

A Checklist of Wild Edible Plants in Jordan

¹Dawud M. Al-Eiswi and ²Hamed R. Takruri

¹*Department of Biological Sciences, Faculty of Science and*

²*Department of Nutrition and Food Technology,
Faculty of Agriculture, University of Jordan, Amman, Jordan*

ABSTRACT. A checklist of 142 species of edible wild flowering plants in Jordan has been prepared on the bases of specimens collected from different parts of the country and supported by information of local food habits. The taxa recorded belong to 84 genera and 28 families. English names, Arabic names and the edible parts of the plants are given.

People of different countries use a range of wild plants and herbs in their diets. Wild plants are usually rich sources of nutrients especially vitamins and minerals.

The use of wild plants in human diet has been emphasised and recently focused upon due to their promising economic value and the increasing demand for food (Kunkel 1984), especially in Third World countries (NAS 1975, Berkes and Farkas 1978). Daughty (1979) pointed out that the recent diet characterized by a reduction in the range of food choice might be dangerous especially in developing countries. She adds that it is the variety of foods that safeguarded the health of the people and ensured the survival of human race without the aid of food composition tables and computers.

Studies on wild edible plants and their nutrient composition are few. Pellet and Shdarevian (1970) in their book "Food Composition Tables For Use in the Middle East" have included some of the wild edible plants with some data on their nutrient composition. However, the analysis values were incomplete and the plants included were very few. Several reports on the plants of Jordan have been published and include some edible plants (Al-Eisawi 1977, 1982, 1983, 1986, Boulos *et al.* 1977). However, no attempt was made to consider the edible plants in a separate study or to deal with their significance as food or the manner by which they are consumed.

Studies on the nutritive value of local food plants provide information necessary for assessing the nutritional status of the population. It is clear that the first step in such studies is to survey the edible plants, collect and identify them, know their geographical distribution and become familiar with their edible parts. In this paper a checklist of the wild plants consumed in different parts of Jordan, as far as we know them, is provided.

Some of the plants collected have been analyzed for their nutrient values. However, since the results are not yet complete, this part will be published separately.

Materials and Methods

Field trips were undertaken in different seasons covering different parts of Jordan (East Bank) over a period of three years (1985-1987). Plants either known to the authors or indicated by local people were collected and identified. Data on parts eaten were also gathered.

Scientific, Arabic, and English names, as well as the parts eaten are provided. The scientific names are based on the Jordan List of Vascular Plants (Al-Eisawi 1982) and author abbreviations are based on Meikle (1984). In a few cases scientific names are provided with synonyms, to help clarify the identity of the taxon because of differences in the taxonomic treatments in local Floras of neighbouring countries, *e.g.* Post (1932-1933), Feinbrun-Dothan (1978, 1986), Zohary (1966, 1972). In addition, different Arabic names are given for many taxa based on interviews with local people. The English names used are based on common names as given in British or American textbooks. Medicinal plants, not commonly used as food, are not included in the list.

ANACARDIACEAE

Pistacia atlantica Desf.

Parts used: fresh young shoots, eaten raw or as a salad mixed with yoghurt.

Arabic name: Botum

English name: Pistacia

بُطْم

Pistacia palaestina Boiss.

Parts used: fresh young shoots, eaten raw or as a salad mixed with yoghurt.

Arabic names: Sarris, Botum

English name: Terebinth Tree

سَرِّيس، بُطْم

Rhus coriaria L.

Parts used: seeds and seed coats, used as a spice and seasoning.

Arabic name: Summaq

سَمَاق

English name: Sumach

ARACEAE

Arum dioscoridis Sibth. & Kit.

Parts used: leaves, eaten after boiling as a stew. Corms are not eaten, they are poisonous.

Arabic name: Luf murakkat

لوف مرقط

English name: Spotted Arum

Arum hygrophilum Boiss.

Parts used: leaves, eaten after boiling as a stew. Corms are not eaten, they are poisonous.

Arabic name: Luf Saqi

لوف سقي

English name: Water Arum

Arum palaestinum Boiss.

Parts used: leaves, eaten after boiling as a stew. Corms are not eaten, they are poisonous.

Arabic name: Luf

لوف

English name: Arum

Eminium spiculatum (Blume) Kuntze

Parts used: dried leaves, eaten after boiling as a stew. Corms are not eaten, they are poisonous.

Arabic name: Sumai'ah

صميمة

English name: Eminium

BERBERIDACEAE

Bongardia chrysogonum L.

Parts used: fresh leaves, eaten raw or as a salad. Corms are poisonous.

Arabic names: Rijil-ul-Hamamah, U'rf-ud-dik,

رجل الحمامة ، عُرف الديك

I'raift-ed-dik

عريفة الديك

English name: Bongardia

BORAGINACEAE

Anchusa italica Retz.

Parts used: Nectar

Arabic name: Mussais

مصيص

English name: Alkanet

Anchusa hybrida Ten.

Parts used: Nectar

Arabic name: Mussais

English name: Alkanet

مصيص

CACTACEAE

Opuntia ficus-barbarica A. Berger (mostly cultivated)

Parts used: fruits, eaten raw after peeling.

