



The Panacea Gilaboru Fruit (*Viburnum Opulus*) and its Use in Anatolia

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Abstract

Gilaboru (*Viburnum opulus*), a product frequently consumed in Central Anatolia and especially in and around Kayseri city. In Kayseri province, renowned for its distinctive local products in gastronomy tourism, the gilaboru fruit, a shrub-like plant that grows naturally, has been granted geographical indication registration. The traditional production techniques of Kayseri gilaboru, known as a panacea, should be passed on to future generations. However, studies investigating the importance of gilaboru as a gastronomic product are insufficient. In this context, the aim of the research is to determine the characteristics of gilaboru, which is frequently consumed in Kayseri region, and to examine the production stages. The research data were obtained through face-to-face interviews with six participants who prepared gilaboru juice on a domestic scale and had knowledge about the properties of gilaboru. In the research, it was determined that gilaboru is good for kidney disease, constipation and menstrual pain, preserved in brine and consumed as fruit juice in winter. Therefore, it is thought that gilaboru, which has a crucial place in Kayseri culinary culture, should be promoted as a gastronomic product and contribute to the regional economy.

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