

## ETHNOBOTANICAL REMARKS IN CAPITANATA AND SALENTO AREAS (PUGLIA, SOUTHERN ITALY)

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### ABSTRACT

This paper gives the results of an ethnobotanical study concerning two areas in the Puglia region (Southern Italy), a territory which has not been studied very much from an ethnobotanical standpoint. Ninety-eight species, identified according to "Flora d'Italia, are considered and information about their therapeutical, veterinary, alimentary and domestic uses are reported. Analysis of the data collected shows the importance of many alimentary species, both cultivated and wild, used in phytotherapy. Also interesting are the uses of many plants in daily life in domestic crafts (jams, liqueurs, basket-weaving and rope-making). Nowadays these last uses are more frequent than the phytotherapeutic ones. Several plants have uses not previously cited in the specific literature consulted: *Arisarum vulgare* (Araceae) against burns, *Phlomis fruticosa* (Lamiaceae) as antitussive, *Marrubium vulgare* (Lamiaceae) as antirheumatic. *Consolida ajacis* (Ranunculaceae), antiparasitic agent, is never cited in the Italian medicinal flora.

**Keywords:** ethnobotany; Puglia; southern Italy.

### RESUMEN

**OBSERVACIONES ETNOBOTÁNICAS EN LAS ZONAS DE CAPITANATA Y SALENTO (PUGLIA, SURESTE DE ITALIA).** *Etnobiología* 5: 51-64 (2005) 2007. Esta investigación presenta los resultados de un análisis etnobotánico en dos áreas de la región de Puglia (Italia meridional), un territorio poco estudiado desde este punto de vista. Se consideraron 98 especies identificadas de acuerdo con la Flora d'Italia. Se reporta información sobre sus usos terapéuticos, veterinarios, alimenticios y domésticos. El análisis de los datos recogidos muestra la importancia de muchas especies alimentarias, cultivadas y silvestres, usadas en fitoterapia, como también en la vida cotidiana (mermeladas, licores, cestas, cuerdas). En el presente estudio, estos últimos usos son más frecuentes que los usos fitoterapéuticos. Existen algunas especies usadas en la medicina popular cuyos usos no son mencionados en la flora medicinal italiana, a modo de ejemplo se pueden señalar *Arisarum vulgare* (Araceae) para quemaduras, *Phlomis fruticosa* (Lamiaceae) contra la tos, *Marrubium vulgare* (Lamiaceae) como antiartrémica y *Consolida ajacis* (Ranunculaceae), nunca mencionadas para la flora medicinal del país.

**Palabras clave:** etnobotánica, Puglia, Italia meridional.

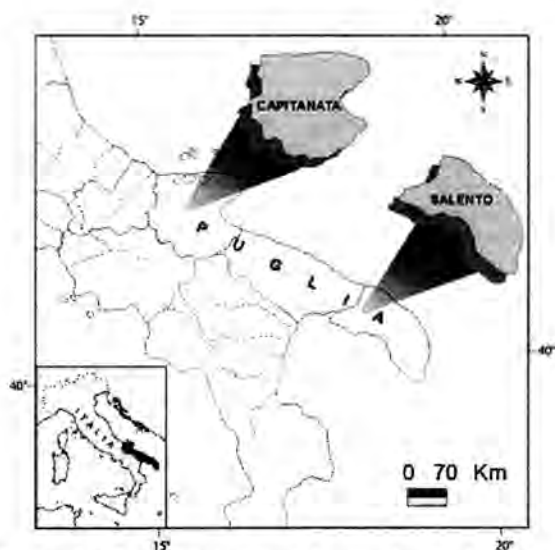
### Introduction

This paper gives the results of an ethnobotanical study carried out in two areas of the Puglia region: Capitanata and Salento, respectively the northernmost and southernmost parts of the region.

Ethnobotanical information about Puglia is scarce, there being, in fact, only the contribution by Frigino *et al.* (1999) and by Bianchi and Gallifuoco (2004), while only a little more information was given by Fenaroli (1972-1973), Longo (1931) and La Sorsa (1941). This study, therefore, contributes to our knowledge of the plant traditions of this region. Capitanata administratively comes under the

province of Foggia and is bordered, to the north, by Molise, to the north-east and east by the Adriatic sea, to the south by the Fortore river and, to the west, by the Daunia mountains. Salento, instead, is in the province of Lecce and Brindisi; it is surrounded to the east and south by the Adriatic, to the west by the Ionian sea and, to the north, the Murge plateau (Figure 1).