Arabic names: Sabr, Subbair

English name: Parickly Pear.

صبر، صبير

CARYOPHYLLACEAE

Ankyropetalum gypsophiloides Fenzl

Parts used: water extract of stems and fleshy roots, used as emulsifier in candy and Halawa preparations.

Arabic names: A'slaj, Shirsh-ul-Halaweh

English name: Soapwort

عصليج، شرش الحلاوة

Paronychia argentea Lam.

Parts used: whole young plant, eaten raw.

Arabic names: Rijl-ul-Hamameh, Shuwaisht-ur-Raai

English names: Mountain Knotgrass, Silvery Whitlow-wort

رجل الحمامة، شويشة الراعي

CHENOPODIACEAE

Atriplex halimus L.

Parts used: fresh leaves, eaten raw or cooked as a vegetable.

Arabic names: Kataf, Hamd (Hamth)

English name: Orache

قطف، حمض

Beta vulgaris L. subsp. *maritima* (L.) Arcang.

Parts used: fresh leaves and stems, eaten cooked as a stew or as a soup mixed with lentil and in dough stuffing (*Sambosak*).

Arabic name: Silq Barri

English name: Wild Chard

سلق برى

COMPOSITAE

Carlina curetum Heldr. ex Hal.

Parts used: young stems after removing leaves, eaten raw.

Arabic names: Kanafoush, Sak-ul-Arus

English name: Carline Thistle

كنفوش، ساق العروس

Carlina hispanica Lam.

Parts used: young stems after removing leaves, eaten raw.

Arabic names: Kanafoush, Sak-ul-Arus

كنفوش، ساق العروس

English name: Carline Thistle

Carthamus tenuis (Boiss. & Blanche) Bornm.

Parts used: fleshy leaf petioles and young stems after removing leaves, eaten raw.

Arabic name: Kus

قوص

English name: Safflower

Centaurea iberica Trev. ex. Sprengel

Parts used: fleshy leaf petioles and young stems, eaten raw.

Arabic name: Murrar

مرار

English name: Spanish Thistle

Centaurea hyalolepis Boiss.

Parts used: fleshy leaf petioles and young stems, eaten raw.

Arabic name: Murrar

مرار

English name: Spanish Thistle

Chrysanthemum coronarium L.

Parts used: young stems after removing leaves, eaten raw.

Arabic names: Busbas, Basum

بسباس، بسوم

English names: Common Chrysanthemum, Crown Daisy.

Cichorium pumilum Jacq.

Parts used: young leaves, eaten as salad or cooked as a vegetable dish.

Arabic names: Ilk, Ilt, Hindiba

علك، علت، هندباء

English name: Dwarf Chicory

Geropogon hybridus (L.) Schultz Bip.

Parts used: whole young plant, eaten raw.

Arabic names: Thanab-al-Faras, Dhanab-ul-Faras, Dhunnaibah

ذنب الفرس، ذنب الفرس،
دنيبة

English names: Tragopogon, Old Man's beard

Gundelia tournefortii L.

Parts used: young stems and heads, eaten cooked as a stew or egg-vegetable dish.

Arabic names: A'kkub, Ka'oub

عكوب، كعوب

English name: Gundelia

Lactuca orientalis (Boiss.) Boiss.

Parts used: whole young plant, eaten raw.

Arabic names: Rabahlah, Khees

ربحلة، خيس

English name: Oriental Lettuce

Lactuca tuberosa Jacq.

Parts used: whole young plant, eaten raw.

Arabic name: Khass Barri

خس بری

English names: Wild Lettuce, Tuberous Lettuce

Matricaria aurea (Loefl.) Schultz Bip.

Parts used: infusion of whole plant, as a hot beverage.

Arabic names: Babunij, Qurai'a, Qurai'at Sedo

بابونج، قريمه، قريمه سيدو

English name: Chamomile

Pulicaria incisa (Lam.) DC.

Parts used: infusion of leaves and shoots, as a hot beverage.

Arabic name: Shay-ul-Jabal.

شاي الجبل

English name: Fleabane

Notobasis syriaca (L.) Cass.

Parts used: young leaves, stems and heads, eaten raw or cooked as a stew.

Arabic names: Khurfaish Jimal, Khurfaish

خرفيش جمال، خرفيش

English name: Syrian Thistle

Scolymus maculatus L.

Parts used: young stems, eaten raw.

Arabic names: Sinnariah, Sunnariah

سنارية، سنارية

English name: Golden Thistle

Scorzonera judaica Eig

Parts used: whole plant, eaten raw.

Arabic name: Ka'fur.

قعفرور

English name: Viper's Gass

Scorzonera papposa DC.

Parts used: whole plant, eaten raw.

Arabic names: Thibbah, Dhibbah, Thabah

ذبح، ذبح، طبح

English name: Viper's Grass

Scorzonera schweinfurthii Boiss.

Parts used: whole plant, eaten raw.

