




**Дикорастущие пищевые
виды растений**

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Wild-growing Edible Plants

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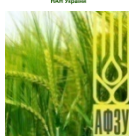
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Textbook presents the results of research and educational institutions and experts involved in the international network **AgroBioNet** oriented for the realization of international research, education and development program entitled "Agrobiodiversity for improving nutrition, health, and life quality" which solves the problems of preservation, assessment and use of traditional, less known, less used and forgotten kinds of plants.

In this textbook are also presented results from the solution of research projects that are supported by the Operational Programme Research and Development of the European Regional Development Fund:

AgroBioTech ITMS 26220220180 Building Research Centre

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RESUME

Alla Kuklina, Yulia Vinogradova **Wild-growing Edible Plants**

Neglected plants contain biologically active substances, which are important for the normal functioning of the human organism. Many wild-growing plants are universal, because they serve both as food as well pharmaceutical drugs. Plants help in the prevention of disease and also have healing properties. Plants can soothe the nervous system, relieve headaches, normalize blood pressure, and treat the digestive system. They help with colds; they have wound-healing properties, blood-resurrecting, diaphoretic and diuretic properties. Fruits and leaves of some wild plants contain many vitamins that strengthen health. Wild plants have a positive effect on a person living in a stressful and unfavourable environment. They increase immunity, help with cardiovascular and oncological diseases.

The authors describe in this book about 30 edible wild herbs and woody plants being common in Europe. The book contains information on the natural distribution range and morphological and biochemical characters of each species. Common names of plants, the timing of their harvesting and the possibilities of using them as food or phyto-pharmacological drugs. Colour pictures of different organs help to identification the useful species.

The wild plants described in the book can be eaten fresh or after cooking. These plants as canned goods are consumed during the winter and spring periods, when there aren't fresh vegetables and fruits. Different organs of the plants are used as a food. Shoots are used in *Urtica dioica*, *Pulmonaria officinalis*, *Salvia officinalis*, *Stellaria media*, leaves - in *Taraxacum campylodes*, *Primula veris*, *Rumex acetosa*, *Myrris odorata*, *Allium ursinum*, *Pteridium aquilinum*, *Aegopodium podagraria*. Flowers are eating in *Trifolium pratense*, *Taraxacum campylodes*; fruit and seeds in *Crataegus monogyna*, *Sambucus nigra*, *Rubus caesius*, *Sorbus aucuparia*, *Prunus padus*, *Viburnum opulus*. Roots and rhizome are used for food in *Arctium lappa*, *Armoracia rusticana*, *Typha latifolia* and *Cichorium intybus*.

The book contains 190 recipes for the cooking the tasty dishes. Soup, salads, sauces, gravies, jam, jelly, mousses, teas, coffee and alcoholic beverages are prepared from plants. Food and drink from wild plants have a special taste and colour and are useful for human ration. Recipes of many dishes were forgotten or lost entirely. Nowadays they are given in the book and should help to people being healthier and better functioning.

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