



The Importance of Indigenous Edible Plant Species to Rural Tourism Development (Sample of Seferihisar)

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Abstract

Rural tourism phenomenon can be expressed as a tourism type which is progressing within tourism sector quickesty and also has a potential to be progressed more and more in the near future. Its one of main reason can be explained as that is the chaos which brought by both intense urbanization and rapid technological development has tumbled individuals psychologically that's why the demand has been occurred by individuals which tend toward to rural tourism in holidays. One of the main fact that shows up in rural tourism within modern-day and near future and in the direction of the assumption that the relevant destination contains cuisine culture; it can be clearly explained that the indigenous edible plant species are constructive fact on rural tourism.

In this study, a questionnaire has been conducted 846 domestic tourists in an attempt to determine the contributes of indigenous edible plant species in Seferihisar which got a title as slow city called "Cita-Slow" to the rural tourism development. As a result of the findings, it has been determined that Indigenous edible plant species has provided a great contribution to the Rural Tourism Development. As a result of the study; it has been also determined that the destinations which will to improve as part of Rural Tourism, they need to attach importance to Indigenous edible plant species.

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IMPORTANCE AND CONTENT OF RURAL TOURISM

Rural field; is located on out of places called metropolitan, where individuals can not benefit from the social security, education, business opportunity, insurance, retirement and other cultural activities means spatial size. Today, together with the changed tourism understanding and rural areas and as a consequence of that tourists who wants to know the general features, food culture, lifestyles and regional cultures of inhabitants, contribute to the development of the rural area. (Hernandez et al., 2016; Avcıkurt & Koroğlu, 2008; Kiper, 2006; Sharpey, 2002; Hall, 2001).

Rural tourism can be expressed as where several activities has been performed in the name of 'rural experiences' and is visited by individuals properly, otherwise holds the agricultural and non-urban components. As the most remarkable characteristic features of rural tourism, open areas exists, being low level in the development of tourism, directing people to agricultural and natural activities so as to create a best connection between them; (Fotiadis, et al., 2016; Campon-Cerro et al., 2016; Lane, B, 1994);

-Located in rural areas

-Functional; Small scaled enterprises provide guests opportunities concerning that a facility in touch with nature, located in large terrain, and including the customs and traditions of district.

-Size(Size)- Most of rural enterprises are small scaled in order that the constructions and buildings are small-scaled.

-Taken decisions as regional planning are slow and effective. These plans are generally made for long-term by local governments.

Rural tourism is a tourism type that is connected with the natural resources which coexists with rural areas. Rural tourism can contribute the development of rural tourism countries by completing the tourism variousity and creating new alternatives for the rural areas. In this context, we can mention that the rural tourism is increasing its importance day by day. When the profiles of individuals who attended to rural tourism are examined; we can deduce that they have high incomes, well educated, are in the search of quality, had much expenditures over average tourism expenditures during their holidays. (Li et al., 2016; Barkauskas et al., 2015; Page&Getz, 1997). Rural tourism is considered as a one of tourism types that should have been deveoped and protected continuously. Besides Rural tourism contributes to protect the social-cultural heritage, supporting the regional food in the process of prepare, introducing and sale, increasing the life quality of individuals by supporting the regional development in terms of socially and economically (Vitasurya, 2016; MacDonald & Jolliffe, 2003; Page&Getz, 1997).

RURAL TOURISM AND EDIBLE PLANT SPECIES

Endemic is described as species which exists rarely in a region or country and belongs to only unique region. It is used as the meaning of native and derives from latinus word endemos. Turkey is one of the foremost country about endemic plants. Turkey has 9000 different plant species around its boundaries and its %33 is endemic plants. Due to the verified datas of Culture and Tourism Ministry; due to Turkey is a nature bridge around three

different continent, has different climate diversity and geographical features, has rare plant diversity in the world.(www.ankara.tb.org.tr;kulturveturizm.gov.tr, Sarioglan et al., 2012; Atik et al.,2010; Demirayak, 2002)

The importance and attention to food and beverage concept are obviously increasing day by day around the world. Gastronomical products have an great effects on being a touristic product itself and creating an image of destinations along with a feaure of completing touristic products.(Kesici, 2012;Yuncu, 2010; Cohen,2004)

Edible endemic plant can be defined as species that each has specific tastes and pertinent to human's biological and gastronomical structure(not factors that threaten to human health).Edible plants in Turkey are counted as cultivar, non-cultivars can be used as food materials in Turkish cousine. Edible endemic plants are highly signicant in terms of prosperity and nonrivalness of Turkish cousine.(Tan, 2009; Uzun, 2006; Ertug,1999; Ansin, 1980).