Arabic names: Ka'fur, Thibbah

قعفرور، ذبح

English name: Viper's Grass

Scorzonera syriaca Boiss.

Parts used: whole plant, eaten raw.

Arabic names: Thibbah, Bagil

ذبح، بقل

English name: Viper's Grass

Silybum marianum (L.) Gaertner

Parts used: young leaves, stems and young heads, eaten raw or cooked as stew. Dry achenes are also eaten raw.

Arabic names: Khurfaish nas, Khurfaish Jimal (ايضا خرفيش جمال)، خرفيش ناس، خرفيش

English names: Holy thistle, Knapweed, Milk Thistle

Sonchus oleraceus L.

Parts used: fleshy young stems, eaten raw.

Arabic names: I'lk-Khail, Ju'thaith

علك الخيل، جمعظيط

English name: Sow Thistle

Tragopogon buphthalmoides (DC.) Boiss.

Parts used: whole young plant, eaten raw.

Arabic names: Thanab-ul-Faras, Thibbah

ذنب الفرس، ذبيح

English name: Goat's Beard

Tragopogon coelesyriacus Boiss.

Parts used: whole young plant, eaten raw.

Arabic name: Thibbah

ذبيح

English name: Goat's Beard

Tragopogon collinus DC

Parts used: whole young plant, eaten raw

Arabic name: Thibbah

ذبيح

English name: Goat's Beard

Taraxacum megalorrhizon (Forsskal) Hand.-Mazz.

Parts used: leaves, eaten as a salad.

Arabic name: Tarakhon

طرخون

English names: Dandelion, Taragon

CRUCIFERAE

Diplotaxis acris (Forsskal) Boiss.

Parts used: leaves, eaten raw and as a salad.

Arabic names: Yahaq, Huwairreh

يهق، حويره

English name: Rocket

Diplotaxis ericoides (L.) DC.

Parts used: young stems and leaves, eaten raw or as a salad.

Arabic name: Huwairreh

حويره

English name: White Wall-Rocket

Eruca sativa Miller

Parts used: leaves and young stems, eaten raw or as a salad.

Arabic names: Gargeer, Jarjeer

English name: Garden Rocket

جرجير

Lepidium aucheri Boiss.

Parts used: leaves and young stems, eaten raw or as a salad.

Arabic name: Rashad

English names: Cress, Pepperwort

رشاد

Lepidium latifolium L.

Parts used: young leaves, eaten as a salad mixed with yoghurt.

Arabic names: Kharfak, Rashad

English names: Pepperwort, Dittander

خرق، رشاد

Lepidium sativum L.

Parts used: leaves and young stems, eaten as a salad mixed with yoghurt.

Arabic names: Rashad, Kharafrak

English names: Garden Cress, Pepper Cress

رشاد، خرق

Nasturtium officinale R. Br.

Parts used: whole young plant, eaten raw and as a salad mixed with yoghurt.

Arabic name: Huwairreh

English name: Water Cress

حويرة

Sinapis alba L.

Parts used: young stems and leaves, eaten raw, as a salad and salad mixed with yoghurt.

Arabic names: Khardal, Khardal Abiad

English name: White Mustard

خردل، خردل ابيض

Sinapis arvensis L.

Parts used: young stems and leaves, eaten raw.

Arabic names: Liffaiteh, Khardal, Offaiteh, Nfaiteh

English name: Charlock

لقية، خردل، ألية، نفة

Sisymbrium irio L.

Parts used: young stems and leaves, eaten raw or as a salad mixed with yoghurt.

Arabic names: Kibs, Chibs, Huwairreh

English names: London Rocket, Hedge Mustard Rocket

كبس، حويرة

ERICACEAE

Arbutus andrachne L.

Parts used: ripe fruits, eaten raw.

Arabic names: Kaykab, Katlab

قَيْقَب، قَطْلَب

English name: Oriental Strawberry-Tree

FAGACEAE

Quercus coccifera L.

Parts used: mature nuts, eaten roasted.

Arabic names: Ballut, Sindian, Gidar

بَلُوط، سِنْدِيَان، جِيدَار

English names: Kermes Oak, Scarlet Oak

Quercus ithaburensis Decne

Parts used: mature nuts, eaten roasted.

Arabic names: Ballut, Mallul

بَلُوط، مَلُول

English name: Oak

GERANIACEAE

Erodium gruinum (L.) L'Her.

Parts used: young fruits (schizocarps), eaten raw.

Arabic name: Ibrat-ul-A'juz

ابرة المعجوز

English names: Cane, Stork's-Bill

Geranium tuberosum L.

Parts used: tubers, eaten raw or roasted.

Arabic names: Furku' Shishan, Karn-ul-Ghazal

فَرْع شَيْشَان، قَرْن الْغَزَال

English name: Tuberous Crane's-Bill

IRIDACEAE

Crocus aleppicus Baker

Parts used: corms and soft seeds, eaten raw and as roasted corms.

Arabic names: Hlayyan, Shahhom, Shuhhaim

حَلْيَان، شَحُون، شُحِيم

English name: Crocus

Crocus cancellatus Herb. subsp. *damascenus* (Herb.) Mathew

Parts used: corms and soft seeds, eaten raw and as roasted corms.

