

The Using of ITIR Flower Which is Decorates the Aegean and Mediterranean Gardens in Anatolian Folk Cuisine

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Abstract

'Itır' as known in Anatolia; *Pelargonium graveolens* is a fragrant aromatic plant originating from South Africa. It is known that the Itır plant, which adorns especially the Aegean and Mediterranean gardens in Anatolia, is used for food purposes in human nutrition as well as health, cosmetics and aromatherapy. This important species, which belongs to the Geraniaceae family and has medicinal value, continues to be used only in certain regions as a part of historical heritage, as part of social life in the production stages of food products and in reducing gastrointestinal system problems. In this research, to reveal the use of Itır (*Pelargonium graveolens*) plant for food purposes in Anatolia; It is aimed to include this ancient information, which is about to disappear and be forgotten, among the written sources in the history of Food and Beverage Culture and to transfer it to the younger generation by introducing it. For this purpose, research was conducted in Aydın and Muğla, which are cities on the Aegean-Mediterranean coast of Turkey; Face to face interviews were conducted with housewives living in these cities, whose role at home is generally food preparation. A face-to-face interview form was used in the interviews, and the use of the plant for food purposes was investigated. Introducing our traditional flavors nationally and internationally, recording them in written sources, protecting them by registering them with geographical indications, keeping them alive and disseminating them is important in terms of sustainable nutrition and the protection of intangible cultural heritage.

Keywords: cultural, heritage, intangible, plant, traditional