

Ethnobotanical knowledge in the agro-pastoral world of Putifigari village, Sardinia, Italy

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Abstract. The present research was carried out from 1998 to 2000 in Putifigari, a small village in the Province of Sassari (Sardinia, Italy) with the aim of recovering traditional knowledge and customs concerning the use of plants in the community. Some important elements from the agro-pastoral heritage and the role played by plants in this context have permitted detailed description of daily scenes, with reference to breeding techniques and traditional cultivation, to uses

and costumes of the shepherd, farmer, blacksmith, joiner, charcoal-maker and their domestic life. Ethnobotanical knowledge of Putifigari corresponds to the general heritage of the Mediterranean basin and traditional uses that go back to Greek-Roman culture. Some original information about 208 species analysed can have practical use in biotechnological modern productive systems, in new breeding techniques, in handicrafts and in rural tourism.

Key words: Ethnobotany, Putifigari, Sardinia, Traditional plants

INTRODUCTION

The economical and social changes that have occurred in recent years in the Mediterranean area have involved even isolated rural areas, modifying habits and ways of living of the agro-pastoral world with its secular traditions rooted in the ancient pan-Mediterranean culture. The recovery of traditional knowledge has achieved great importance all over the world and represents one of the cultural needs of international organisations, governments and NGOs that see in the loss of this knowledge the loss of cultural identity for local communities and people. Such trouble has caused also a deeper concern about ethnobotanical studies.

In this context, the island of Sardinia, Italy, is going to lose its cultural richness due to deep changes in the relationships of man and the natural environment, the disappearance of extensive agriculture and handicraft practices, and a decrease in the human presence in the countryside. Nowadays old people mainly have a concern for ethnobotanical matters (CAMARDA 1990). This situation has caused a rapid loss of traditional culture, almost consigning it exclusively to the memories of old people.

In Sardinia, the first information on plant exploitation is found in Pliny (PLINIO IL VECCHIO 1984), in the first century AD. In his works he described the harvest of galls from *Quercus coccifera* L. in order to obtain the red colouring matter used by Sardinians to pay taxes to the Romans (CAMARDA 1982). Other information can be found in classic literature of various authors, such as Virgil, Dioscorides, Sallustius and Pomponius Mela. In the more recent times, FARA (1835) paid special attention to plants under cultivation.

The first modern ethnobotanical research with a scientific approach was carried out by MORIS (1837-1859) that, studying the Sardinian flora, added local names and described uses of several plants. CHERCHI-PABA (1974-1977) and ANGIONI (1989) studied the agro-pastoral world and brought to our attention the importance of plants of economic interest. Further studies have been carried out by ATZEI (1980), FALCHI (1980), CAMARDA & VALSECCHI (1982; 1992), CHIAPPINI (1988), CAMARDA (1990), PAULIS (1992), ORRÙ *et al.* (1993, 1996), BALLERO *et al.* (1994), CAMARDA & SATTÀ (1996), COSSU (1996), BALLERO *et al.* (1997), BRUNI *et al.* (1997), CONGIA (1998), BALLERO & POLI (1998) and, especially, ATZEI *et al.* (1991, 1994). These authors have pointed out

different ways of plants utilisation in popular medicine, toponymy, anthropology, and social and economic sciences.

OBJECTIVES OF THE RESEARCH

This research has been carried out in order to point out many aspects of everyday life, habits and traditions of shepherds, farmers and their working tools, by checking all plants used in the popular tradition in Putifigari (a rural village in Sassari province) from several points of view: as food, medicine, forage crops, handicrafts, dyes, poisons, fuel, honey making, ornamental plants, and ritual use. The research has given a particular importance to dialectal names of plants, comparing them with their scientific names.

During the research, 44 people (11 women and 33 men) aged between 64 and 91 were interviewed; 33 of them are inhabitants of Putifigari and 11 of Villanova Monteleone, which is the nearest village to Putifigari and more economically developed, especially in the past. During the interviews people spoke about their knowledge of plants; on being shown the samples they said the dialect names and the specific use of the plant. Data have been compared with those already published in the scientific literature.

The dried plants have been deposited in the Department of Botany and Plant Ecology at the University of Sassari.

RESULTS AND DISCUSSION

On a total of 278 species examined, only 208, almost all wild, shall be considered in this synthetic project since they deserve greater attention. They have been listed alphabetically in Table 1 to briefly report their traditional use in Putifigari.

The following data are provided for each species in Table 1.

Scientific and Italian name, according to "Flora d'Italia" (PIGNATTI 1982).

English name, from "Lexicon Plantarum Medicinalium" (PENSO 1991); some endemic or Mediterranean species do not have an English name.

Local name, as name mentioned by people during the interview. Italian spelling has been preferred for transcription of Sardinian names, taking into account the pronunciation of "st" as if it were preceded by "l", according to local phonetics. Local names have been compared with those written in literature.

Local uses, referring to what emerged during the interview. This subject represents the main purpose of the research. There are many references to local idioms and to the specific use of hypogeous and epigeal parts for feeding, health, handicrafts, dyeing, and forage, as well as for ornamental purposes.