Arabic names: Shahhom, Shuhhaim

شَحُوم، شُحِيم

English name: Crocus

Crocus hermoneus Kotschy ex Maw

Parts used: corms and soft seeds, eaten raw and as roasted corms.

Arabic name: Hlayyan

English name: Crocus

حليان

Crocus moabiticus Bornm. & Dinsm.

Parts used: corms, eaten raw and as roasted corms.

Arabic names: Shahhom, Shuhhaim

English name: Crocus

شُحُوم، شُحُيم

Crocus pallasii Gold. subsp. *haussknechtii* (Boiss. & Reut. ex Maw) Mathew

Parts used: corms, eaten raw and as roasted corms.

Arabic names: Shahhom, Shuhhaim

English name: Crocus

شُحُوم، شُحُيم

LABIATAE

Calamintha incana (Sm.) Heldr.

Parts used: fresh and dried leaves and shoots, eaten raw or used for seasoning and as a tea.

Arabic names: Za'itman, Krainieh, Kurniyyeh

English name: Grey Moench

زَعِيمَان، قَرِينِيَّة، قَرْنِيَّة

Lamium moschatum Miller

Parts used: young stems, eaten raw.

Arabic name: Rkaibet-el-Jamal

English name: Dead-Nettle

رَكِيبة الجمل

Mentha longifolia (L.) Hudson

Parts used: fresh, dried stems and leaves, eaten as a salad or for dough stuffing and seasoning.

Arabic names: Na'na' Barri, Habaq

English name: Wild Mint

نَعْنَع بَرِي، حَبَق

Micromeria nervosa (Desf.) Benth

Parts used: hot extract of dried stems and leaves, used as a beverage.

Arabic name: Shai Barri

English name: Benth

شاي بري

Origanum syriacum L.

Syn.: *Majorana syriaca* (L.) Rafin.

Parts used: fresh or dried young stems and leaves, used fresh for salad seasoning and dough stuffing, or dry as the main ingredient in thyme (Za'tar) mix.

Arabic name: Za'tar

English names: Thyme, Syrian Hyssop

زَعْتَر

Salvia dominica L.Syn.: *S. graveolens* Vahl.

Parts used: young stems and fleshy stem galls, eaten raw.

Arabic names: Khuwaikhah, Marrow

خويجة، مرو

English name: Dominica Sage

Salvia fruticosa MillerSyn.: *S. triloba* L. fil.*S. libanotica* Boiss. & Gaill.

Parts used: hot water extract of fresh or dried leaves and shoots, used as hot beverage.

Arabic names: Mairamieah, Mariamieah, Shijjaireh

ميرميه، مريمية، شجيرة

English names: Sage, Lebanon Sage

Salvia judaica Boiss.

Parts used: fresh leaves, eaten stuffed and cooked.

Arabic names: Waraq-el-San, Lisan-uth-Thawr, Lsaineh

ورق لسان،
لسان الثور، لسيّنة

English names: Clary, Judean Sage.

Thymus bovei BenthamParts used: fresh, dried leaves and shoots, eaten as in *O. syriacum*

Arabic name: Za'tar Farsi

زعتر فارسي

English name: Thyme

Thymus capitatus (L.) Hoffmanns. & LinkParts used: fresh or dried leaves and shoots, eaten as in *O. syriacum*

Arabic name: Za'tar Farsi

زعتر فارسي

English name: Headed Thyme

LEGUMINOSAE

Ceratonia siliqua L.

Parts used: fresh and dried fruits (pods, legumes), eaten as a dried fruit when ripe and as milk coagulant when unripe.

Arabic name: Kharrub

خرّوب

English names: Carob, Locust

Glycyrrhiza glabra L.

Parts used: water extract of dried roots, used as cold beverage.

Arabic name: Sus

سوس

English name: Liquorice

Lathyrus blepharicarpus Boiss.

Parts used: soft fruits and young shoots, eaten raw.

Arabic names: Khubz-ul-Kak, Sa'ysa'

خبز القاق، سعيسة

English name: Vetchling

Lathyrus cicer L.

Parts used: fresh soft fruits, eaten raw.

Arabic names: Saysa', Asaysa'

سعيسة، أسيسة

English name: Dwarf Chickling Vetch

Lathyrus gorgonei Parl.

Parts used: fresh soft fruits, eaten raw.

Arabic name: Sa'ysa'

سعيسة

English name: Sweet Pea Vetchling

Lathyrus inconspicuus L.

Parts used: fresh soft fruits, eaten raw.

Arabic name: Sa'ysa'

سعيسة

English name: Small-flowered Vetchling

Lathyrus marmoratus Boiss. & Blanche

Parts used: fresh soft fruit, eaten raw.

Arabic name: Sa'ysa'

سعيسة

English name: Vetchling

Lathyrus ochrus (L.) DC.

Parts used: fresh soft fruits, eaten raw.