The climate of these areas is typically Mediterranean, summers being characterised by marked aridity, whilst the rainy period is mainly concentrated in autumn. Thus, from a phytoclimatic point of view, it is to be considered a subhumid meso-Mediterranean climate (Macchia 1984, Biondi and Baldoni 1994).



**Figure 1.** Map of investigated areas in Puglia region (Italy).

In the areas studied, the flora and vegetation are typical of the Mediterranean maquis, inserted also along the coasts, where habitats rich in salty soils and coastal lakes prevail, with an alophylous vegetation.

These wild vegetation typologies are flanked and often substituted by agricultural cultivations, farming being an important factor in the regional economy where *Olea europaea* (Oleaceae) and *Vitis vinifera* (Vitaceae) are the principal products.

In this context, the popular and medicinal uses of plants, which date back to ancient times, today represent an important cultural heritage that, although obsolete, is kept alive in people's memories.

## Methods

The research was carried out in the last twenty-five years in the neighbouring of Foggia (Tavoliere plain) for the Capitanata area; in the surroundings of Lecce (Arnesano, Campi Salentina, Carmiano, Copertino, Leverano, Monteroni, Nardò, Novoli, Porto Cesareo, Salice Salentino, Salve, S. Donato di Lecce, S. Pietro in Lama, Trepuzzi, Veglie) for the Salento area.

The methodology employed was twofold, involving both open interviews of local informants (mainly elderly people), and the collection of as yet unpublished data from the recent past.

In recording information care was taken not to "translate" this into medical terms, but to record exactly whatever was reported: for example "diseases of the respiratory tract" remained as it was, without providing an "interpretation" such as "bronchitis" or "pharyngitis".

Information probably influenced by different sources such as books, magazines and such like, was not reported. Magic and religious uses of plants, more relevant to ethno-anthropological studies, were omitted, whereas, on the contrary, alimentary, craft and veterinary uses have been reported.

Specific ethnobotanical literature, mainly regarding southern Italy (Barone 1963, Schauenberg and Paris 1977, Gastaldo 1987, Antonone *et al.* 1988, Leporatti and Pavesi 1989, De Feo *et al.* 1991, 1992, 1993, Caneva *et al.* 1997, Guarrera 1999, Pieroni *et al.* 2002a, 2002b, Bianchi and Gallifuoco 2004), was consulted in order to provide comparisons for the data obtained through the research.

The collected plants were identified according to Flora d'Italia (Pignatti 1982). Scientific nomenclature is according Tutin and Heywood (1968-1976, 1993) and Greuter *et al.* (1984, 1986, 1989). The *exsiccata* of cited plants (except several very available species) are preserved in the authors' own herbaria, housed in the Museo Nazionale Arti e Tradizioni Popolari and in the Department of Vegetal Biology of University "La Sapienza", in Rome.

## Results

Table I lists 98 species belonging to 42 families. For every species the family and botanical name are given, as well as the local name, geographical area, part of the plant used, the uses and eventual comments (notes). Both families and species, for ease of consultation, are listed in alphabetical order.

## Discussion and conclusions

From an analysis of the data some considerations may be drawn.

Only five families, among the 42 recorded, present a considerable number of used species: Lamiaceae (10), Fabaceae (8), Asteraceae (8), Poaceae and Brassicaceae (7);

the remaining are present with a small number of species and, in several cases, only one species.

Regarding the parts of the plants which are used: leaves are the most frequently employed (36), followed by the whole plant (14) and fruits (11). With regard to preparations, decoction is quite definitely the favourite method used (25), while infusion and cataplasm (8) are less frequent.

#### Medicinal uses

More than 10% of plants present interesting uses or ones not yet cited in the specific literature. Noteworthy amongst these are *Isatis tinctoria* (Brassicaceae) as a laxative, *Brassica oleracea* (Brassicaceae) effective for rheumatic pains; the decoction of *Centaurium erythraea* (Gentianaceae) used in the past for cases of malaria is cited also by Bianchi and Gallifuoco (2004).

