



A Mixed Research on Determining the Edible Wild Herbs (EWH) Consumption of Local People in Şırnak **

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Abstract

The aim of this study is to determine the edible wild herbs (EWH) grown in Şırnak province and to reveal the consumption habits of local people towards EWH. Within the framework of this purpose, the research was conducted using the exploratory design of the mixed method. Face-to-face interviews (n:42) and questionnaire techniques (n:276) were used as data collection tools. Snowball sampling method was preferred to collect qualitative data and convenience sampling was preferred to collect quantitative data. The data were evaluated by content analysis and descriptive statistics. In the research, answers to questions such as the names by which herbs are known locally, storage conditions, which diseases they are good for, how often they are used and how they are consumed, and how they are consumed were sought. According to the findings of the research, 75 different edible herbs that local people utilize as edible wild herbs were identified. Apart from food, these herbs are also used for disease treatment, ornamental, cosmetic and chemical purposes. The reasons for consuming herbs are mostly delicious and healthy. It was determined that they are mostly used for breakfast, salads, pickles and spices. As a result of these findings, data on the consumption habits of edible herbs in Şırnak were put forward and various suggestions were presented.

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