Arabic name: Sa'ysa'

سعيسة

English name: Yellow Pea

Lathyrus pseudocicera Pamp.

Parts used: fresh soft fruits, eaten raw.

Arabic name: Sa'ysa'

سعيسة

English name: Vetchling

Medicago orbicularis (L.) Bart.

Parts used: fresh soft fruits, eaten raw.

Arabic names: Khubs-ur-Raa'i, A'ysh-ul-Ghurab

خبز الراعي، عيش الغراب

English name: Flat-Podded Medick

Medicago sativa L.

Parts used: young shoots, eaten raw.

Arabic names: Kurtah, Barsim Hijazi

قرطة، برسيم حجازي

English name: Alfalfa, Lucerne

Onobrychis caput-galli (L.) Lam.

Parts used: fresh soft fruits (pods), eaten raw.

Arabic names: Dorrais, Dirrais, Kataief

English name: Cock's Head

دُرّيس، دَرّيس، قطايف

Onobrychis crista-galli (L.) Lam.

Parts used: fresh soft fruits (pods), eaten raw.

Arabic names: Dorrais, Dirrais, Kataief

English name: Cock's Comb

دُرّيس، دَرّيس، قطايف

Onobrychis squarroza Viv.

Parts used: fresh soft fruits, eaten raw.

Arabic names: Dorrais, Dirrais.

English name: Cock's head

دُرّيس، دَرّيس

Ononis spinosa L.Syn.: *O. antiquorum* L.

Parts used: young fresh shoots, eaten raw.

Arabic name: Shibrik

English name: Restharrow

شبرق

Pisum fulvum (Berg.) Lehm.

Parts used: fresh soft fruits and young shoots, eaten raw.

Arabic names: Burraid, Burrayd

English name: Wild Pea

بُرّيد

Pisum sativum L. subsp. *elatus* (Bieb.) Ascherson & GraebnerSyn.: *P. elatus* Bieb.

Parts used: soft fresh pods and young shoots, eaten raw.

Arabic names: Tuggaish, Burraid.

English name: Wild Pea

طُقّيش، بُرّيد

Pisum fulvum Sibth et Sm.

Parts used: soft fresh fruits and young shoots, eaten raw.

Arabic names: Burraid, Burrayd

English name: Wild Pea

بُرّيد

Tetragonolobus palaestinus Boiss. & Blanche

Parts used: young and mature pods, eaten raw and boiled.

Arabic names: Asaiba'ah, Jalathun

English name: Palestine Winged Pea

اصبيبة، جلتون

Trigonella arabica Delile

Parts used: fresh young shoots, for seasoning.

Arabic names: Hwajeh, Handagog, Handaqq.

English name: Wild Arabic Fenugreek

حواجة، حندقوق

Trigonella berythea Boiss. & Blanche

Parts used: soft fresh pods and young shoots, for seasoning.

Arabic names: Hwajeh, Handagog, Handaqq.

English names: Fenugreek, Beirut Trigonel

حواجة، حندقوق

Trigonella caelesyriaca Boiss.

Parts used: fresh young shoots, for seasoning.

Arabic names: Hwajeh, Handagog, Handaqq

English name: Caelesyriacum Fenugreek

حواجة، حندقوق

Trigonella foenum-graecum L.

Parts used: soft fresh pods and young shoots, eaten raw and used in dough stuffing.

Seeds are used in local sweet preparation.

Arabic name: Hilbah

English name: Fenugreek

حلبة

Trigonella kotschyi Fenzl ex Boiss.

Parts used: fresh young shoots, for seasoning.

Arabic names: Hwajeh, Handagog, Handaqq

English name: Trigonel

حواجة، حندقوق

Trigonella schlumbergeri Boiss.

Parts used: fresh young shoots, for seasoning.

Arabic name: Hwajeh

English name: Trigonel

حواجة

Trigonella stellata Forsskal

Parts used: fresh young shoots, for seasoning.

Arabic names: Hwajeh, Handagog, Ishbet-as-Samn

English name: Star Fenugreek

حواجة، حندقوق، عشب السمن

Vicia hybrida L.

Parts used: fresh pods, eaten raw.

Arabic names: Biz-el-Bakara, Fowialeh

English name: Tare Vetch

بز البقرة، فويلة

Vicia narbonensis L.

Parts used: fresh pods, eaten raw.

Arabic name: Ful-Iblis

فول ابلّيس

English name: Narbone Vetch

Vicia peregrina L.

Parts used: fresh pods, eaten raw.

Arabic names: Snayneh, Sin-ul-Far, Jlibban

سنينه، سن الفار، جلبان

English name: Broad-Podded Vetch

Vicia sativa L.

Parts used: soft fresh pods, eaten raw.

Arabic names: Jilban, Jlibban, Saisa'ah, Asaisa'a, Ful-Rumi

جلبان، جلبان
سعيسة، اسيسعة، فول رومي

English names: Common Vetch, Tare

LILIACEAE

Allium ampeloprasum L.

Parts used: whole young plant, eaten raw, in salad mixes, soup and in stew.