The decoction of *Ballota nigra* (Lamiaceae) is drunk for jaundice, whereas, if applied externally it acts on haemorrhoids (piles). *Marrubium vulgare* (Lamiaceae), used for malaria, rheumatic pains, piles and small wounds, is considered a real 'panacea' in Gargano promontory, where have been registered almost the same uses (Bianchi and Gallifuoco 2004), and in the neighbouring Basilicata region (Pieroni *et al.* 2002b). We can note that *Ballota nigra* ("maruggiu") has almost the same name of *Marrubium vulgare* ("marruje") and shares several uses with it: it's probably a confusion between these two species. *Satureja nepeta* (Lamiaceae) is considered a good insect-repellent, but its well known properties as cholagogue and expectorant are unknown.

To bring abscesses and pimples to a head, a cataplasm of *Allium cepa* (Liliaceae), the common onion, or of *Nicotiana glauca* (Solanaceae) is considered a good remedy. This latter is also a good cicatrizing agent for wounds. *Parietaria judaica* (Urticaceae) is considered as an antidiarrhoeic. *Arisarum vulgare* (Araceae), a toxic plant whose leaves are applied in a poultice on burns, and *Phlomis fruticosa* (Lamiaceae), whose decoction of the flowery tops is antitussive, are neither cited in the ethnopharmacobotanical literature of southern Italy, nor considered to be medicinal plants (Schauenberg and Paris 1977, Gastaldo 1987).

The medicinal and antiparasitic use of *Thymus capitatus* (Lamiaceae) is also unknown for southern Italy, as well as the antiparasitic use of *Consolida ajacis* (Ranunculaceae). This latter is not considered as medicinal plant (Schauenberg and Paris 1977, Gastaldo 1987). Also uncommon is the use of *Hyoscyamus albus* (Solanaceae) as a cicatrizing agent (the plant has also an analgesic action due to the presence of hyoscyne), while the same use of *Nicotiana glauca* is described by Frigino *et al.* (1999) for *Nicotiana tabacum* (Solanaceae). In Puglia region, some plants are also used in neighbouring areas more or less in similar way: e.g. *Myrtus communis* for gingivitis in Salento (this text), whilst in Gargano promontory against catarrh; *Olea europaea* has been employed as haemostatic, applying in Salento squashed leaves (this text) or bark in Gargano area (Bianchi and Gallifuoco 2004).

Only 4 exotic plants are considered to be phytotherapeutic, 3 of them spontaneously reproducing: *Agave americana* (Agavaceae), *Opuntia ficus-indica* (Cactaceae), *Nicotiana glauca* (Solanaceae), while *Papaver somniferum* (Papaveraceae) was in the past cultivated but its use (described also by Bianchi and Gallifuoco, 2004), quite apart from being dangerous, is also illegal.

In conclusion it is possible to say that, in this area, the medical resources from plants are not employed to deal with serious illness, with the exception for *Centaurium erythraea* and *Marrubium vulgare*, used in the past for malaria, *Diplotaxis eruroides* (Brassicaceae) as an antiscorbutic or *Crataegus laevigata* (Rosaceae) as a cardiogenic. They do, however, offer a wide range of remedies for a series of milder complaints mainly concerning the intestinal (14), and respiratory (14) tracts, as diuretic agents (10) and in cases of skin diseases (7).

A remarkable number of species (over 30%), are alimentary plants, used for phytotherapeutic purposes. These include not only those usually cultivated *Beta vulgaris* (Chenopodiaceae), *Brassica oleracea* (Brassicaceae), *Vitis vinifera* (Vitaceae), but also easily available wild plants *Satureja nepeta* (Lamiaceae), *Papaver rhoeas* (Papaveraceae), *Portulaca oleracea* (Portulacaceae) and/or the species typical of some investigated habitats *Salicornia europaea* (Chenopodiaceae), *Inula crithmoides*

(Asteraceae), *Scolymus hispanicus* (Asteraceae). Several species (9) are valued as spices in cookery.

#### Alimentary uses

Among the alimentary species we may note that some are also consumed in the neighbouring regions, e.g. *Carduus pycnocephalus* (Asteraceae), *Lepidium graminifolium* (Brassicaceae) and *Scolymus hispanicus* (Asteraceae) (boiled young plants or leaves) in Basilicata region (Caneva *et al.* 1997), while *Leopoldia comosa* (Liliaceae) bulbs, 'lampascione' (cooked and preserved in olive oil or vinegar) are known in folk traditions throughout southern Italy (Bernardo 1995, Bianchi and Gallifuoco 2004, Caneva *et al.* 1997, Pieroni *et al.* 2002a). In the Puglia region *Leopoldia comosa* bulbs were traded and also cultivated (Guarrera 2000); this use is typical of Greece (Forbes 1976, Fournier 1947-1948). For the diffusion of food practices only in southern Italy, with prevalent Greek culture, it is probable that the use could have been introduced by the ancient Greek colonists of Magna Grecia (Casoria *et al.* 1999, Guarrera 2000).

