes.	u.d.
Ardica	Salerno	Cava de' Tirreni	Aerial part	Boiled and eaten in salads or with pasta.	Mautone et al. 2019
Urdic	Avellino	Partenio Regional Park	Aerial part	In salads.	Menale and Muio 2014

*Urtica dioica* L. s.l.  
URTICACEAE

*Urtica membranacea*  
Poir.  
URTICACEAE

*Urtica urens* L.  
URTICACEAE

<i>Valerianella locusta</i> (L.) Laterr. VALERIANACEAE	-	Avellino	Baianese and Lauretana areas	Leaves	In salads.	De Rosa et al. 2008
<i>Veronica beccabunga</i> L. PLANTAGINACEAE	Beccabunga	Benevento	Apollosa, Cautano, Foiano Valfortore	Flowers, leaves collected from June to August	In mixed salads.	u.d.