Arabic name: Thum-ul-Arab

ثوم العرب

English name: Wild Leek

Asparagus aphyllus L.

Parts used: fresh early growing young shoots, eaten as vegetable dish or vegetable-egg dish and in soup.

Arabic name: Ajram

عجرام

English name: Wild Asparagus

Tulipa argensis DC.

Parts used: corms, eaten raw and roasted.

Arabic names: Karn-ul-Ghazal, Zambak

قرن الغزال، زنبق

English name: Wild Tulip

Tulipa systola Stapf

Parts used: corms, eaten raw and roasted.

Arabic names: Karn-el-Ghazal, Zambaq

قرن الغزال، زنبق

English name: Wild Tulip

MALVACEAE

Alcea setosa (Boiss.) Alef.

Parts used: hot water extract of the flowers.

Arabic names: Wardat-ul-Ghula, U'waynat-ul-Bakara, Khubbayzah

وردة الغولة، عوينة البقرة، خبيزه

English name: Marsh Mallow

Malva neglecta Wallr.

Parts used: fresh leaves and young shoots, eaten as cooked vegetable dish.

Arabic name: Khubbayzah

English name: Dwarf Mallow

خُبَيْزَة

Malva nicaeensis All.

Parts used: fresh leaves, eaten as cooked vegetable dish.

Arabic name: Khubbayzah

English name: Mallow

خُبَيْزَة

Malva parviflora L.

Parts used: fresh leaves and young shoots, eaten as cooked vegetable dish.

Arabic name: Khubbayzah

English name: Mallow

خُبَيْزَة

Malva sylvestris L.

Parts used: fresh leaves and young shoots, eaten as cooked vegetable dish.

Arabic name: Khubbayzah

English name: Common Mallow

خُبَيْزَة

PINACEAE

Pinus halepensis Miller.

Parts used: young male cones and mature seeds, eaten raw or mixed with some sweets.

Arabic names: Snober Halabi, Kraish, Lizzab

English name: Aleppo Pine

صنوبر حليبي، قريش، لزّاب

POLYGONACEAE

Rheum palaestinum Feinbr.

Parts used: stems and leaf petioles, eaten raw or boiled.

Arabic names: Atrafan, Rabbas, Ribas

English name: Palestinian Rhubarb

عطرفان، ربّص، ربص

Rumex crispus L.

Parts used: leaves and young shoots, eaten raw, cooked or used in dough stuffing.

Arabic names: Hummaid Bustani, Hummaid

English names: Yellow Dock, Curled Dock

حميض بستاني، حميض

Rumex pulcher L.

Parts used: leaves and young shoots, eaten raw, cooked or used in dough stuffing.

Arabic name: Hummaid

English name: Fiddle Dock

حميض

Rumex cyprius Mur.

Parts used: whole young plant, eaten raw, cooked or used in dough stuffing and salad.

Arabic names: Hmamesah, Hamassees, Hummaid.

خميص، خميص، خميص

English name: Sorrel

Rumex vesicarius L.

Parts used: whole young plant, eaten raw, cooked or used in dough stuffing and salad.

Arabic names: Hamassees, Hmamesah

خميص، خميص

English names: Sorrel, Bladder dock

PRIMULACEAE

Cyclamen persicum Miller

Parts used: fresh leaves and soft seeds, eaten raw or stuffed and cooked leaves.

Arabic names: Za'matut, Rakaf, Karn al-Ghazal

زعماطوط، ركف، قرن الغزال

English name: Cyclamen

PORTULACACEAE

Portulaca oleracea L.

Parts used: fresh young shoots and leaves, eaten raw and as a salad or cooked as vegetable dish.

Arabic names: Rijleh, Bakleh, Farfahaina

رجلة، بقلة، فرفحينة

English name: Common Purslane

RANUNCULACEAE

Ranunculus muricatus L.

Parts used: fresh young shoots, eaten raw or as a salad.

Arabic name: Hwairreh

حويرة

English name: Pile Wort

RHAMNACEAE

Ziziphus lotus (L.) Lam.

Parts used: fresh and dry ripe fruits, eaten raw.

Arabic name: Sidir

سدر

English name: Ziziphus

Ziziphus nummularia (Burnm.fil.) Wight. & Walk.-Arn.

Parts used: fresh and dry ripe fruits, eaten raw.

Arabic name: Rubbayd

رُبَّض

English name: Ziziphus

Ziziphus ziziphus (L.) MeikleSyn: *Ziziphus officinalis* Medik.

Parts used: fresh and dry ripe fruits, eaten raw.

Arabic names: P'nnab, A'nnab

عُنباب

English name: Jujube

Ziziphus spina-christi (L.) Will.

Parts used: fresh and dry ripe fruits, eaten raw.

Arabic names: Sidr, Sidir, Nabaq

سدر، نبق

English name: Christ Thorn

ROSACEAE

Crataegus aronia (L.) Bose. ex DC.

Parts used: fresh ripe fruits, eaten raw.

Arabic name: Za'rur

زعرور

English name: Hawthorn

Crataegus azarolus L.

