



Figure 6: ‘Main kitchen plants used in healthcare (N=65) (in alphabetical order): Aloe vera (*Aloe vera* (L.) Burm.f.), aniseed (*Pimpinella anisum* L.), basil (*Ocimum basilicum* L.), black pepper (*Piper nigrum* L.), calendula (*Calendula officinalis* L.), cardamom (*Elettaria cardamomum* (L.) Maton), cayenne pepper (*Capsicum annum* L.), chamomile (*Matricaria chamomilla* L.), cinnamon (*Cinnamomum spp.*), cloves (*Syzygium aromaticum* (L.) Merr. & L.M.Perry), coriander (*Coriandrum sativum* L.), cumin (*Cuminum cyminum* L.), echinacea (*Echinacea spp.*), fennel (*Foeniculum vulgare* Mill.), ginger (*Zingiber officinale* Roscoe), lavender (*Lavandula angustifolia* L.), lemongrass (*Cymbopogon citratus* (DC.) Stapf), mint (*Mentha spp.*), oregano (*Origanum vulgare* L.), parsley (*Petroselinum crispum* (Mill.) Fuss), rosemary (*Rosmarinus officinalis* L.), sage (*Salvia spp.*), thyme (*Thymus vulgaris* L.), turmeric (*Curcuma longa* L.), (Number of participants=74). A total of 41 species were named; 25 of them were mentioned by less than 4% of the respondents (one or two informants)