#### Other uses

About 10% of the species are usually employed in daily life, and are, in fact, used in preparing liqueurs, jams etc.: *Arbutus unedo* (Ericaceae), *Prunus persica* (Rosaceae), *Rubus ulmifolius* (Rosaceae); in crafts: *Crataegus laevigata* (Rosaceae) or in dyeing cloth: *Juglans regia* (Juglandaceae), *Punica granatum* (Punicaceae) as well as basket weaving and making nets and ropes as *Agave americana* and *Spartium junceum*. The calyces of *Ballota pseudo-dictamnus* (Lamiaceae) enjoyed a strange use in the past, as wicks for oil lamps. It is interesting to note that they were used in the same way in the Lazio region (Central Italy) (Guarrera 1994). The craft use of *Agave americana* fibers was once practised sporadically in southern Italy (Guarrera, *in verbis*). Also the use of *Spartium junceum* fibers (Fabaceae) was typical of other areas nearby (S. Paolo Albanese, Calabria). *Ampelodesmos mauritanicus* stems and leaves for making ropes and weaving baskets were used also in Maratea, Basilicata (Guarrera, *in verbis*),

and in southern Latium (Guarrera 1994). *Salsola soda* (Chenopodiaceae) have been cultivated in the past for the production of sodium carbonate (Hammer *et al.* 1990).

The use of *Daphne gnidium* (Thymelaeaceae) in illicit fishing is never cited for southern Italy, but is known in Sardegna region (Atzei *et al.* 1991).

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**Table 1.** List of 98 species belonging to 42 families of plants.

Family / Name	Local name	Geographic area	Used part	Use	Manipulation	Notes
<b>Agavaceae</b>						
<i>Agave americana</i> L.	Pale ti micigagne	Salento	Leaves	Handicraft	Succulent stems were strucked, squashed and let on the sun to lay bare the fibres in making ropes	
<b>Anacardiaceae</b>						
<i>Pistacia lentiscus</i> L.	Stingio	Capitanata	Resin by incision of the bark	Balsamic, expectorant mouth-wash	Fumigations Decoction for gargling	
	Frasca	Salento	Leaves, bark	Swollen gums	Decoction	
<i>Pistacia terebinthus</i> L.	Scornabecco Capotosto	Capitanata	Resin by incision of the bark	Balsamic, expectorant	Fumigations	
<b>Apiaceae</b>						
<i>Ammi majus</i> L.	Rizzomolo	Capitanata	Aerial part	Diuretic	Not referred	
<i>Eryngium campestre</i> L.	Vucca 'e ciuccio	Capitanata	Whole plant	Ornamental		
<i>Foeniculum vulgare</i> Mill. subsp. <i>piperitum</i> (Ucria) Coutinho	Finocchiello	Capitanata	Seeds	Aromatizing		
<i>Petroselinum crispum</i> (Mill.) A.W.Hill	Petrusino	Capitanata	Leaves	Diuretic	Infusion	
		Capitanata	Leaves	Sting bites, contusions	Locally applied	
		Salento	Leaves	Diaphoretic Abortive Emmenagogue Mammary obstruction	Infusion Decoction Decoction Cataplasm	
<b>Araceae</b>						
<i>Arisarum vulgare</i> Targ. Tozz.	Sirpintana	Salento	Leaves	Lenitive for burns	Leaves poultice locally applied	
<b>Aspleniaceae</b>						
<i>Ceterach officinarum</i> Willd.	Spaccamunte	Salento	Whole plant	Against stomach-ache To retard menopause	Concentrated decoction, filtered and put up to the air over night	
<b>Asteraceae</b>						
<i>Arctium lappa</i> L.	Pizzicarulo Zecchetella	Capitanata	Roots	Blood purifying	Decoction	

