**Supplementary material. Wild food plant species traditionally used in Sierra Norte de Madrid (Spain).**

Habitat: EDG edges; FOR forest; GAR homegarden; MEA: meadow; LAN rainfed land; ROC rock outcropping, SHR shrubland; WET wetland.

Food use categories: VEG vegetables, FRU wild fruits, SEA seasonings, BEV beverages, SWE sweets.

Food contexts: EVE: everyday food, FAM: famine food, SNA: snack food.

UR: Use-reports, i.e. number of informants that mention the use of the species in this use-category (Ntotal=132);

CI: Cultural Importance; ER: Erosion Rate in the study period 2003-2007, 100% abandoned; 0% no cultural erosion.

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| **Family/ Species** | **Local name** | **Habitat** | **Food use category** | **Part used, mode of consumption (collection period)** | **Context** | **UR** | **CI** | **ER (%)** |
| AMARYLLIDACEAE |  |  |  |  |  |  |  |  |
| *Allium ampeloprasum* L. | ajo milano | EDG, LAN | SEA | Bulb, dried added to flavor stews (summer) | FAM | 1 | 0.01 | 100 |
|  |  |  | VEG | Bulb, raw (summer) | FAM | 1 | 0.01 | 100 |
| *Allium sphaerocephalon* L. | ajo de cigüeña | EDG, LAN | VEG | Tender stems and leaves, boiled and prepared in omelet or added to stews (spring) | FAM | 1 | 0.01 | 100 |
|  |  |  | SEA | Bulb, dried added to flavor stews (summer) | FAM | 1 | 0.01 | 100 |
| APIACEAE |  |  |  |  |  |  |  |  |
| *Apium nodiflorum* (L.) Lag. | berra | WET | VEG | Tender stems and leaves, raw in salad (spring) | EVE | 1 | 0.01 | 0 |
| *Foeniculum vulgare* Mill. | hinojo | EDG, LAN | BEV | Seeds, decoction (summer) | EVE | 1 | 0.01 | 0 |
|  |  |  | VEG | Leaves and tender stems, raw in salad (spring) | EVE | 1 | 0.01 | 0 |
|  |  |  | SEA | Aerial part, fresh for seasoning olives (spring, summer) | EVE | 10 | 0.07 | 30 |
| ASPARAGACEAE |  |  |  |  |  |  |  |  |
| *Asparagus acutifolius* L. | espárrago triguero | EDG, FOR | VEG | Young shoots, boiled and prepared in omelet or with scrambled eggs (spring) | EVE | 2 | 0.02 | 0 |
| *Ornithogalum pyrenaicum* L. | espárrago triguero | FOR | VEG | Young shoots, boiled and prepared in omelet (spring) | EVE | 3 | 0.02 | 0 |
| ASTERACEAE |  |  |  |  |  |  |  |  |
| *Artemisia campestris* L. | tomillo anisero | SHR | BEV | Inflorescence, infusion (spring) | EVE | 1 | 0.01 | 100 |
| *Chamaemelum nobile* (L.) All. | manzanilla | MEA, EDG | BEV | Inflorescence, macerated in liquor (summer) | EVE | 1 | 0.01 | 0 |
|  |  |  | BEV | Inflorescence, infusion (summer) | EVE | 8 | 0.06 | 50 |
| *Chiliadenus glutinosus* (L.) Fourr. | té de roca | ROC | BEV | Inflorescence, infusion (summer) | EVE | 6 | 0.05 | 33 |
| *Chondrilla juncea* L. | sonjera | GAR, LAN, EDG | SEA | Latex, curdling agent to make cheese (spring) | EVE | 1 | 0.01 | 100 |
|  |  |  | VEG | Young shoots and basal leaves, raw in salad or as a snack (spring) | EVE | 14 | 0.11 | 86 |
| *Cichorium intybus* L. | achicoria negra | LAN, EDG | VEG | Basal leaves, boiled (spring) | FAM | 1 | 0.01 | 100 |
| *Hypochaeris radicata* L. | achicoria | LAN, EDG | VEG | Leaf stalk and midrib, boiled (spring) | FAM | 2 | 0.02 | 100 |
| *Inula montana* L. | té de risco | ROC | BEV | Inflorescence, infusion (summer) | EVE | 3 | 0.02 | 33 |