Moreover, we have taken into account the useful properties of plants, especially the medical, aromatic, cosmetic and dyeing ones, according to the latest Italian bibliography (GASTALDO 1987; LODI 1986; BONI & PATRI 1995; LONARDONI 1995; BALLERO & POLI 1998) and the "Farmacopea Ufficiale della Repubblica Italiana" (MINISTERO ITALIANO DELLA SANITÀ 1998).

Legend for last column in Table 1 follows (Local Use).

(C) Combustible: as firewood and to produce coal.

(D) Dyeing: as colouring for fabrics and food.

(F) Feeding: as fresh, preserved or processed, food, including the aromatic plants used for seasoning and for making spirits.

(Fo) Forage: grazing plants, used directly as pasture or hay.

(H) Honey making: spontaneous and cultivated plants useful to honey making.

(In) Interlacing: plants with flexible branches, suitable for making baskets, trays, boxes in general, or ropes of various strengths; this category also includes fibre species or species used to create simple filters.

(Iw): Inlay Work: used daily by farmers and shepherds to build girders, uprights or simple working tools.

(M) Medical: for body care in its different aspects, such as hygiene, cosmetic or phytotherapeutic.

(O) Ornamental: cultivated in pots, gardens, streets, including also the spontaneous plants suitable to adorn gardens, parks, flowerbeds or for making dry or fresh flowers compositions; thorny

Table 1 - Data on species of ethnobotanical interest in the agro-pastoral world of Putifigari village.

