

English name*	Taxonomic name*	Comments (JI)
CA_1049 Champion, raw	<i>Silene vulgaris</i>	<i>Silene vulgaris</i> or Bladder Champion is a plant species of the genus <i>Silene</i> . The young shoots are edible, but saponin gives them a bitter flavor. [Wikipedia]
CA_1050 Corn poppy, raw	<i>Papaver rhoeas</i>	POPPY [B1515] <i>Papaver rhoeas</i> is a species of flowering plant in the family <i>Papaveraceae</i> . It has a variety of common names, including the Corn Poppy, Field Poppy, Flanders Poppy, or Red Poppy, one of the many species and genera named poppy. The four petals are vivid red, most commonly with a black spot at their base. Its seed is a moderately useful commodity, used in bread dough, for example, and to decorate bread. The red petals are used to make syrups and alcoholic/non-alcoholic drinks. Red poppy syrup is a traditional beverage of Mediterranean regions. [Wikipedia]
CA_1053 Hartwort, raw	<i>Tordylium apulum</i>	<i>Tordylium apulum</i> , commonly known as the Mediterranean Hartwort, is an annual forb or herb. It is classified within the family <i>Apiaceae</i> , the carrot family. It is located in a range from Europe to west Asia, but was introduced to the United States. It is now found only in Arizona. The hartwort does have edible leaves. In Italy it is used as a condiment. [Wikipedia]
CA_1056 Plantain/ Plantago, raw	<i>Plantago</i>	<i>Plantago</i> is a genus of about 200 species of small, inconspicuous plants commonly called plantains. <i>Plantago</i> species have been used since prehistoric times as herbal remedies. The herb is astringent, anti-toxic, antimicrobial, anti-inflammatory, anti-histamine, as well as demulcent, expectorant, styptic and diuretic. Externally, a poultice of the leaves is useful for insect bites, poison-ivy rashes, minor sores, and boils. In folklore it is even claimed to be able to cure snakebite. Internally, it is used for coughs and bronchitis, as a tea, tincture, or syrup. The broad-leaved varieties are sometimes used as a leaf vegetable for salads, green sauce, et cetera. Plantain seed husks expand and become mucilaginous when wet, especially those of <i>P. psyllium</i> , which is used in common over-the-counter bulk laxative and fiber supplement products. [Wikipedia]
CA_1058 Salsify, raw	<i>Tragopogon porrifolius</i>	SALSIFY [B1551]
CA_1059 Shepherds- needle, raw	<i>Scandix pecten-veneris</i>	http://www.plantlife.org.uk/uk/assets/saving-species/saving-species-dossier/Scandix_pecten-veneris_dossier.pdf
CA_1047 Sow thistle, raw	<i>Sonchus oleraceus</i>	Sow thistles have been used as fodder, particularly for rabbits, hence the other common names of "hare thistle" or "hare lettuce". They are also edible to humans as a leaf vegetable; old leaves and stalks can be bitter but young leaves have a flavour similar to lettuce. Going by the name puha or rareke (raraki) it is frequently eaten in New Zealand as a vegetable, particularly by the native Māori. When cooked it tastes a little similar to chard. [Wikipedia]
CA_1061 Vervain, raw	<i>Verbena officinalis</i>	COMMON VERBENA [B3480]
CA_1057 Wild carrot	<i>Daucus carota</i>	CARROT [B1227] The carrot (<i>Daucus carota</i> subsp. <i>sativus</i>) is a root vegetable, usually orange, purple, red, white, or yellow in colour, with a crisp texture when fresh. The edible part of a carrot is a taproot. It is a domesticated form of the wild carrot <i>Daucus carota</i> , native to Europe and southwestern Asia. It has been bred for its greatly enlarged and more palatable, less woody-textured edible taproot, but is still the same species. [Wikipedia]

CA_1055 Wild leek	<i>Allium ampeloprasum</i>	<p><i>Daucus carota</i> (common names include wild carrot, (UK) bird's nest, bishop's lace, and (US) Queen Anne's lace) is a flowering plant in the family Apiaceae, native to temperate regions of Europe, southwest Asia and naturalised to northeast North America; domesticated carrots are cultivars of a subspecies, <i>Daucus carota</i> subsp. <i>sativus</i>. Like the cultivated carrot, the wild carrot root is edible while young, but quickly becomes too woody to consume. [Wikipedia] LEEK [B1308]</p>
CA_1062 Wild sea-beet, raw	<i>Beta vulgaris</i> L.	<p><i>Allium ampeloprasum</i> is a member of the onion genus <i>Allium</i>, in the family Alliaceae. The wild plant is commonly known as (Broadleaf) Wild Leek - not to be confused with the N. American <i>Allium tricoccum</i> of the same name. Its native range is S. Europe to W. Asia. It has been differentiated into three cultivated vegetables, namely leek, elephant garlic and kurrat.. [Wikipedia]</p> <p>The sea beet (<i>Beta vulgaris</i> subsp. <i>maritima</i>) is a member of the family Chenopodiaceae, and is the wild ancestor of common vegetables such as beetroot, sugar beet, and Swiss chard. Its leaves have a pleasant texture and taste when served raw or cooked. [Wikipedia]</p>

*Source: Trichopoulou, A., & Georga, K. (2004). Composition tables of foods and Greek dishes (3rd ed.). Athens: Parisianou Publications, pp. 1–158.