**Table 1...** Continue.

<i>Carduus pycnocephalus</i> L.	Cardu pisciacchiaru	Salento	Plant without thorns and roots	Alimentary	Boiled according to different recipes
<i>Cichorium intybus</i> L.	Cicoria resta	Capitanata	Leaves	Alimentary Liver ailments	Boiled according to different recipes
<i>Cynara cardunculus</i> L.	Scalere Scarcioppule reste	Salento	Flowering heads (capitula)	Alimentary Dietetic	Boiled as artichoke substitute
<i>Inula crithmoides</i> L.	Erva ti mare	Salento	Young sprouts	Alimentary Dietetic	Boiled and stored in vinegar
<i>Matricaria chamomilla</i> L.	Capumilla Camumilla	Salento	Flowering heads (capitula)	Appetizer Antispasmodic Hair cosmetic	Infusion  Decoction gives blond reflections to hair
<i>Scolymus hispanicus</i> L.	Cardunceddru	Salento	Leaves without thorns	Alimentary	Boiled as vegetable
<i>Sonchus oleraceus</i> L.	Zangone	Salento	Leaves	Alimentary	Boiled as vegetable
<b>Boraginaceae</b>					
<i>Borago officinalis</i> L.	Borracchia	Capitanata	Leaves, flowers	As vegetable	Scalded or raw as salad
<b>Brassicaceae</b>					
<i>Brassica oleracea</i> L.	Cavulu	Salento	Sliced stems	Antitussive	The slices alternate with sugar in a pot are stored; the syrup, dripped from, is drunk
	Mugnulu	Salento	Squashed leaves	Burns, rheumatic pains	Locally applied
<i>Capsella bursa-pastoris</i> (L.) Medicus	Basacchia	Capitanata	Whole plant Flowers, Leaves Aerial part	Haemostatic Hypotensive Alimentary	Locally applied Decoction
<i>Diplotaxis etucoides</i> (L.) DC.	Sanapuddru	Capitanata	Fresh juice Seeds Leaves, flowers	Expectorant Revulsive Stomachic Antiscorbutic	Juice is drunk Cataplasm Fresh as salad
	Sanapuddru, ruca	Salento	Leaves	Dietetic	Boiled and dressed with olive oil
<i>Diplotaxis tenuifolia</i> (L.) DC.	Rucula resta	Capitanata	Leaves	Dietetic	Fresh as salad
<i>Eruca sativa</i> Miller	Mecola	Salento Capitanata	Raw leaves	Stomachic Antiscorbutic Haemostatic	As salad As salad Locally applied
	Rucula	Capitanata	Raw leaves	Dietetic	Fresh as salad

Table 1... Continue.

<i>Isatis tinctoria</i> L.	Stampagna	Capitanata	Latex	Laxative (*)		
<i>Lepidium graminifolium</i> L.	Erba peperella	Capitanata	Leaves Leaves Leaves	Stomachic, aperitive Skin diseases To dye yellow	Fresh as salad Catapasm Not precised	
<b>Cactaceae</b>						
<i>Opuntia ficus-indica</i> (L.) Miller	Ficatigna	Salento	Fruits, seeds	Alimentary, laxative	The mucilage from the seeds as laxative	
<b>Cesalpiniaceae</b>						
<i>Ceratonía siliqua</i> L.	Fascenèlle Faccenèdde	Capitanata	Bark Fruits Seeds	Laxative Alimentary Against hoarseness	Decoction for children and aging people Infusion used as gargling	Used also as fodder for horses
<b>Chenopodiaceae</b>						
<i>Beta vulgaris</i> L.	Gnetà resta	Salento	Leaves	Alimentary Fodder	Boiled and dressed with olive oil or as soupe	
<i>Salicornia europaea</i> L.	Sausari	Salento	Succulente stems	Dietetic	Boiled and stored in vinegar	
<i>Salsola soda</i> L.	Riscolo	Capitanata	Leaves	Source of sodium carbonate		
<i>Suaeda maritima</i> (L.) Dumort.		Capitanata	Whole plant	Fodder		
<i>Suaeda vera</i> J. F. Gmelin		Capitanata	Whole plant	Fodder		
<b>Cistaceae</b>						
<i>Cistus creticus</i> L.		Capitanata	Leaves	Parfumery		
<i>Cistus salvifolius</i> L.		Capitanata	Leaves	Parfumery		
<i>Cistus monspeliensis</i> L.		Capitanata	Leaves	Parfumery		
<b>Cucurbitaceae</b>						
<i>Ecballium elaterium</i> (L.) A. Richard	Cucummaru riestu	Salento	Unripe fruits	Home economy Rheumatism (*)	Yellow dye The fruits are fried in olive oil, mixed with nails or iron bits; the oily residual is smeared on painful joints	
<b>Ericaceae</b>						
<i>Arbutus unedo</i> L.	Imbriachella	Capitanata	Fruits	Alimentary	Fresh fruits are eaten, they are also used in preparing alcoholic drinks and jams	The excessive eating of the fruits may cause