Species	Family	English Name	Italian Name	Local Name	Local Use*
<i>Adiantum capillus-veneris</i> L.	Adiantaceae	Venus' hair	Capelvenere Comune	<i>Filighèddu</i>	O
<i>Aegilops geniculata</i> Roth	Poaceae		Cerere comune	<i>Trigu peldiscinu</i>	Fo, W
<i>Allium cepa</i> L.	Liliaceae	Onion	Cipolla	<i>Chibidda</i>	F, M, R
<i>Allium sativum</i> L.	Liliaceae	Garlic	Aglio comune	<i>Azu</i>	F, M, R
<i>Allium triquetrum</i> L.	Liliaceae	Triquetrous Garlic	Aglio triquetro	<i>Àppara</i>	F, R
<i>Alnus glutinosa</i> (L.) Gaertner	Betulaceae	Alder	Ontano nero	<i>Alinu</i>	T, D
<i>Anagallis arvensis</i> L.	Primulaceae	Scarlet Pimpernel	Centonchio dei Campi	<i>Eva 'e puddas</i>	V
<i>Anagallis foemina</i> Miller	Primulaceae		Centonchio azzurro	<i>Eva 'e puddas</i>	V
<i>Anagyris foetida</i> L.	Fabaceae		Legno puzzo	<i>Fae giolva</i>	W, V
<i>Anthemis arvensis</i> L.	Asteraceae	Corn Chamomile	Camomilla bastarda	<i>Sisia</i>	M, W
<i>Anthemis cotula</i> L.	Asteraceae	Stinking Mayweed	Camomilla fetida	<i>Sisia</i>	W
<i>Anthemis nobilis</i> L.	Asteraceae	Roman Chamomile	Camomilla romana	<i>Camomilla</i>	M
<i>Apium nodiflorum</i> (L.) Lag.	Apiaceae	Fool's Watercress	Sedano d'acqua	<i>Giuru</i>	W
<i>Arbutus unedo</i> L.	Ericaceae	Strawberry Tree	Corbezzolo	<i>Mela lidòne</i>	F, M, Iw, C, O, H
<i>Arisarum vulgare</i> Targ.-Tozz.	Araceae		Arisaro comune	<i>Ucca 'e leòne</i>	W, P
<i>Artemisia arborescens</i> L.	Asteraceae	Absinthium	Assenzio arbustivo	<i>Attèntu</i>	O, F
<i>Arum italicum</i> Miller	Araceae		Gigaro chiaro	<i>Tattariju</i>	W, P
<i>Arum maculatum</i> L.	Araceae	Lords-and-Ladies	Gigaro scuro	<i>Tattariju</i>	W, P
<i>Arum pictum</i> L.	Araceae		Gigaro sardo-corso	<i>Tattariju</i>	W, P
<i>Arundo donax</i> L.	Poaceae		Canna domestica	<i>Canna</i>	M, In, T
<i>Asparagus acutifolius</i> L.	Liliaceae	Common Asparagus	Asparago pungente	<i>Ipàralu</i>	F, M, In
<i>Asparagus albus</i> L.	Liliaceae		Asparago bianco	<i>Ippina santa</i> <i>Ipàralu biancu</i>	F, In
<i>Asphodelus microcarpus</i> Salzm. et Viv.	Liliaceae		Asfodelo	<i>Isclaréu, Ammittu</i>	M, In, H
<i>Atractylis gummifera</i> L.	Asteraceae		Masticogna latticifera	<i>Aldu cabiddu</i>	H, W
<i>Avena barbata</i> Potter et Link	Poaceae		Avena barbata	<i>Frenàlzu</i>	Fo
<i>Avena fatua</i> L.	Poaceae		Avena selvatica	<i>Avena, Frenàlzu</i>	Fo, T
<i>Avena sativa</i> L.	Poaceae	Oats	Avena comune	<i>Avena, Frenàlzu</i>	Fo, T
<i>Avena sterilis</i> L.	Poaceae		Avena maggiore	<i>Frenàlzu</i>	Fo
<i>Bellis perennis</i> L.	Asteraceae	English Daisy	Prataiola	<i>Fiorittu</i>	F, W
<i>Beta vulgaris</i> L.	Chenopodiaceae	Beet	Bietola comune	<i>Eda</i>	F, M
<i>Bulboschoenus maritimus</i> (L.) Palla	Cyperaceae		Liscia marittima	<i>Giuncu</i>	W
<i>Borago officinalis</i> L.	Boraginaceae	Borage	Borragine comune	<i>Limbòina</i>	Fo, F, H
<i>Calamintha nepeta</i> (L.) Sav.	Lamiaceae	Lesser Calamint	Nepetella	<i>Nibidèdda</i>	F, H
<i>Calicotome spinosa</i> (L.) Link	Fabaceae		Sparzio spinoso	<i>Tiria</i>	O
<i>Calicotome villosa</i> (Poiret) Link	Fabaceae		Spazio villosa	<i>Tiria</i>	T
<i>Capparis spinosa</i> L.	Capparaceae	Caper Bush	Cappero comune	<i>Tàppara</i>	F
<i>Capsella bursa-pastoris</i> (L.) Medicus	Brassicaceae	Shepherd's Purse	Borsa di pastore	<i>Büscia 'e pastòre</i>	W
<i>Carduus pycnocephalus</i> L.	Asteraceae		Cardo saettone	<i>Aldu piscia</i>	F, M, W
<i>Carlina corymbosa</i> L.	Asteraceae	Carlina	Carlina raggio d'oro	<i>Aldu anzoninu</i> <i>A. bacchètta</i>	F, C, W
<i>Carlina lanata</i> L.	Asteraceae		Carlina lanosa	<i>Aldu ippròne</i>	W, T
<i>Carlina racemosa</i> L.	Asteraceae		Carlina minore	<i>Aldu ippròne</i>	W, T
<i>Carthamus lanatus</i> L.	Asteraceae		Zafferanone	<i>Aldu bacchètta</i>	W, T
<i>Castanea sativa</i> L.	Fagaceae	Sweet Chestnut	Castagno	<i>Castànza</i>	Iw, T, C, F
<i>Celtis australis</i> L.	Ulmaceae		Bagolaro	<i>Sulzàga</i>	Iw, T, D, C
<i>Centaurea calcitrapa</i> L.	Asteraceae	Star Thistle	Calcatreppola	<i>Istriscinaia</i> <i>Ippina santa</i>	M, R, W
<i>Chamaerops humilis</i> L.	Palmae		Palma nana	<i>Pramma</i>	In, T, F, R
<i>Chenopodium album</i> L.	Chenopodiaceae	White Goosefoot	Farinello comune	<i>Cadòne</i>	W
<i>Chrysanthemum coronarium</i> L.	Asteraceae		Crisantemo campestre	<i>Cagaràntulu grogu</i>	Fo, F, T, W
<i>Chrysanthemum segetum</i> L.	Asteraceae	Corn Marigold	Crisantemo giallo	<i>Cagaràntulu grogu</i>	Fo, F, T, W
<i>Cichorium intybus</i> L.	Asteraceae	Common Chicory	Cicoria comune	<i>Zicòria</i>	F, M, W
<i>Cirsium scabrum</i> (Poiret) Dur. et Barr.	Asteraceae		Cardo scabro	<i>Aldu candèl</i> <i>Aldu tumberu</i>	F, M, W
<i>Cistus incanus</i> L.	Cistaceae		Cisto rosso	<i>Mudéju</i>	C
<i>Cistus monspeliensis</i> L.	Cistaceae		Cisto di Montpellier	<i>Mudéju</i>	C, T
<i>Cistus salviaefolius</i> L.	Cistaceae		Scornabecco	<i>Mudéju biancu</i>	C, T
<i>Clematis cirrhosa</i> L.	Ranunculaceae		Clematide cirrosa	<i>Ligadòlza</i>	T
<i>Clematis vitalba</i> L.	Ranunculaceae	Traveller's Joy	Erba dei cenciosi	<i>Teti</i>	T
<i>Conium maculatum</i> L.	Apiaceae	Poison Hemlock	Cicuta maggiore	<i>Zicùta</i>	V, W
<i>Convolvulus arvensis</i> L.	Convolvulaceae	Corn Bindweed	Vilucchio comune	<i>Ligadòlza</i>	W, T

Table 1 - (continuation)

