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Pumpkin

Vegetable fruits
Latin "Cucurbita"

Edible Parts



Fruits



Flowers



The Leaves

Seeds



It contains Vitamins A and C, carotene, Omega 3, and minerals. It has diuretic and relaxing effects

Other uses



Seeds are also used for food and oil production, and as a nutritional supplement



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Red/yellow pepper

Fruits vegetables
Latin "Capsicum annum"

Edible Parts



The fruits



Peppers contain a lot of Vitamin C and A, and potassium and they boost immune system

Other uses



Used by ancient medicine for surface circulation creams now tested for vitiligo



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Aubergine

Fruits vegetables
Latin "Solanum melongena"

Edible Parts



The fruits



Low in macro- and micro-nutrient but contain beta-carotene and minerals like potassium and calcium.

Other uses



Can be used for cosmetic purposes



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Fava/ broad bean

Vegetable seeds
Latin "Vicia faba"

Edible Parts



The seeds



Rich in folate and dietary minerals, such as manganese, phosphorus, magnesium, and iron

Other uses



Can be used as a green manure, due to nitrogen fixation it produces. In ancient Greece and Rome, beans were used in voting



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Red/yellow pepper

Usually cultivated as annual plant, in warm countries can be perennial



Plant in full sunlight



Keep moist with frequent watering



Indoor at the end of the winter (March-April)



Still green or when they are well ripe, red or yellow



Need soft, well-draining soil



Can be grown all over Europe in natural soil



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Pumpkin

Annual plant which produces edible flowers, leaves, fruits and seeds.



Plant in full sunlight



Keep moist with abundant watering



During the spring after the last frost (April-May)



In the summer, about 4 or 5 months after the planting



Well-draining soil



Can be grown all over Europe in natural soil



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Fava/ broad bean

Cultivated as annual plant



Prefers penumbra



Enough to keep moist to avoid dryness



During the fall (October-November)



When the seeds in the legume reach a proper size



Prefers neutral and well-draining soil



Can be grown where the winter is mild



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Aubergine

Cultivated as annual plant



Plant in full sunlight



Keep moist with frequent watering



At the end of the winter (April)



When they are well ripe and reach a proper size



Need fertilized and well-draining soil



Can be grown in temperate climates



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Rocket salad

Vegetable leaves
latin "Eruca vesicaria"

Edible Parts



The leaves



It is a rich source of folate and vitamin K, of vitamin A and C, and of minerals like calcium, magnesium, and manganese

Other uses



in West Asia, Pakistan and Northern India, from eruca seeds is produced Taramira oil, used for cooking or for massage



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Sweet potatoe

Vegetable roots
latin " Ipomoea batatas"

Edible Parts



Tubers



It is rich in complex carbohydrates, dietary fiber and beta-carotene

Other uses



In South America, the juice of red sweet potatoes is combined with lime juice to make a dye for cloth



150



Wild garlic

Wild plant
latin Allium ursinum"

Edible Parts



The bulbs



The flowers



The leaves



Contains vitamins A and C, calcium, iron, phosphorus, sodium and copper

Other uses



Flowers and leaves are used for cosmetic and curative purposes



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Pork

Edible Parts



The meat



Pork meat contains proteins. Also it provides good quantities of vitamins such as: thiamin, riboflavin and niacin.

Other uses



Its bristles are used for making brushes. It is used as a research model organism for cardiovascular diseases



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Sweet potatoe

Herbaceous perennial vine



Plant in full sunlight



Keep moist with frequent watering



From March where night temperature is more than 15°C



When the leaves start turning into yellow



Soft, sandy and well-draining soil



Cultivated in temperate areas, such as Eastern United States and China

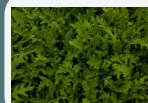


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Rocket salad

Cultivated as annual plant, but wild species are perennial



Can be planted in sunlight or penumbra



Moderate watering



From February to May and from September to November



When the leaves rich the proper size (10/15 cm)



Soft, sandy and well-draining soil



Can be cultivated in temperate climates



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Pork

One of the most numerous large mammals on the planet



Leaves, roots, fruits and cereals (wheat, barley)



Fresh water, fresh and clean air



15 - 20 years



The most efficient temperatures are between 20 -21°



Porks may be useful to move compact soils by aerating them, thus preparing them for sowing



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Wild garlic

Perennial herbaceous



Grows in umbra and penumbra



Prefers moist soil



January-March/ September-December



During the spring (especially March-April)



Moist soils, preferring slightly acidic conditions



It is widespread across most of Europe



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100



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Sheep

Edible Parts



The meat



The milk



Sheep's meat contains a good amount of protein and is also a good source of iron

Other uses

Sheep's milk is used predominantly in cheese and yogurt making



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Pasta



Pasta is a flour-based product

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It has protein and is rich in starch. It contains vitamin B and has a great abundance of mineral salts, like potassium

Other uses

Main source of carbohydrates, which provide the necessary energy for our body.