**Table 1...** Continue.

	Sorvo peloso Rusciulu	Salento	Fruits	Dietetic Home economy	The wood is appreciated as domestic fuel	Drunkennes
<b>Euphorbiaceae</b>						
<i>Euphorbia chamaesyce</i> L.	Erba pondina	Salento	Latex	Against warts	Local rubbing	
<i>Euphorbia</i> sp. pl.	Rogna canina	Capitanata	Latex	Against warts	Local rubbing	
<b>Fabaceae</b>						
<i>Colutea arborescens</i> L.	Sena falsa Scoppapirita	Capitanata	Leaves	Purgative	Not referred	
<i>Lotus corniculatus</i> L.	Ginestrino	Capitanata	Seeds	Fodder		
<i>Medicago sativa</i> L.	Erba medica	Capitanata	Whole plant	Fodder		
<i>Melilotus neapolitanus</i> Ten.			Whole plant	Fodder		
<i>Onobrychis caputgalli</i> (L) Lam.	Lappoli	Capitanata	Whole plant	Fodder		
<i>Ononis spinosa</i> L.	Restarlna	Capitanata	Root	Diuretic	Decoction	The very appreciate
<i>Spartium junceum</i> L.	Ginestra di Spagna	Capitanata	Stems	handicraft	there are extracted textile fibers for clothes and ropes	" Ginestra honey" is prepared from the flowers
<i>Trigonella foenum-graecum</i> L.	Fieno greco	Capitanata	Whole plant	Fodder		
<i>Vicia villosa</i> Roth	Fava		Seeds	Fodder		
<b>Gentianaceae</b>						
<i>Centaurium erythraea</i> Rafn.	China resta	Salento	Whole plant	Antipyretic, mainly against marsh –fever (malaria)	Decoction	
<b>Juglandaceae</b>						
<i>Juglans regia</i> L.	Nuce, Noce	Salento	Husk and leaves	Home economy	Leaves decoction to dyeing clothes; the walnut husk is used in preparing a digestive liqueur	
<b>Juncaceae</b>						
<i>Juncus bufonius</i> L.		Capitanata	Stems	Home economy	To make reeds and ropes	

Table 1... Continue.

<b>Lamiaceae</b>						
<i>Ballota nigra</i> L.	Maruggiu	Salento	Flowering plant without root	Jaundice (*), piles (*)	Decoction	
<i>Ballota pseudodictamnus</i> (L.) Bentham	Lumini	Salento	Calyces	Home economy	Wicks for oil-lamp	
<i>Coridothymus capitatus</i> (L.) Reichenbach	Timu	Capitanata	Leaves	Antibacterial Anthelmintic	Infusion	Used in cookery as spice
	Tumu	Salento	Whole plant	Antitussive	The fresh plant is put under the pillow, its scent soothes cough to children	
		Salento	Twigs with leaves	Insectifuge Antidiarrhoic	Repellent for insects of the must Concentrated and filtered decoction is put up open air over night	
<i>Marrubium vulgare</i> L.	Marruje	Capitanata	Root	Locally applied against Rheumatism	Maceration in alcohol (3 days)	
			Leaves	Against piles Disinfectant for little wounds	Cataplasm of scalded leaves	
			Fresh plant	Appetizer Against malaria	Infusion Decoction	
<i>Ocimum basilicum</i> L.	Basilicu	Salento	Leaves and flowering tops	Mouth-wash aphthae, stomatitis	Infusion for gargling	Used in cookery as spice
<i>Origanum vulgare</i> L.	Rieno	Salento Capitanata	Flowering tops	Digestive	Infusion	Used in cookery as spice
<i>Phlomis fruticosa</i> L.	Salvia resta	Salento	Flowering tops	Antitussive	Concentrated and filtered decoction	
<i>Salvia officinalis</i> L.	Salvia	Salento	Leaves	Mouth-wash in inflammation of oral hollow	Decoction	
<i>Satureja nepeta</i> (L.) Scheele	Menta resta	Salento	Leaves	Abdominal pain Anthelmintic  Insectifuge	Decoction Squashed leaves mixed with garlic cloves against worms The fresh plant is repellent for insects	
<b>Lauraceae</b>						
<i>Laurus nobilis</i> L.	Laur	Capitanata	Leaves	Appetizer To promote sweating	Decoction Infusion	

Table 1... Continue.