Species	Family	English Name	Italian Name	Local Name	Local Use*
<i>Crataegus monogyna</i> Jacq.	Rosaceae	Single-seed hawthorn	Biancospino comune	<i>Calarighe</i>	Iw, T, M
<i>Cydonia oblonga</i> Miller	Rosaceae	Quince	Cotogno	<i>Mela ghidòzza</i>	F, M, O
<i>Cynara cardunculus</i> L.	Asteraceae		Carciofo selvatico	<i>Aldu veu</i>	F, M, W
<i>Cynodon dactylon</i> (L.) Pers.	Poaceae	Bermuda-grass	Gramigna	<i>Raminzu</i>	M, W
<i>Cyperus longus</i> L.	Cyperaceae	Galingale	Zigolo comune	<i>Giuncu</i>	In
<i>Cytisus villosus</i> Pourret	Fabaceae		Citiso trifloro	<i>Maltigisa</i>	T, C
<i>Daphne gnidium</i> L.	Thymelaeaceae		Dafne gnidio	<i>Trivisciu</i> <i>Iscanta padèddas</i>	D, P
<i>Datura stramonium</i> L.	Solanaceae	Thorn Apple	Stramonio comune	<i>Eva pùdda</i>	P, W
<i>Daucus carota</i> L.	Apiaceae	Wild Carrot	Carota selvatica	<i>Fustinàja caddina</i>	F, Fo, T, M
<i>Dipsacus ferox</i> Loisel.	Dipsacaceae		Scardaccione spinosissimo	<i>Canna ippina</i>	T
<i>Dipsacus fullonum</i> L.	Dipsacaceae	Teasel	Cardo dei lanaioli	<i>Canna ippina</i>	T
<i>Ecballium elaterium</i> A. Rich.	Cucurbitaceae	Squinting Cucumber	Cocomero asinino	<i>Cugùmere areste</i>	W, P
<i>Echium vulgare</i> L.	Boraginaceae	Viper's Bugloss	Viperina azzurra	<i>Limba poschina</i> <i>Suzza mele</i>	F
<i>Equisetum telmateja</i> Ehrh.	Equisetaceae	Great Horsetail	Equiseto massimo	<i>Coa 'e caddu</i>	W
<i>Erica arborea</i> L.	Ericaceae		Radica	<i>Tivara, Kantentàlzu</i>	Iw, T, C, D, H
<i>Erica scoparia</i> L.	Ericaceae		Erica da scope	<i>Tivara, Kantentàlzu</i>	Iw, T, C, D, H
<i>Eruca sativa</i> Miller	Brassicaceae		Rucola	<i>Rughitta</i>	F
<i>Eryngium campestre</i> L.	Apiaceae		Calcatreppola campestre	<i>Mamaràida</i>	W
<i>Euphorbia characias</i> L.	Euphorbiaceae		Euforbia cespugliosa	<i>Lattùrighe</i>	P, M
<i>Euphorbia dendroides</i> L.	Euphorbiaceae		Euforbia arborescente	<i>Lù</i>	P, M
<i>Ferula communis</i> L.	Apiaceae		Ferula comune	<i>Fèrula</i>	P, U
<i>Ficus carica</i> L. var. <i>caprificus</i> Risso	Urticaceae	Fig tree	Fico comune	<i>Crabu vighu</i>	F, M
<i>Ficus carica</i> L. var. <i>sativa</i> Fior.	Urticaceae		Fico coltivato	<i>Figù era</i>	F, M
<i>Foeniculum vulgare</i> Miller	Apiaceae	Fennel	Finocchio selvatico	<i>Fenùju arèste</i>	F, M
<i>Galactites tomentosa</i> Moench	Asteraceae		Scarlina	<i>Aldu anzonimu</i> <i>Aldu pintu</i>	F, H, W
<i>Galium aparine</i> L.	Rubiaceae	Cleavers	Attaccaveste	<i>Pigulòsu</i>	In
<i>Genista corsica</i> (Loisel.) DC.	Fabaceae		Genista di corsica	<i>Tiria</i>	O
<i>Helichrysum italicum</i> (Roth.) Don. subsp. <i>microphyllum</i> (Willd.) Nyman	Asteraceae		Elicriso	<i>Usciadina</i> <i>Fiòre 'e Santa Maria</i>	T, V
<i>Holoschoenus vulgaris</i> Link	Cyperaceae		Giunchetto commune	<i>Tinnia</i>	In
<i>Hordeum murinum</i> L.	Poaceae	Wall Barley	Orzo selvatico	<i>Ippiga murina</i>	Fo, In
<i>Hordeum vulgare</i> L.	Poaceae	Barley	Orzo coltivato	<i>Olzu</i>	Fo, F, In
<i>Hyoseris radiata</i> L.	Asteraceae		Radicchio selvatico	<i>Pabanzòlu</i> <i>Chirighia</i>	F, W
<i>Hypericum hircinum</i> L.	Hypericaceae		Ruta caprina	<i>Murta crabina</i>	In
<i>Hypericum perforatum</i> L.	Hypericaceae	Common St. John's Wort	Erba di S. Giovanni	<i>Eva 'e Santu Juanne</i>	M, D
<i>Ilex aquifolium</i> L.	Aquifoliaceae	Holmhay	Agrifoglio	<i>Agrifòzzu</i>	O
<i>Inula viscosa</i> (L.) Aiton	Asteraceae		Ceppica	<i>Eva pùdda</i>	W
<i>Juncus acutus</i> L.	Juncaceae	Sharp Rush	Giunco pungente	<i>Tinnia</i>	In
<i>Juncus compressus</i> Jacq.	Juncaceae	Round-fruited Rush	Giunco compresso	<i>Tinnia</i>	In
<i>Juncus effusus</i> L.	Juncaceae	Soft Rush	Giunco comune	<i>Tinnia</i>	In
<i>Juncus inflexus</i> L.	Juncaceae	Hard Rush	Giunco tenace	<i>Tinnia</i>	In
<i>Lagurus ovatus</i> L.	Poaceae	Hare's-tail	Piumino	<i>Coa 'e sòrighe</i>	Fo, W
<i>Laurus nobilis</i> L.	Lauraceae	Laurel tree	Alloro	<i>Laru</i>	Iw, F, M, O, H, D
<i>Lavandula stoechas</i> L.	Lamiaceae	Roman lavender	Lavanda selvatica	<i>Archimissa</i>	V, H, O
<i>Lavatera olbia</i> L.	Malvaceae		Malvone perenne	<i>Nalva</i>	O, H, M, F
<i>Leopoldia comosa</i> (L.) Parl.	Liliaceae		Giacinto dal pennacchio	<i>Alidèddu</i>	F, H, O
<i>Linum usitatissimum</i> L.	Linaceae	Linseed	Lino coltivato	<i>Linu</i>	In
<i>Lolium perenne</i> L.	Poaceae	Ray-grass	Loglio comune	<i>Lozu</i>	Fo
<i>Lonicera implexa</i> Aiton	Caprifoliaceae		Caprifoglio Mediterraneo	<i>Ide bianca</i>	T, In, O
<i>Lotus corniculatus</i> L.	Fabaceae	Birdsfoot-trefoil	Ginestrino commune	<i>Trivòzzu grogu</i>	Fo
<i>Lupinus angustifolius</i> L.	Fabaceae		Lupino selvatico	<i>Lupinu</i>	P, Fo
<i>Magydaris pastinacea</i> (Lam.) Paol.	Apiaceae		Basilisco	<i>Ferula masciu</i>	T
<i>Malva sylvestris</i> L.	Malvaceae	Blue Mallow	Malva selvatica	<i>Prammizza</i>	F, M, T, V
<i>Marrubium vulgare</i> L.	Lamiaceae	White Hore-Hound	Marrubio comune	<i>Marruju</i>	H
<i>Matricaria chamomilla</i> L.	Asteraceae	Common Camomille	Camomilla comune	<i>Camomilla</i>	M, R
<i>Medicago arabica</i> (L.) Hudson	Fabaceae	Spotted Medick	Medica arabica	<i>Trivòzzu grogu</i>	Fo
<i>Medicago hispida</i> Gaertner	Fabaceae		Medica polimorfa	<i>Trivòzzu grogu</i>	Fo
<i>Medicago sativa</i> L.	Fabaceae	Heart trefoli	Medica	<i>Eva mèdica</i>	Fo
<i>Medicago tuberculata</i> (Retz) Willd	Fabaceae		Medica tuberculata	<i>Trivòzzu grogu</i>	Fo
<i>Mentha x piperita</i> L.	Lamiaceae	Peppermint	Menta piperita	<i>Amènta</i>	F, M, H