| *Inula salicina* L. | árnica | MEA, EDG | BEV | Inflorescence, infusion (summer) | EVE | 3 | 0.02 | 100 |
| *Jasonia tuberosa* (L.) DC. | té | MEA | BEV | Inflorescence, infusion (summer) | EVE | 4 | 0.03 | 0 |
| *Onopordum acanthium* L. | cardo borriquero | MEA, EDG | SEA | Inflorescence, curdling agent to make cheese (spring, summer) | EVE | 1 | 0.01 | 100 |
| *Podospermum laciniatum* (L.) DC. | catalinas | MEA, EDG | VEG | Tender stems and leaves, raw as a snack (spring) | SNA | 2 | 0.02 | 100 |
| *Scolymus hispanicus* L. | cardillo | MEA, LAN | SEA | Inflorescence, curdling agent to make cheese (summer) | EVE | 1 | 0.01 | 100 |
|  |  |  | VEG | Leaf stalk and midrib, peeled, boiled and prepared in omelets or cooked in stews (spring) | EVE | 37 | 0.28 | 19 |
| *Silybum marianum* Gaertn. | cardancha | GAR, MEA, EDG | VEG | Leaf stalk and midrib, peeled, boiled and prepared in omelets or cooked in stews (spring) | FAM | 1 | 0.01 | 0 |
| *Solidago virgaurea* L. | té de roca | ROC | BEV | Inflorescence, infusion (summer) | EVE | 5 | 0.04 | 0 |
| *Taraxacum gr. officinale* | achicoria blanca | GAR, MEA, EDG | VEG | Basal leaves, raw as a snack, prepared in salads or cooked (spring) | FAM | 4 | 0.03 | 75 |
| *Tragopogon porrifolius* L. | tetas de vaca | MEA, EDG | VEG | Tender inflorescence stem, raw as a snack (spring) | SNA | 3 | 0.02 | 100 |
| BETULACEAE |  |  |  |  |  |  |  |  |
| *Corylus avellana* L. | avellano | EDG, FOR | FRU | Fruits, raw as a snack or as a dessert (autumn) | SNA | 3 | 0.02 | 0 |
| BORAGINACEAE |  |  |  |  |  |  |  |  |
| *Echium vulgare* L. | chupamieles | MEA, EDG, GAR | SWE | Flowers, sucked as a snack (spring) | SNA | 2 | 0.02 | 100 |
| BRASSICACEAE |  |  |  |  |  |  |  |  |
| *Rorippa nasturtium-aquaticum* (L.) Hayek | berro | WET | VEG | Tender stems and leaves, raw prepared in salads (spring) | EVE | 19 | 0.14 | 42 |
| CANNABACEAE |  |  |  |  |  |  |  |  |
| *Humulus lupulus* L. | espárrago zarcero | EDG, FOR | VEG | Young shoots, boiled and prepared in omelet or with scrambled eggs (spring) | EVE | 13 | 0.10 | 46 |
| CARYOPHYLLACEAE |  |  |  |  |  |  |  |  |
| *Silene vulgaris* (Moench) Garcke subsp*. vulgaris* | colleja | EDG, LAN | VEG | Tender stems and leaves, boiled and prepared in omelet, with scrambled eggs or in stews (spring) | EVE | 26 | 0.20 | 46 |
| CISTACEAE |  |  |  |  |  |  |  |  |
| *Cistus ladanifer* L. | jara | SHR | FRU | Seeds, raw as a snack (autumn) | SNA | 4 | 0.03 | 50 |
| CUCURBITACEAE |  |  |  |  |  |  |  |  |
| *Bryonia dioica* Jacq. | espárrago de nuez | EDG, FOR | VEG | Young shoots, boiled and prepared in omelet, with scrambled eggs or in stews (spring) | EVE | 38 | 0.29 | 24 |
| DIOSCOREACEAE |  |  |  |  |  |  |  |  |
| *Tamus communis* L. | lupio | EDG, FOR | VEG | Young shoots, boiled and prepared in omelet or with scrambled eggs or in a stew with potatoes and pork ribs (spring) | EVE | 27 | 0.20 | 26 |
| ERICACEAE |  |  |  |  |  |  |  |  |
| *Erica arborea* L. | berezo albar | SHR, FOR | SWE | Resin, raw as a snack (all the year) | SNA | 1 | 0.01 | 100 |
| FABACEAE |  |  |  |  |  |  |  |  |
| *Astragalus cymbaecarpos* Brot. | cornizuelos | EDG | VEG | Unripe fruits, raw as a snack (spring) | SNA | 1 | 0.01 | 0 |
| *Lathyrus cicera* L. | sabillones | EDG, LAN | VEG | Unripe fruits, raw as a snack (spring) | SNA | 3 | 0.02 | 67 |