				Carminative Against alopecia Antiparasitic	Infusion Local rubbing of decoction Decoction to wash the floor  Leaves can be burnt	The scenting dried leaves are put in the rooms or in the linen
			Oil from fruits	Against the swelling caused by arthritis and gout	Ointment "laurino" prepared by oil from the fruits mixed with the fat of the pig or the mutton	
			Wood	To make "aromatic" furniture		
<b>Liliaceae</b>						
<i>Allium cepa</i> L.	Cippoddra	Salento	Bulb	Emollient / maturative for abscesses and furuncles (*)	Bulbs baked under charcoal are locally applied	
<i>Allium sativum</i> L.	Aiu	Salento	Bulb	Hypotensive, anthelmintic	Eaten raw	
<i>Asparagus acutifolius</i> L.	Sparacina	Capitanata/ Salento	Tender twigs	Alimentary	Boiled are eaten as substitute of asparagus	
<i>Leopoldia comosa</i> (L.) Parl.	Lampascione	Capitanata/ Salento	Bulb	Alimentary	Bulbs need a long cooking before eating	
	Pampacione	Salento	Bulb	Abscesses (emollient and maturative)	Squashed bulbs are locally applied	
<b>Malvaceae</b>						
<i>Malva sylvestris</i> L.	Marva	Salento	Root, Leaves, Fowers	Emollient inflammation of oral hollow (lenitive) Antitussive	Cataplasm (external use) infusion for gargling  Decoction or infusion to drink	
<b>Moraceae</b>						
<i>Ficus carica</i> L.	Fich	Capitanata / Salento	Dried fruits	Against cough and cold	Decoction or infusion to drink Decoction in milk Decoction in milk (for gargling)	
			Latex	Against aphtae Against warts Lenitive for sting bite Purgative Anthelmintic	Locally applied	Abandoned use Abandoned use
			Branches	To increase production of buttermilk curd	Boiled in milk whey	

Table 1... Continue.

<b>Myrtaceae</b>					
<i>Myrtus communis</i> L.	Murteddra	Salento	Leaves	Mouth-wash in case of gingivitis	Decoction
			Fruits	Alimentary	In preparing jams
<b>Oleaceae</b>					
<i>Olea europaea</i> L.	Aurulu ti aulie	Salento	Leaves	Hypotensive, Haemostatic	Decoction Squashed leaves locally applied on wounds slash
<b>Orobanchaceae</b>					
<i>Orobanche</i> sp.	Spurchia	Salento	Whole plant	Alimentary	As substitute of asparagus
<b>Oxalidaceae</b>					
<i>Oxalis pes-caprae</i> L.	Acqua e citu	Salento	Stems, flowers and leaves	To quench the thirst	They are chewed for the slight acid taste
<b>Papaveraceae</b>					
<i>Papaver rhoeas</i> L.	Paparena	Salento	Leaves picked before flowering	Dietetic	Boiled and re-strained in olive oil
<i>Papaver somniferum</i> L.	Papagna	Salento	Fruits	Somniferous	Decoction diluted in water to sleep the children
<b>Poaceae</b>					
<i>Ampelodesmos mauritanicus</i> (Poiret) Durand et Schinz		Capitanata	Stem Stems and leaves	Home economy Handicraft	As domestic fuel To makes ropes and to interlace baskets
<i>Arundo donax</i> L.	Lannazze	Capitanata	Stems and leaves	Home economy	To make fishing –rod and baskets
<i>Avena sativa</i> L.	Bià	Salento	Seeds	Cosmetic	Cataplasm of crushed seeds bleach hands
				Fodder	
<i>Cynodon dactylon</i> (L.) Pers.	Ramegna	Salento	Rhizome	Diuretic	Decoction
<i>Elytrigia repens</i> (L.) Nevski	Dente canino	Capitanata	Rhizome	Diuretic	Decoction
<i>Hordeum vulgare</i> L.	Uergiu	Salento	Seeds	Inflammation of intestinal tract	Decoction
<i>Triticum aestivum</i> L.	Ranu	Salento	Seeds	To promote children growing up	Toasted flour in a pan mixed with milk
<b>Polygonaceae</b>					
<i>Polygonum aviculare</i> L.	Centunnutire	Salento	Whole plant	Antidiarrhoeic (*) Astringent, Blood purifying	Decoction

Table 1... Continue.