Table 1 - (continuation)

Species	Family	English Name	Italian Name	Local Name	Local Use*
<i>Morus nigra</i> L.	Moraceae		Gelso nero	<i>Murighèssa nièdda</i>	F, M, D, In, C
<i>Myrtus communis</i> L.	Myrtaceae	True Myrtle	Mirto	<i>Musta</i>	F, M, In, T, H, O, D
<i>Nasturtium officinale</i> R.Br.	Asteraceae	Brownress	Crescione d'acqua	<i>Ascione</i>	F
<i>Nerium oleander</i> L.	Apocynaceae	Roseberry Spurge	Oleandro	<i>Oleàndru</i>	P, O
<i>Ocimum basilicum</i> L.	Lamiaceae	Sweet Basil	Basilico	<i>Basile, Fràbica</i>	F, M, V
<i>Olea europea</i> L. var. <i>sylvestris</i> Brot.	Oleaceae	Olive tree	Olivastro	<i>Ozzàstru</i>	F, M, T, In, Iw, C, R
<i>Ononis spinosa</i> L.	Fabaceae	Petty whin	Arrestabuc	<i>Ippina sorighina</i>	T, W
<i>Onopordon illyricum</i> L.	Asteraceae		Cardo asinino	<i>Aldu nieddu</i>	F, W
<i>Opuntia ficus-indica</i> (L.) Miller	Cactaceae		Fico d'India	<i>Fioghindia</i>	F, Fo, T
<i>Oryzopsis miliacea</i> (L.) Asch. et Schweinf.	Poaceae		Miglio multifloro	<i>Eva 'e ferru</i>	Fo, In
<i>Osyris alba</i> L.	Santalaceae		Ginestrella comune	<i>Iscoibile</i>	T, In
<i>Papaver rhoeas</i> L.	Papaveraceae	Red Poppy	Papavero comune	<i>Papàile</i>	O, W
<i>Papaver somniferum</i> L.	Papaveraceae	Opium Poppy	Papavero domestico	<i>Papàile</i>	P, W
<i>Parietaria diffusa</i> Mert. et Koch	Urticaceae		Vetriola minore	<i>Pigulòsa</i>	F, M, V, W
<i>Phalaris bulbosa</i> L.	Poaceae		Scagliola bulbosa	<i>Cucca cucca</i>	In
<i>Phillyrea angustifolia</i> L.	Oleaceae		Ilatro sottile	<i>Aladèrru</i>	Iw, In, D, C
<i>Phillyrea latifolia</i> L.	Oleaceae		Ilatro comune	<i>Aladèrru</i>	Iw, In, D, C
<i>Phragmites australis</i> (Cav.) Trin.	Poaceae		Cannuccia di palude	<i>Cannittu</i>	In
<i>Picris echioides</i> L.	Asteraceae	Bristly Ox-Tongue	Aspraggine volgare	<i>Ischiòccoro</i>	F, W
<i>Pistacia lentiscus</i> L.	Anacardiaceae	Mastic Tree	Lentischio	<i>Chessa</i>	F, M, In, Iw, C, D
<i>Polygonum aviculare</i> L.	Polygonaceae	Knotgrass	Poligono centinodia	<i>Eva 'e chentu nodos</i>	In
<i>Polygonum scoparium</i> Réq.	Polygonaceae		Poligono scopario	<i>Eva 'e chentu nodos</i>	In
<i>Polypodium australe</i> Feé	Polypodiaceae	Adder's Fern	Polipodio meridionale	<i>Filighe 'e muru</i>	O, V
<i>Populus alba</i> L.	Salicaceae	White Poplar	Pioppo bianco	<i>Colstiàvu, Polstiàvu</i>	T, Iw
<i>Populus nigra</i> L.	Salicaceae	Black Poplar	Pioppo nero	<i>Colstiàvu, Polstiàvu</i>	T, Iw, D
<i>Portulaca oleracea</i> L.	Portulacaceae	Green Purslane	Porcellana comune	<i>Eva rassa</i> <i>Procellàna</i>	F, W
<i>Prunus dulcis</i> (Miller) D.A. Webb.	Rosaceae	Almond	Mandorlo	<i>Mèndula</i>	F, Iw, C, T
<i>Prunus spinosa</i> L.	Rosaceae	Blackthorn	Pruno selvatico	<i>Prunizza</i>	F, Iw, T, D
<i>Pteridium aquilinum</i> (L.) Kuhn	Hypolepidaceae		Felce aquilina	<i>Filighe màsciu</i>	T, M