Parts used: fresh ripe fruits, eaten raw.

Arabic name: Za'rur

زعرور

English name: Hawthorn

Pyrus syriaca Boiss.

Parts used: fresh ripe fruits, eaten raw.

Arabic names: Injas (Ajas) Barri

انجاص (اجاص) بري

English name: Wild Pear

Rubus canescens DC.

Parts used: fresh ripe fruits, eaten raw or as jam and unripe fruits are used in dough stuffing.

Arabic name: U'llayk

عُليق

English name: Bramble

Rubus sanguineus Friv.

Parts used: fresh ripe fruits, eaten raw or as jam and unripe fruits are used in dough stuffing.

Arabic name: U'llayk

عُليق

English name: Bramble

Sarcopoterium spinosum (L.) Spach

Parts used: fresh soft fruits, eaten raw.

Arabic names: Natsh, Billan, Ballan

نتش، بلان

English name: Thorny Burnet

RUTACEAE

Ruta chalepensis L.

Parts used: shoots pickled with green olives

Arabic names: Faijan, Sithab, Sidhab

فيجن، سدّاب، سدّاب

English name: Syrian Rue

SOLANACEAE

Mandragora autumnalis Bertol.

Parts used: ripe fruits, eaten raw without the seeds.

Arabic names: Tufah Majan, Shujja', Jaraboh, Safarjal

تفاح مجن،

شجّاع جربوح، سفرجل

English name: Mandrake

UMBELLIFERAE

Ammi majus L.

Parts used: young fleshy shoots, eaten raw.

Arabic name: Sannirich

سنّيرية

English name: Bishop's Weed

Apium graveolens L.

Parts used: whole young plant, eaten raw or as a salad.

Arabic name: Krafis Barri

كرفس بري

English name: Wild Celery

Apium nodiflorum (L.) Lag.

Parts used: whole young plant, eaten raw or as a salad and used in dough stuffing.

Arabic names: Kurrah, Kurrat-al-A'in

قُرّة، قُرّة العين

English name: Dwarf Celery

Astoma seselifolium DC.

Parts used: fresh corms, eaten raw or roasted.

Arabic names: Jawzat-ul-Ard, Furgu', Furqu'

جوزة الارض، فرقع

English name: Astoma

Coriandrum sativum L.

Parts used: fresh young shoots and leaves, eaten raw or as a salad and food flavouring.

Arabic name: Kuzbarah

كزبرة

English name: Coriander

Eryngium creticum Lam.

Parts used: fresh young leaves and shoots, eaten raw or in salad.

Arabic name: Kursa'anneh

English name: Button Snake Root

قرصنة

Eryngium glomeratum Lam.

Parts used: young leaves and shoots, eaten raw.

Arabic name: Kursa'anneh

English name: Button Snake Root

قرصنة

Foeniculum vulgare Miller

Parts used: fresh shoots and leaves, eaten raw and for seasoning.

Arabic name: Shumar

English name: Common Fennel

شومر

Malabaila secacul (Miller) Boiss.

Parts used: fresh fleshy roots and immature green schizocarps, eaten raw.

Arabic names: Jazar, Draihmeh

English name: Hartwort

جزر، دريحه

Ridolfia segetum (Guss.) Moris

Parts used: leaves and young shoots, eaten raw or used in soup flavouring.

Arabic name: Shabat

English name: Dill

شبت

Tordylium aegyptiacum (L.) Lam.

Parts used: immature soft fruits, eaten raw.

Arabic names: Draihmeh, Durayhmah

English name: Egyptian Hartwort

دريحه، دُرِيحه

URTICACEAE

Urtica pilulifera L.

Parts used: fresh young shoots, eaten raw

Arabic names: Kurrais, Gurrais

English name: Roman Nettle

قرّيص

Acknowledgement

The authors would like to thank the University of Jordon for supporting this project financially.