<i>Rumex</i> sp.	Lapazzu	Salento	Leaves	Alimentary Diuretic	Boiled as vegetable Cooking - water to drink
<b>Portulacaceae</b>					
<i>Portulaca oleracea</i> L.	Porcacchia	Salento Capitanata	Leaves	Diuretic, refreshing	As salad
<b>Punicaceae</b>					
<i>Punica granatum</i> L.	Sita	Salento	Peel of the fruit	To dye red clothes	Decoction
<b>Ranunculaceae</b>					
<i>Consolida ajacis</i> (L.) Schur	Pidocchiara	Capitanata		Antiparasitic	Not referred
<b>Rhamnaceae</b>					
<i>Rhamnus alaternus</i> L.	Lanterno	Capitanata	Woods	Home economy	Domestic fuel
<b>Rosaceae</b>					
<i>Crataegus laevigata</i> (Poiret) DC.	Spinapulce	Capitanata	Leaves, flowers Wood	Cardiotonic Handicraft	Infusion In joinery , work at lathe
<i>Prunus persica</i> (L.) Batsch	Bricuecu	Salento	Leaves	Emollient (*)	Leaves locally applied on abscesses and furuncles
			Fruits	Alimentary	In preparing jams
<i>Rosa canina</i> L.		Capitanata	Fruits	Alimentary	In preparing jams
<i>Rubus ulmifolius</i> Schott	Scracia	Salento	Fruits	Alimentary mild laxative	In preparing jams
			Leaves	Cicatrizing	Locally applied
<b>Rubiaceae</b>					
<i>Rubia tinctorum</i> L.	Robbia	Capitanata	Root	Home economy	To dye clothes
<b>Rutaceae</b>					
<i>Ruta graveolens</i> L.	Erva ti iermi	Salento	Whole plant	Anthelmintic	People affected by worms
<b>Scrophulariaceae</b>					
<i>Verbascum</i> sp. pl.	Varvaschio	Capitanata	Leaves, flowers	Anticatarrhal	Decoction
<b>Solanaceae</b>					
<i>Hyoscyamus albus</i> L.	Sciamu	Salento	Leaves	Cicatrizing (*)	The crushed leaves are locally applied
<i>Nicotiana glauca</i> R. C.Graham	Tirassana	Salento	Leaves	Antiinflammatory Cicatrizing (*)	Cataplasm, particularly on suppurated wounds
<i>Solanum tuberosum</i> L.	Patata	Salento	Tuber	Skin lenitive especially in case of burns	Fresh fecula (flour) is locally applied

Table 1... Continue.

<b>Tamaricaceae</b>					
<i>Tamarix africana</i> L.		Capitanata	Wood gall	Source of tannin	Not referred
<b>Thymeleaceae</b>					
<i>Daphne gnidium</i> L.	Piperia	Salento	Whole plant	In illicit fishing	Decoction were poured into water as narcotic for fishes
<b>Urticaceae</b>					
<i>Parietaria judaica</i> L.	Jerva putrujene	Capitanata	Leaves	Diuretic Antidiarrhoeic (*)	The infusion is added with lemon or orange rind to improve the bitter taste
	Erva ti jentu	Salento	Leaves Plant without roots	Wounds Diuretic Antidiarrhoeic (*)	Poultice Decoction
		Capitanata	Fresh plant grown in the shadow	Cicatrizing, Analgesic	Cataplasm of crushed plant
<i>Urtica membranacea</i> Poiret	Irdicula	Salento	Aerial part	Antirheumatic Bloody spits from lungs	Local rubbing The juice of squashed plant is drunk
<i>Urtica</i> sp. pl.	Ardiche masculine	Capitanata	Leaves and young stems	Skin diseases Alimentary	Decoction Leaves boiled and dressed with olive oil and lemon juice are eaten
<b>Vitaceae</b>					
<i>Vitis vinifera</i> L.	Igna	Salento	Must	Diseases of respiratory tract	Hot must is drunk

The uses marked by an asterisk (\*) are not cited in the consulted literature.