| *Medicago orbicularis* (L.) Bartal. | trébol | EDG, LAN | VEG | Unripe fruits, raw as a snack (spring) | SNA | 1 | 0.01 | 100 |
| *Trifolium pratense* L. subsp*. pratense* | chupetes | MEA | SWE | Flowers, sucked as a snack (spring) | SNA | 5 | 0.04 | 100 |
| *Vicia lutea* L. | alverjana | EDG, LAN, MEA | VEG | Unripe fruits, raw as a snack (spring) | SNA | 9 | 0.07 | 67 |
| *Vicia villosa* Roth | alverjana | EDG, LAN, MEA | VEG | Unripe fruits, raw as a snack (spring) | SNA | 2 | 0.02 | 50 |
| FAGACEAE |  |  |  |  |  |  |  |  |
| *Fagus sylvatica* L. | haya | FOR | FRU | Fruits, raw as a snack (autumn) | SNA | 1 | 0.01 | 100 |
| *Quercus ilex* subsp*. ballota* (Desf.) Samp. | encina | FOR | FRU | Fruits, raw, roasted or boiled in water with aniseed (autumn) | FAM | 9 | 0.07 | 100 |
| IRIDACEAE |  |  |  |  |  |  |  |  |
| *Crocus carpetanus* Boiss & Reut. | amugues | MEA | SWE | Bulb, raw as a snack (end of winter) | SNA | 3 | 0.02 | 33 |
| *Crocus serotinus* Salisb. | mugues | MEA | SWE | Bulb, raw as a snack (beginning of autumn) | SNA | 1 | 0.01 | 100 |
| LAMIACEAE |  |  |  |  |  |  |  |  |
| *Lavandula pedunculata* (Mill.) Cav. | cantueso | SHR | SEA | Inflorescence, dried as a condiment (spring) | FAM | 1 | 0.01 | 100 |
| *Mentha arvensis* L. | té del río | WET | BEV | Inflorescence, infusion (summer) | EVE | 2 | 0.02 | 0 |
| *Mentha pulegium* L. | poleo | WET | BEV | Inflorescence, infusion (summer) | EVE | 19 | 0.14 | 16 |
| *Origanum vulgare* L. | orégano | MEA, EDG | BEV | Inflorescence, infusion (summer) | EVE | 2 | 0.02 | 50 |
|  |  |  | SEA | Inflorescence, dried, as a condiment for olives, stews, marinated pork, ‘chorizo’ (spicy dry pork sausage) and ‘morcilla’ (black pudding) (summer) | EVE | 23 | 0.17 | 30 |
| *Rosmarinus officinalis* L. | romero | SHR | SEA | Aerial part, as a condiment for fried meat and stews (all the year) | EVE | 2 | 0.02 | 0 |
| *Sideritis hirsuta* L. | té de campo | ROC | BEV | Inflorescence, infusion (spring, summer) | EVE | 4 | 0.03 | 0 |
| *Thymus mastichina* (L.) L. | tomillo blanco | SHR | SEA | Inflorescence, as a condiment for stews, roasted meat and olives (spring, summer) | EVE | 4 | 0.03 | 50 |
| *Thymus vulgaris* L. | tomillo | SHR | SEA | Inflorescence, as a condiment for stews and olives (spring) | EVE | 2 | 0.02 | 0 |
|  |  |  | BEV | Inflorescence, infusion (spring) | EVE | 1 | 0.01 | 0 |
| *Thymus zygis* L. | tomillo salsero | SHR | BEV | Inflorescence, infusion (spring, summer) | EVE | 1 | 0.01 | 0 |
|  |  |  | SEA | Inflorescence; as a condiment for olives, marinated meat and stews (spring, summer) | EVE | 28 | 0.21 | 14 |
| MALVACEAE |  |  |  |  |  |  |  |  |
| *Malva sylvestris* L. | malva | EDG, GAR, LAN | VEG | Unripe fruits, raw as a snack (spring) | FAM | 8 | 0.06 | 88 |
| PLUMBAGINACEAE |  |  |  |  |  |  |  |  |
| *Armeria arenaria* subsp. *segoviensis* (Gand. ex Bernis) Nieto Fel. | patitas de cigüeña | MEA, EDG | VEG | Tender inflorescence stem, raw as a snack (spring) | SNA | 16 | 0.12 | 75 |
| POACEAE |  |  |  |  |  |  |  |  |
| *Stipa gigantea* Link. | Espartera | SHR | SWE | Basal part of the stem, chewed as a snack | SNA | 1 | 0.01 | 100 |
| POLYGONACEAE |  |  |  |  |  |  |  |  |