<i>Punica granatum</i> L.	Punicaceae	Carthaginian apple tree	Melograno	<i>Melagrenàda</i>	F, D, M
<i>Pyrus amygdaliformis</i> Vill.	Rosaceae		Perastro	<i>Piràstru</i>	F, T, Iw, C, D
<i>Pyrus communis</i> L.	Rosaceae	Pear	Pero comune	<i>Pira</i>	F, T, Iw, C, D
<i>Quercus ilex</i> L.	Fagaceae	Evergreen Oak	Leccio	<i>Èlighe</i>	F, C, Iw, T, D
<i>Quercus pubescens</i> Willd.	Fagaceae		Roverella	<i>Kescu</i>	C, Iw, T, D, M
<i>Quercus suber</i> L.	Fagaceae		Sughera	<i>Suèlzu</i>	C, Iw, T, V, D
<i>Ranunculus ficaria</i> L.	Ranunculaceae		Ranuncolo favaggio	<i>Cunnu rassu</i>	M
<i>Raphanus raphanistrum</i> L.	Brassicaceae	Wild Radish	Ravanello selvatico	<i>Ammuràta</i>	F, W
<i>Rhamnus alaternus</i> L.	Rhamnaceae		Alaterno	<i>Laru màsciu</i>	Iw, In, D, C, M
<i>Rosa canina</i> L. s. l.	Rosaceae	Wild Dog Rose	Rosa selvatica comune	<i>Ru caddinu</i>	M, F, O
<i>Rosa sempervirens</i> L.	Rosaceae		Rosa di San Giovanni	<i>Ru caddinu</i>	M, O
<i>Rosmarinus officinalis</i> L.	Lamiaceae	Rosemary	Rosmarino	<i>Romasinu</i>	F, M, H, O
<i>Rubia peregrina</i> L.	Rubiaceae		Robbia selvatica	<i>Pigulòsu, Marrùbiu</i>	D, T
<i>Rubus ulmifolius</i> Schott	Rosaceae	European Blackberry	Rovo comune	<i>Riu</i>	F, M, D, In, O
<i>Rumex acetosa</i> L.	Polygonaceae	Garden Sorrel	Romice acetosa	<i>Meliàgra</i> <i>Tattariùsciu</i>	F, M
<i>Rumex sanguineus</i> L.	Polygonaceae	Red-veined Dock	Romice sanguineo	<i>Tattariùsciu</i>	F, M
<i>Ruscus aculeatus</i> L.	Liliaceae	Butcher's Broom	Pungitopo	<i>Ippina sorighina</i> <i>Treviùsciu</i>	In, M
<i>Ruta chalepensis</i> L.	Rutaceae		Ruta d'Aleppo	<i>Ruda</i>	V
<i>Salix alba</i> L.	Salicaceae	White Willow	Salice bianco	<i>Tòa</i>	In
<i>Salix atrocinerea</i> Brot.	Salicaceae	Common Sallow	Salice di Gallura	<i>Tòa</i>	In
<i>Salvia officinalis</i> L.	Lamiaceae	Sage	Salvia domestica	<i>Salvia</i>	F, M
<i>Sambucus nigra</i> L.	Caprifoliaceae	Black Elder	Sambuco nero	<i>Saiuccu</i>	Iw, D, M
<i>Scolymus hispanicus</i> L.	Asteraceae		Cardogna comune	<i>Aldu mele</i>	F, H, W
<i>Senecio vulgaris</i> L.	Asteraceae	Groundsel	Senecione comune	<i>Pedruvèghe</i>	W, T, M
<i>Silybum marianum</i> (L.) Gaertner	Asteraceae	Marian Thistle	Cardo mariano	<i>Aldu pintu</i>	F, W
<i>Sinapis alba</i> L.	Brassicaceae	White Mustard	Senape bianca	<i>Ammuràta</i>	F, W
<i>Sinapis arvensis</i> L.	Brassicaceae		Senape selvatica	<i>Lànsana</i>	W
<i>Smilax aspera</i> L.	Liliaceae	Sarsaparilla	Stracciabraghe	<i>Tittione, Tèti</i>	F, M
<i>Solanum nigrum</i> L.	Solanaceae	Hound's Berry	Pomidorella	<i>Pummàtta arèste</i>	W, P
<i>Sonchus oleraceus</i> L.	Asteraceae	Milk-or Sow-Thistle	Allattalepre	<i>Aldu Pinzòne</i>	F, Fo, W
<i>Sorbus domestica</i> L.	Rosaceae	Service Tree	Sorbolo	<i>Suppèva</i>	F, M, D