Different and unique endemic plants are planted in the rural areas of Seferihisar and is an incontrovertible fact that constitutes the fundamental food culture of Seferihisar.In the below; numerous edible endemic plants, their effects and fields of usage are mentioned (Aytac et al., 2016; Clevely et al., 2015; Uyanik et al., 2013; Winkel, 2012; Aschl, 2010; Kendir & Güvenç, 2010; Ugulu et al., 2009; Harnly et al., 2006; Avcı, 2005; Robuchon, et al, 2004).

Fennel

Fennel (*Foeniculum vulgare*) is a flowering plant species in the carrot family. It is a hardy, perennial herb with yellow flowers and feathery leaves. It is indigenous to the shores of the Mediterranean but has become widely naturalized in many parts of the world, especially on dry soils near the sea-coast and on riverbanks.

It is a highly aromatic and flavorful herb with culinary and medicinal uses and, along with the similar-tasting anise, is one of the primary ingredients of absinthe. Florence fennel or finocchio is a selection with a swollen, bulb-like stem base that is used as a vegetable. Oiled Fennel roasting etc. can be used as oil dish.

Hibiscus

Hibiscus is a genus of flowering plants in the mallow family, Malvaceae. The genus is quite large, containing several hundred species that are native to warm-temperate, subtropical and tropical regions throughout the world. Member species are often noted for their showy flowers and are commonly known simply as hibiscus, or less widely known as rose mallow. Used in several food concepts.

Chicory

Common chicory, *Cichorium intybus*, is a somewhat woody, perennial herbaceous plant of the dandelion family, usually with bright blue flowers, rarely white or pink. Many varieties are cultivated for salad leaves, chicons (blanched buds), or roots (var. *sativum*), which are baked, ground, and used as a coffee substitute and additive. It is also grown as a forage crop for livestock. Chicory may provide direct functional support to the digestive reactions in the body. First of all, chicory root increases the flow of bile, which supports digestion. In addition to its beneficial antioxidant effect, chicory root provides functional support to the liver. Used in several oiled dishes.

Blessed Thistle

Blessed thistle is a plant. People use the flowering tops, leaves, and upper stems to make medicine. Blessed thistle was commonly used during the Middle Ages to treat the bubonic plague and as a tonic for monks.

Today, blessed thistle is prepared as a tea and used for loss of appetite and indigestion; and to treat colds, cough, fever, bacterial infections, and diarrhea. It is also used as a diuretic for increasing urine output, and for promoting the flow of breast milk in new mothers.

Some people soak gauze in blessed thistle and apply it to the skin for treating boils, wounds, and ulcers.

In manufacturing, blessed thistle is used as a flavoring in alcoholic beverages. Used in several oil dishes in Seferihisar.

Cibez(Kind of Spinach)

It is an annual plant (rarely biennial), which grows up to 30 cm tall. Spinach may survive over winter in temperate regions. The leaves are alternate, simple, ovate to triangular, and very variable in size from about 2–30 cm long and 1–15 cm broad, with larger leaves at the base of the plant and small leaves higher on the flowering stem. The flowers are inconspicuous, yellow-green, 3–4 mm in diameter, maturing into a small, hard, dry, lumpy fruit cluster 5–10 mm across containing several seeds. The possible health benefits of consuming spinach include improving blood glucose control in diabetics, lowering the risk of cancer, lowering blood pressure, improving bone health, lowering the risk of developing asthma and more can be used in several oil dishes.

Sedum

Sedum is a large genus of flowering plants in the family Crassulaceae, members of which are commonly known as stonecrops. The genus has been described as containing up to 600 species of leaf succulents that are found throughout the Northern Hemisphere, varying from annual and creeping herbs to shrubs. The plants have water-storing leaves. The flowers usually have five petals, seldom four or six. There are typically twice as many stamens as petals.