| *Rumex induratus* Boiss. & Reut. | azadera de pajarilla | EDG | VEG | Tender stems and leaves, raw as a snack or prepared in salads (spring) | SNA | 9 | 0.07 | 43 |
| *Rumex papillaris* Boiss. & Reut. | azadera | MEA,EDG, GAR, LAN | VEG | Basal leaves, raw as a snack or prepared in salads (spring) | SNA | 37 | 0.28 | 62 |
| *Rumex pulcher* L. | romaza | MEA, EDG, GAR, LAN | VEG | Basal leaves, boiled and prepared with scrambled eggs (spring) | EVE | 1 | 0.01 | 0 |
| PORTULACACEAE |  |  |  |  |  |  |  |  |
| *Montia fontana* L. | coruja | WET | VEG | Tender stems and leaves, raw in salads (spring) | EVE | 32 | 0.24 | 34 |
| *Portulaca oleracea* L. | verdolaga | GAR, LAN | VEG | Tender stems and leaves, raw in salads (spring) | FAM | 2 | 0.02 | 100 |
| ROSACEAE |  |  |  |  |  |  |  |  |
| *Crataegus monogyna* Jacq. | majuleto | FOR, EDG | FRU | Fruits, raw as a snack or dried (autumn) | SNA | 19 | 0.14 | 89 |
|  |  |  | VEG | Tender stems and leaves, peeled eaten raw as a snack (spring) | SNA | 1 | 0.01 | 100 |
| *Fragaria vesca* L. | mayeta | FOR | FRU | Fruits, raw as a snack (spring, summer) | SNA | 3 | 0.02 | 33 |
| *Malus sylvestris* (L.) Mill. | maíllo | FOR, EDG | BEV | Fruits, macerated in liquor (autumn) | EVE | 1 | 0.01 | 0 |
|  |  |  | FRU | Fruits, stored for winter (autumn) | FAM | 6 | 0.05 | 100 |
| *Prunus insititia* L. | ciruelo endrinero | FOR, EDG | FRU | Fruits, raw as a snack (autumn) | SNA | 1 | 0.01 | 100 |
| *Prunus spinosa* L. | endrino | FOR, EDG | FRU | Fruits, dried or raw as a snack (autumn, after the first frost) | SNA | 10 | 0.08 | 90 |
|  |  |  | BEV | Fruits, macerated in liquor (autumn) | EVE | 15 | 0.11 | 0 |
| *Rosa* sp. pl. | escaramujo | FOR, EDG | VEG | Tender stems and leaves, peeled eaten raw as a snack (spring) | SNA | 7 | 0.05 | 86 |
|  |  |  | FRU | Fruits, raw as a snack (autumn, after the first frost) | SNA | 4 | 0.03 | 100 |
| *Rubus caesius* L. | zarzamora temprana | FOR, EDG | FRU | Fruits, raw as a snack (autumn) | SNA | 9 | 0.07 | 0 |
| *Rubus castellarnaui* Pau | mora castellana | FOR, EDG | FRU | Fruits, raw as a snack (autumn) | SNA | 5 | 0.04 | 0 |
| *Rubus lainzii* H.E. Weber | zarza garrafal | FOR, EDG | FRU | Fruits, raw as a snack (autumn) | SNA | 2 | 0.02 | 0 |
| *Rubus radula Weihe* | mora ligerita | FOR, EDG | FRU | Fruits, raw as a snack (autumn) | SNA | 1 | 0.01 | 0 |
| *Rubus ulmifolius* Schott. | zarza centenera | FOR, EDG | VEG | Tender stems and leaves, peeled eaten raw as a snack (spring) | SNA | 13 | 0.10 | 92 |
|  |  |  | FRU | Fruits, raw as a snack or prepared in jam (autumn) | SNA, EVE | 17 | 0.12 | 0 |
| *Rubus vagabundus* Samp. | mora triguera | FOR, EDG | FRU | Fruits, raw as a snack (autumn) | SNA | 2 | 0.02 | 0 |
| *Sorbus aria* (L.) Crantz | mostazo | FOR, EDG | FRU | Fruits, raw as a snack (autumn) | SNA | 4 | 0.03 | 100 |
| *Sorbus torminalis* (L.) Crantz | gasajo | FOR, EDG | FRU | Fruits, raw as a snack (autumn) | SNA | 3 | 0.02 | 67 |
| OROBANCHACEAE |  |  |  |  |  |  |  |  |
| *Pedicularis schizocalyx* (Lange) Steininger | chupetes | MEA | SWE | Flower, sucking nectar as a snack (spring) | SNA | 3 | 0.02 | 100 |
| VIOLACEAE |  |  |  |  |  |  |  |  |
| *Viola odorata* L. | violeta | FOR | SWE | Flower, sucking nectar as a snack (spring) | SNA | 1 | 0.01 | 100 |