References

- Al-Eisawi, D.M.** (1977) *Revision of the Family Umbelliferae in Jordan, Part 1*. Ph.D. Thesis, University of Reading, England, 481 p.
- Al-Eisawi, D.M.** (1982) List of Jordan Vascular Plants, *Mitt. Bot. Munchen*, **18**: 79-182.
- El-Eisawi, D.M.** (1983) Studies on the flora of Jordan, 10. Nine new taxa to the flora of Jordan, *Candollea* **38**(1): 359-364.
- Al-Eisawi, D.M.** (1986) The orchids of Jordan, *Kew Bul.* **41**(2): 359-377.
- Berks, F. and Farkas, C.S.** (1978) Eastern James Bay Cree Indians: Changing patterns of wild food use and nutrition, *Ecology of Food Nutr.* **7**: 155-172.
- Boulos, L., Jallad, W. and Lahham, J.** (1975) Studies on the flora of Jordan, 2. Seven species new to the flora of Jordan, *Bot. Notiser.* **128**: 368-370.
- Daughy, J.** (1979) Dangers of reducing the range of food choice in the developing countries, *Ecology of Food & Nutr.* **8**: 275-283.
- Feinburn-Dothan, N.** (1978) *Flora Palaestina, Vol. 3*: The Israel Academy of Sciences and Humanities, Jerusalem, 481 p.
- Feinburn-Dothan, N.** (1986) *Flora Palaestina, Vol. 4*: The Israel Academy of Sciences and Humanities, Jerusalem, 462 p.
- Kunkel, G.** (1984) *Plants for Human Consumption*, Koeltz Scientific Books, Koenigstein, 393 p.
- Meikle, R.D.** (1984) *Draft Index of Author Abbreviations compiled at The Herbarium Royal Botanic Gardens*, Kew, Her Majesty's Stationery Office, London, 257 p.
- National Academy of Sciences** (1975) *Underexploited Tropical Plants with Promising Economic Value*, Report of ad hoc panel of the advisory committee on technology innovation, National Academy of Sciences, Washington, U.S.A., 30 p.
- Pellet, P. and Shadarevian, S.** (1970) *Food Composition Tables for Use in the Middle East*, American University of Beirut, Beirut, 116 P.
- Post, G.E.** (1932-1933) *Flora of Syria, Palestine & Sinai*, 2nd ed., American Press, Beirut, 658 & 928 p.
- Zohary, M.** (1966) *Flora Palaestina, Vol. 1*, The Israel Academy of Sciences and Humanities, Jerusalem, 364 p.
- Zohary, M.** (1972) *Flora Palaestina, Vol. 2*, The Israel Academy of Sciences and Humanities, Jerusalem, 490 p.

(Received 27/03/1988;
in revised from 29/10/1988)

قائمة للنباتات البرية المستعملة للأكل في الأردن

١ داود محمد حسن العيسوي و ٢ حامد رباح حامد تکروري

- ١ - قسم العلوم البيولوجية - كلية العلوم - الجامعة الأردنية - عمان - الأردن
٢ - قسم التغذية والتصنيع الغذائي - كلية الزراعة - الجامعة الأردنية - عمان - الأردن

يستهلك الناس في المجتمعات المختلفة في غذائهم كثيراً من أصناف النباتات والأعشاب البرية بكميات متفاوتة. وهذه النباتات تساهم مساهمة جيدة في تزويد الجسم بكثير من العناصر الغذائية خاصة الفيتامينات والأملاح المعدنية. والاهتمام بهذه النباتات متزايد في جهات مختلفة من العالم خاصة وأنه من الممكن زراعتها واستغلالها اقتصادياً لتساهم في تحقيق الأمن الغذائي. وحسب ملاحظة الباحثين وخبرتها فإن الأردن غني بهذه النباتات المأكولة، فهي تستهلك من قبل قطاعات كبيرة من المجتمع الأردني - خاصة الأرياف. ولذا فقد ارتوى أنه من الضروري القيام بدراسة للتعرف على هذه النباتات كمقدمة لدراسة قيمتها الغذائية وطرق استعمالها ومساهمتها في تغطية الحاجات الغذائية للمواطن الأردني ودراسة أهميتها في بعض الحميات الغذائية.

تم في هذه الدراسة إعداد قائمة من مئة واثنتين وأربعين نوعاً من النباتات الزهرية البرية المستعملة للأكل في الأردن وجرى جمعها من مناطق مختلفة من البلاد، واستعين في تحديدها والتعرف عليها وفي تحديد الجزء المأكل منها. بذوي الخبرة من سكان المناطق التي تنبت فيها هذه النباتات لاسيما الأشخاص المعمرين. وصنفت النباتات في ٨٤ جنساً تنتمي إلى ٢٨ عائلة نباتية.

وقد شملت القائمة الأسماء العلمية والأسماء الإنجليزية والأسماء العربية المحلية المشهورة. ونظراً لتعدد الأسماء العربية فقد ذكرت الأسماء المرادفة في كثير من الحالات. وابتدىء بالإسم العربي الأكثر شهرة واستعمالاً والمدون في المراجع والمعاجم العربية. وعند عدم توفر ذلك استعملت الأسماء والمرادفات المحلية وابتدىء بالإسم الأكثر شهرة والمألوف لدى الباحثين. ولم يدرج في هذه القائمة

النباتات الطبية التي لا تستعمل عادة كغذاء . واما النباتات والأعشاب الطبية المستعملة في غذاء الناس فقد أدخلت في هذه الدراسة .

ويلاحظ تباين في عدد الأنواع النباتية في العائلات المختلفة المشمولة في الدراسة ، فمثلاً احتوت كل من العائلات البربريدية (Berberidaceae) والصبارية (Cactaceae) والربيعية (Primulaceae) على نوع واحد من النباتات المأكولة بينما اشتملت القائمة على ٢٥ نوعاً من نباتات العائلة المركبة (Compositae) و٣٠ نوعاً من نباتات العائلة البقولية Leguminosae .

كما ويلاحظ في هذه الدراسة الإختلاف في الجزء المأكول من نبات إلى آخر فقد شمل الجزء المأكول من النباتات الجذر والساق والأوراق الغضة الخضراء والثمار والبذور .