Table 1 - (continuation)

Species	Family	English Name	Italian Name	Local Name	Local Use*
<i>Spartium junceum</i> L.	Fabaceae		Ginestra comune	<i>Nistra</i>	In
<i>Stachys glutinosa</i> L.	Lamiaceae		Stregona spinosa	<i>Issòpo</i>	T, V
<i>Stellaria media</i> (L.) Vill.	Caryophyllaceae	Chickweed	Centocchio comune	<i>Eva puddina</i>	W, Fo
<i>Tamarix africana</i> Poiret	Tamaricaceae		Tamerice maggiore	<i>Tramarittu</i>	D
<i>Tamus communis</i> L.	Dioscoreaceae	Black Bryony	Tamaro	<i>Ippàralu 'e colora</i> <i>Criu poschinu</i>	F
<i>Tetragonolobus purpureus</i> Moench	Fabaceae		Ginestrino purpureo	<i>Trivòzzu riju</i>	Fo
<i>Thapsia garganica</i> L.	Apiaceae		Firrastrina comune	<i>Ferulèdda</i>	P
<i>Thymelaea hirsuta</i> (L.) Endl.	Thymelaeaceae		Spazzaforno	<i>Iscobile</i>	In
<i>Trifolium angustifolium</i> L.	Fabaceae		Trifoglio angustifolio	<i>Trivòzzu riju</i>	Fo
<i>Trifolium arvense</i> L.	Fabaceae	Hare's-foot	Trifoglio arvense	<i>Trivòzzu biancu</i>	Fo
<i>Trifolium campestre</i> Schreber	Fabaceae	Hop trefoil	Trifoglio campestre	<i>Trivòzzu grogu</i>	Fo
<i>Trifolium incarnatum</i> L.	Fabaceae	Crimson Clover	Trifoglio incarnato	<i>Trivòzzu riju</i>	Fo
<i>Trifolium pratense</i> L.	Fabaceae	Red Clover	Trifoglio pratense	<i>Trivòzzu riju</i>	Fo
<i>Trifolium repens</i> L.	Fabaceae		Trifoglio ladino	<i>Trivòzzu biancu</i>	Fo
<i>Trifolium squarrosum</i> L.	Fabaceae		Trifoglio squaroso	<i>Trivòzzu grogu</i>	Fo
<i>Trifolium stellatum</i> L.	Fabaceae		Trifoglio stellato	<i>Trivòzzu istellàdu</i>	Fo
<i>Trifolium subterraneum</i> L.	Fabaceae	Subterranean Trefoil	Trifoglio subterraneo	<i>Trivòzzu biancu</i>	Fo
<i>Typha angustifolia</i> L.	Typhaceae	Lesser Reedmace	Lisca a foglie strette	<i>Uda màsciu</i>	In
<i>Typha latifolia</i> L.	Typhaceae	Great Reedmace	Lisca maggiore	<i>Uda fèmina</i>	In
<i>Ulmus minor</i> Miller	Ulmaceae	Field Elm	Olmo comune	<i>Uluu</i>	T, Iw
<i>Umbilicus rupestris</i> (Salisb.) Dandy	Crassulaceae	Pennywort	Ombelico di Venere comune	<i>Càlìghe 'e muru</i>	M
<i>Urginea maritima</i> (L.) Baker	Liliaceae	Squill	Scilla marittima	<i>Ampidda</i>	T, W
<i>Urospermum dalechampii</i> (L.) Schmidt	Asteraceae		Boccione maggiore	<i>Chirighia 'e colòra</i>	F, W
<i>Urtica dioica</i> L.	Urticaceae	Stinging Nettle	Ortica comune	<i>Pittigaia</i>	F, V, D, W
<i>Verbascum pulverulentum</i> Vill.	Scrophulariaceae	Hoary Mullein	Verbasco candelabro	<i>Treviuddu</i>	P, C, T
<i>Viburnum tinus</i> L.	Caprifoliaceae		Viburno-tino	<i>Laru màsciu</i>	D, Iw
<i>Vicia faba</i> L.	Fabaceae		Fava	<i>Fàe</i>	F
<i>Vicia sativa</i> L.	Fabaceae	Common Vetch	Veccia dolce	<i>Pisu, Pisi-bisi</i>	Fo, F
<i>Vinca difformis</i> Pourret	Apocynaceae	Periwinkle	Pervinca ovata	<i>Pruninca</i>	R
<i>Vitis vinifera</i> L.	Vitaceae	Grape-vine	Vite comune	<i>Ide</i>	F, M, In
<i>Vulpia ligustica</i> (All.) Link	Poaceae		Palèo ligure	<i>Fenu leperinu</i>	Fo, W

