C4-16

Investigation of Some Chemical Characteristics of Wild Edible *Cephalaria* Schrader Ex Roemer & Schultes G.C. *Setosa* Boiss &Hohen Growing in East Anatolla

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ORAL PRESENTATION - 95

INVESTIGATION OF SOME CHEMICAL CHARACTERISTICS OF WILD EDIBLE *CEPHALARIA* SCHRADER EX ROEMER & SCHULTES G. *C. SETOSA* BOISS &HOHEN GROWING IN EAST ANATOLIA

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Abstract

This study was conducted to determine the mineral contents and some nutritional properties of Cephalaria Schrader ex Roemer & schultes G.C. setosa Boiss &hohen growing in Van lake around and are consumed as food and medicinal purposes inhabitants in Eastern Anatolia Region of Turkey. Nutritional value and mineral compositions of wild edible plants have been investigated for food security and human health. It is though that wild edible plants gathered from nature are cheaper food and important for human health. They are also special ingredients for distinguished taste and aroma of traditional cousins. Although they are cheap and available in the near, their mineral composition and nutritional value are important for public health. Thus, in the present study nutritional value and mineral composition of used parts of Cephalaria Schrader was investigated. In laboratory analysis, dry matter, total ash, N%, crude protein, crude fiber and ph were examined as nutritional value. Useful minerals (Ca, Cu, Fe, K, Mg, Mn, Na, P, S and Zn) and heavy metals (Cd, Co, Cr and Pb) that hazardous elements for livings were also determined. The Dry matter, ph, ash and total nitrogen contents of the plant ranged from %, 6.33 %, 6.3 % and 1.77%, respectively. Mineral analysis showed that the wild plant contained considerably high amounts of potassium (12.31 g/kg), phosphorus (1.14 g/kg), calcium (9.67 g/kg), magnesium (1.97 g/kg), iron (mg/kg), manganese (24.25 mg/kg) and zinc (18.70 mg/kg). This work contributed to the nutritional properties of some wild plant, and the information may be useful for the evaluation of dietary information.

Key words: Nutrient content, wild plant, Cepheleria, East Anatolia.

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In laboratory analysis, dry matter, total ash, N%, crude protein, crude fiber and pH were examined as nutritional value. Useful minerals (Ca, Cu, Fe, K, Mg, Mn, Na, P, S and Zn) and heavy metals (Cd, Co, Cr and Pb) that hazardous elements for livings were also determined. The Dry matter, pH, ash and total nitrogen contents of the plant ranged from 18.22 %, 6.33 %, 6.3 % and 1.77%, respectively. Mineral analysis showed that the wild plant contained considerably high amounts of potassium (12.31 g/kg), phosphorus (1.14 g/kg), calcium (9.67 g/kg), magnesium (1.97 g/kg), iron (146.23 mg/kg), manganese (24.25 mg/kg) and zinc (18.70 mg/kg). This work contributed to the nutritional properties of some wild plant, and the information may be useful for the evaluation of dietary information.

Key words: Nutrient content, wild plant, *Cepheleria*, East Anatolia