Chenopodium

Chenopodium is a genus of numerous species of perennial or annual herbaceous flowering plants known as the goosefoots, which occur almost anywhere in the world. It is placed in the family Amaranthaceae in the APG II system; older classification systems, notably the widely used Cronquist system, separate it and its relatives as Chenopodiaceae, but this leaves the rest of the Amaranthaceae polyphyletic. However, among the Amaranthaceae, the genus Chenopodium is the namesake member of the subfamily Chenopodioideae.

Patience Dock

This herb grows wild on the field, near the forrest, and also along the rivers. It spreads everywhere and it's very easy to find, which is why people have been using it in cooking from ancient times. Patience dock can be used in treating dermatological, hepatic and hematological disorder. Also, an extract from its root can be useful in treating hypotension, palpatations and cardiac neurosis or blood flow. Stuffed vegetable rolls are an important part of our

cuisine and we all love "sarmale," as we call it here in Romania. In another article I showed how I cook the stuffed sauerkraut rolls with ground pork, which is especially good as a winter recipe.

Purslane

Purslane is somewhat crunchy and has a slight lemony taste. Some people liken it to watercress or spinach, and it can substitute for spinach in many recipes. Young, raw leaves and stems are tender and are good in salads and sandwiches. They can also be lightly steamed or stir-fried. Purslane's high level of pectin (known to lower cholesterol) thickens soups and stews. It is an excellent source of Vitamin A. Culinary aspects aside, purslane is also an all-around healthy food that contains a whole range of health-boosting nutrients, including omega-3 fatty acids, antioxidant vitamins, and minerals. Here's a lowdown of the nutritional value and health benefits of purslane.

Artichoke

The globe artichoke (*Cynara cardunculus* var. *scolymus*) is a variety of a species of thistle cultivated as a food.

The edible portion of the plant consists of the flower buds before the flowers come into bloom. The budding artichoke flower-head is a cluster of many budding small flowers (an inflorescence) together with many bracts, on an edible base. Once the buds bloom, the structure changes to a coarse, barely edible form. Another variety of the same species is the cardoon, a perennial plant native to the Mediterranean region. Both wild forms and cultivated varieties (cultivars) exist. Anthocyanins, quercetin, rutin, and many other antioxidants contained in fresh artichokes offer a range of health benefits ranging from cancer prevention and immune support to protection against heart disease. Artichokes provide around 12% of the recommended daily intake of vitamin K. Consuming plenty of potassium and magnesium is essential for offsetting the potentially harmful effects of consuming too much sodium, and in particular can help to prevent or combat hypertension or high blood pressure.

Women and other individuals suffering from water retention may also find this useful because it elicits a mild diuretic effect to help shed excess fluid from the body. Can be used in many oil dishes.

RESEARCH METHOD AND IMPORTANCE

Questionnaire method which is one of data collection method has been conducted. It can be expressed that the main purpose of the study is measuring the awareness levels of domestic tourists about edible plant species in destinations during their visit. In this context the awareness level of attendants can be determined as a subsidiary fact on edible plant species. The research has been carried out in Seferihisar which has a title 'slow city' and conducted on tourists by face to face who visits Seferihisar because of the rural tourism concept. As a result of this obtained data has been evaluated by SPSS 22.0 computer programme.