* See the text for legend

species used to make hedges are also included.

(P) Poison: species containing toxic substances, even mortal for men and animals; some of them are used as ichthyotoxins (fish poisons).

(R) Magic Ritual: plants that in popular traditions are considered to have healing powers; some of them are used in religious rituals.

(T) Working tools: for manufacturing.

(V) Vet: to treat animal illnesses or to keep away parasites and insects.

(W) Weed: plants infesting crops, including non-grazing plants, often large and thorny, that grow in pasture lands.

In Table 2, the use and the number of plants known by the people interviewed are indicated. Percentages are referred to the 208 plants listed in Table 1.

As concerns growth forms, 30 of the listed plants are trees (14,5%), 41 are shrubs (19,7%) and 137 are herbaceous plants (65,8%).

The families containing the most species used in popular traditions are Asteraceae (14%), Fabaceae (12%), Poaceae (7%), Rosaceae (5%), Liliaceae (5%), Lamiaceae (4%) and Brassicaceae (3%).

CONCLUSIONS

In the past, the use of plants was due to practical needs. Knowledge and use in all aspects were transmitted inside the family, often as a secret. Treatment of several diseases was based on use of plants, often followed by ritual practises. For this reason the research has tried to prove the value and the truthfulness of a certain popular plant use by comparing it with recent knowledge. Some original data have come out, having a practical utility in modern biotechnological crop system.

Utilisation of an infusion of *Lavandula stoe-*

Table 2- Percentage of use of plants listed in Table 1.

Use	Plants No.	%
Feeding	70	33,6
Working tools	55	26,4
Medical	52	25,0
Interlacing	35	16,8
Forage	34	16,3
Dyeing	27	12,9
Combustible	23	11,0
Inlay work	22	10,5
Ornamental	20	10,0
Honey making	16	7,6
Poison	16	7,6
Vet use	13	6,2
Magic ritual	8	3,8

chas flowers as an antiseptic was very effective to wash and disinfect the udder of sheep affected by mastitis, as was the use of *Viburnum tinus* or *Quercus suber* to colour cheese. According to natural practises in poultry farming the endemic *Stachys glutinosa* was introduced to keep away lice with its strong smell. Tradition also suggests certain simple methods to drive away mice, such as utilisation of thorny plants (*Ruscus aculeatus* or *Ononis spinosa*).

Besides having a great ethnographic and cultural value, ethnobotanical research consents to achieve some profits in science and economics. For instance, some wild plants can be exploited and rationally cultivated to become a source of income. To mention an example, flowers of *Hypericum perforatum* are used in order to make healing oils and alcoholic solutions with an anti-

depressive function. Other wild plants are used in compositions of dried or evergreen flowers. Many Poaceae (e.g. *Lagurus ovatus*) can be easily dried, as are flowers of *Typha latifolia*, *T. angustifolia* and the thorny flowers of *Eryngium campestre* and *Dipsacus ferox*.

Further species can be cultivated for ornamental purposes: some of them to cover pergolas or fences (e.g. *Clematis vitalba*, *Clematis cirrhosa*, and *Smilax aspera*), others to make hedges or adorn gardens (e.g. *Arbutus unedo*, *Erica arborea*, *E. scoparia*, *Helichrysum italicum*, *Myrtus communis*, *Olea europea* var. *sylvestris* and other plants from the Mediterranean area).

Nowadays the rediscovery of old techniques, such as interlace or inlay work and the art of dyeing, permits us to once again manufacture items and tools as they were made in the past. Such manufactured items can be traded as products of local handicraft and employed to furnish houses.

Information taken in the small community of Putifigari corresponds to the general heritage of Mediterranean areas and represents a richness worthy of recovering, preserving and transmitting to future generations.

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