It can be used also for handcrafts with pupils



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Fruit Juice



Apricots, oranges, pears, apples, grapefruits and many others...



It contains water, useful micronutrients such as potassium, vitamin C, folic acid

Other uses

Its consumption improves the functioning of the immune system
It can be used in cocktails



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Mozzarella Cheese



It is a traditionally southern Italian dairy cheese made from Italian buffalo's milk



It contains sodium, potassium, magnesium, beta-carotene and vitamins B12, K, J

Other uses

It is widely used on pizzas.
It can be also be smoked



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Pasta



Pasta can have various shapes and is cooked in boiling salted water



Usually consumed on a daily basis; it can be eaten with vegetables, legumes, meat or fish



Selection of wheat semolina; grinding; dough; drawing; drying ... and then cooking



Pasta has benefits in preventing health diseases. It keeps well for a very long time



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Sheep



Sheep are quadrupedal, ruminant mammals typically kept as livestock



Grasses and clover varieties

Fresh water, fertile soil and clean air



6 - 14 years



Sheep adapt to different environmental conditions



Sheeps are good scavengers, produce a low amount of waste, are easy to raise and handle



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Mozzarella Cheese



Generally white but may vary seasonally to slightly yellow depending on the animal's diet



It is a rather caloric food, but a 50g with vegetables is good two or three times a week



Made with pasta filata method, cheese-makers knead it with hands until they get a smooth, shiny paste



From the milk of Italian buffalo, raised in south-central regions. The best known from Campania



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Fruit Juice



Prepared by squeezing fruits It can be added with sugar



It should be drunk immediately, otherwise an oxidation process takes place



It can be prepared at home using a hand or electric juicer eventually filtering it for removing fiber or pulp



Juices allow to reduce waste as they are an alternative use of fruits paying attention to sugar



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Dandelion

Wild Plant - Latin
"Taraxacum officinale"

Edible Parts



Roots Flowers Leaves



Dandelion contains a large number of active compounds, including flavonoids, ascorbic acid, provitamin A and calcium

Other uses

It is used in the kitchen in the preparation of sweets or as an herbal tea and to purify the liver and kidneys



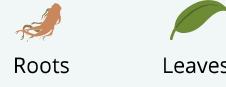
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Nettle

Wild plant -
Latin *Urtica dioica*

Edible Parts



Roots Leaves



Nettle contains folic acid and iron and its leaves are very rich in mineral salts

Other uses

It can be cooked, or used to prepare decoctions. Macerated nettle is a natural fertilizer



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Fig

Fruit tree -
Latin *Ficus carica*

Edible Parts



The fruits Leaves



Figs are rich in fiber, vitamins calcium and other mineral salts. They favor digestion, energy and healthier bones

Other uses

The latex of fig leaves and sprigs have been used in the past to curdle milk in the production of artisan cheeses



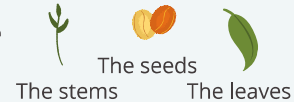
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Fennel seeds

Spice -
Latin *Foeniculum vulgare*

Edible Parts



The stems The seeds The leaves



They have anti-inflammatory and diuretic properties, promote digestion and keep cholesterol low

Other uses

Used also to prepare herbal teas and to flavor dishes or bread.



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Nettle



Native to Europe, Asia, North Africa and North America



It prefers humid and semi-shaded places



In Spring or in Autumn both for sowing and for harvesting



It is usually found in fields and uncultivated land, preferring humid and nitrogen-rich places



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Dandelion



It is a herbaceous plant that grows in meadows, on roads, and in areas with humid soils



Sunny or half-shaded spaces
During spring and summer, water abundantly and regularly



March to May/April to June
Flowers are picked in April/May
Leaves in spring.
Roots with the arrival of Autumn



It prefers loose soil and open spaces.
From coasts to 2000 meters above sea level



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Fennel seeds



Small fruits, improperly called seeds on the top of the grassy branches of the wild plant



Wild plants arise in arid areas especially where there is a good sun exposure



It is sown in spring at a depth of one centimeter. Flowering is in summer, and after the ripening the harvest of the seeds is in August



The soil must never dry out totally
It comes from the shores of the Mediterranean but widely spread in many other areas



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Fig



Widespread in various areas, particularly in the Mediterranean region



It likes not humid warm climates
It needs at least 1 to 1 1/2 inches of water a week



To be planted usually in mid-spring. A young tree will take up to two years to produce fruits, which typically ripen in late summer and early fall



It adapts to any type of soil but loose and well drained.