Table 1. The Analysis of the Demographical Profiles of Attendants

Variables	Frequency(n)	Percentage(%)
Gender		
Male	487	57,56
Female	359	42,44
Total	846	100,0
Age		
15-25	49	5,92
26-35	103	12,16
36-45	138	16,29
46-55	177	20,89
56-65	217	25,61
65and above	162	19,13
Total	846	100
Condition		
Married	643	76,01
Single	203	23,99
Total	846	100
Profession		
Medical (Doctor, Nurse etc.)	141	16,67
Education (Teacher, Academician etc.)	108	12,76
Technical Service(Engineering etc.)	196	23,18
Retired	219	25,88
Student	19	2,25
Other	163	19,26
Total	846	100,0
Income per person in a family		
0-1300 TL	74	8,74
1301-2000 TL	106	12,53
2001-3000 TL	127	15,02
3001-4000 TL	159	18,79
5001-7500 TL	163	19,27
7501-10000 TL	185	21,87
10001 TL and above	32	3,78
Total	846	100,0
Recently got Education Degree		
Primary	8	0,94
Secondary	26	3,08
High School	89	10,52
Two-year Degree	106	12,53
Bachelor	551	65,14
Master	36	4,25
Doctorate	30	3,54
Total	846	100,0
Place of Residence		
İstanbul	346	40,89
Ankara	161	19,03
İzmir	124	14,67
Bursa	104	12,29
Antalya	28	3,31
Other	83	9,81
Total	846	100

Major part of age range of individuals is centered in 56-65 with 217 attendants, less part of age range of individuals are centered in 15-25 with 49 attendants. %76 of attendants are married. %52 of attendants work in service sector(education, medical, technical), %25 attendants are retired, and less part of attendants are students. The level of income mostly intensified in the range of 7501-10000 tl, %65,14 of attendants are majorly master

degree. %40,89 of individuals attends from Istanbul, %19,03 attends from Ankara, % 14,67 attends from Izmir, %25 attends from other regions of Turkey.

Table 2. Analyses of Attendants that answers to the propositions

Propositions	Percentage (%)
1. Food and Beverages derived from edible endemic plants have an important role on destination where I visit.	60,52
2. I think that edible plant species is main fact that triggers directly rural tourism.	81,21
3. I visit destinations on the term when edible plant species are extremely high so as to discover new plants.	37,71
4. I attend bushwalking in order to discover new edible endemic plants.	79,43
5. I visit district bazaars in order to discover new edible endemic plants.	72,93
6. I accomodate in hotels that are mostly nature-oriented in order to discover new edible endemic plants.	84,04
7. I prefer to eat in restaurants where foods derived from edible plant species are serviced to people.	88,77
8. I spend more time with people who harvest the edible plants on right season so as to discover new edible plant species	80,97

"I prefer to eat in restaurants where foods derived from edible plant species are serviced to people." and ".I accomodate in hotels that are mostly nature-oriented in order to discover new edible endemic plants" propositions have the highest rate from attendatns. Drawed a conclusion that people likes to eat in restaurants where plant meals are serviced so as to discover new kinds of meals and plants. On the other hand instead of staying in city hotels, people prefers to stay in hotels which are nature-oriented so as to discover new kinds of edible plants. On the contrary; ".I visit destinations on the term when edible plant species are extremely high so as to discover new plants" proposition has low rate from attendants. Drawed a conclusion that this proposition is not determinant on people who wants to discover new edible plant species.

CONCLUSION AND SUGGESTIONS

Turkey has an extensive plant diversity due to locate in the area where three significant floristic district intersect through the board. Major part of this plant diversity can be eaten. The main visiting reason of guests to rural areas is to want to discover and taste the food culture of area. Providing guests a unique food experience and introducing edible endemic plants to guests are both main reasons. Using endemic plants with olive oil dishes and serving them as unique tastes are directly proportionate to experince, knowledge and talents of people who live in rural areas. The recognazibility and development of gastronomic region will be an important fact by creating this kind of occurences. The contributes to destinations that made by individuals would help to create a sustainable tourism understanding, protect the foods which are made of natural and nutrient locally, holding the inventory in this way protect and develop native values.

Seferihisar is of vital importance in that subject due to being a slow city. Seferihisar proves itself that is a pertinent to this study. Seferihisar presents guests who are in search of innovative foods, different and tasteful meals in this context. Edible plant species that mainly used in salads or olive oil dishes reveals how fertile Seferihisar is about edible plant species. Therefore adapting gastronomy tourism to rural tourism, then it should be developed for a convenient environment. Initialy, it is so important how or where edible plant species will be used. Because everyplant has its own cooking time and methods; necessary gastronomical educations should have been given to personels so as to raise awareness and make them an expert or experienced person. The recognazibility of edible species should have provided as well as to meet the accomodations of people by building ranch houses

and hostels that serves regional food with edible plants. So this kind of restaurants and facilities should be increased.

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