Originated in northern Asia Minor spread in Mediterranean region



66

Lemon



Fruit tree -
Latin *Citrus limon*

Edible Parts



The fruits



The leaves



Essential for health protection for its high concentration of vitamin C: it fights the flu, limits diarrhea, acts as an excellent disinfectant

Other uses



Its peel is used for candied fruits, limoncello liqueur and for essences; its seeds for oil; the leftovers for animal feed



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Rice



Plant-based cereal -
Latin *Oryza sativa*

Edible Parts



The seeds mainly after refining



One of the most complete foods from a nutritional point of view; Also Gluten-free and highly digestible

Other uses



Its rich in vitamin E cooking water deeply cleanse the face skin; used also for massages; good for homemade maracas



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Loquat



Fruit tree -
Latin *Eriobotrya japonica*

Edible Parts



The fruits only if ripe



It contains vitamins A, B and C; they bring benefits especially to the intestine and liver

Other uses



The leaves are used as a natural remedy for oily cough and chronic bronchitis



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Walnut



Fruit composed by shell and seed -
Latin *Juglans regia*

Edible Parts



The seeds



Rich in Omega-3, calcium, magnesium and B vitamins, are good for heart and bones and recommended against cholesterol or diabetes

Other uses



Nocino liqueur by not too ripe fruits; the external fleshy part to dye fabrics and furniture (also as ink in the Middle Ages)



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Rice



Most consumed cereal, main food for about half of the world population, basis of Asian cuisine



Best in places with long exposure to sunlight and high temperatures; Abundant availability of water



The sowing usually is in April, on a well-leveled ground then left completely submerged by water;



Harvest in September - October



It adapts to any type of soil: sandy, clayey, basic or acid, etc. as long as it is humid.



Cultivated in almost every country



66

Lemon



According to genetic studies, derives from the cross of bitter orange and cedar



It prefers a climate sufficiently hot and humid and a lot of sunlight Watering varies with age with a good amount of water on average



Best period for sowing is in spring



In spring also the best flowering and the harvest lasts all winter.



It adapts to almost any type of soil but not if heavy clay



It is cultivated all over the world, the largest producer is India



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87

Walnut



It comes from very long-lived and majestic trees that can reach up to 30 meters in height



Sunny, relatively sheltered sites, it likes cool places

It Fears both water stagnation and aridity



Its cold-moist requirement can be met by planting the nuts in fall.



Harvesting starts from early September to early November



Very deep, with little limestone, and organically rich soils.



It grows in Italy, France, Greece in Europe, China in Asia, Chile and California in America



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80

Loquat



The greenish skin European has been gradually replaced by the yellowish skin Japanese



Better if exposed to direct sunlight, the trees are slightly frost tolerant but better with warm winters. Watering once a week



Trees are usually planted in autumn.



The harvest after the ripe in May - June



Soils with good drainage



Now widely spread in South-East Asia the East Indies, Australia, New Zealand Madagascar, Mediterranean region



94



Mulberry

Fruit tree or shrub -
Latin *Morus*

Edible Parts



The fruits



Mulberry blackberries contain vitamins as A, C, E, K and minerals as iron, calcium, magnesium, sodium, potassium, selenium, zinc

Other uses



The leaves of the white mulberry tree feed silkworms
Essential oils are extracted as flavoring for natural cosmetics



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Prickly pear

Fruit tree -
Latin *Opuntia ficus indica*

Edible Parts



The flowers



The fruits



The shovels



Rich in vitamins, especially C and minerals including potassium and magnesium. Contains many fibers good for intestinal regularity

Other uses



It is used for the production of creams, soaps, shampoos, lipsticks, etc.



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Mint

Aromatic herbaceous plant -
Latin *Mentha*

Edible Parts



The leaves



Mint contains menthol, so is refreshing and aids in digestion, cough and motion sickness

Other uses



Excellent for the preparation of herbal teas ;
Peppermint and Spearmint oil is used to flavor toothpaste



101

Prickly pear



It is a genus of cactus that has pads. It is one of the easiest cactus species to grow



Maximum sun exposure, it tolerates dryness but is very sensitive to cold

Very little watering



Shovels (better than seeds) are planted in spring.



Harvest takes place from August to September (when the fruits change color from green)



Fairly dry, well-drained poor rocky or sandy soil.



It is widespread in Mexico, USA, Chile, Brazil, Turkey, Italy, Middle East, North and South Africa



94

Mulberry



Associated with the goddess of wisdom, Athena. Main species are white and black mulberry



Its ideal growth temperature is between 18 - 22°C but in winter it tolerates the cold too.

Doesn't stand excessive dryness



Generally on February, at the end of winter, is the most favorable period for planting; mulberry blackberries ripen around the beginning of summer, mostly in June



Well-drained, fertile, except wet



Native to South Asia, distributed across Europe, Southern Africa, South and North America.



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Mint



About 7,000 types (divided into 250 genera), of which only 600 are edible, the others are used for ornament or cosmetics



Easy to grow, it prefers a slightly shady and humid area
On average, you will water mint once or twice a week



Optimal sowing period March/April;



Harvest anytime



Rich in humus and organic matter, moist with adequate drainage soils



Mint grows massively throughout Europe, Asia and Africa



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