

Table S1. List of Wild Edible Plants, WEPs.

| Wild Edible Plant | Family | Wild Edible Plant | Family |
|---|----------------|---|----------------|
| <i>Asystasia gangetica</i> (L.) T.Anderson | Acanthaceae | <i>Orostachys fimbriata</i> (Turcz.) A. Berger | Crassulaceae |
| <i>Hygrophila schulli</i> (Hamilt.) M.R. Almeida & S.M. Almeida | Acanthaceae | <i>Umbilicus rupestris</i> (Salisb.) Dandy | Crassulaceae |
| <i>Sambucus nigra</i> L. | Adoxaceae | <i>Bryonia dioica</i> Jacq. | Cucurbitaceae |
| <i>Achyranthes aspera</i> L. | Amaranthaceae | <i>Tamus communis</i> L. | Dioscoreaceae |
| <i>Amaranthus viridis</i> L. | Amaranthaceae | <i>Rhododendron simsii</i> Planch | Ericaceae |
| <i>Beta maritima</i> L. | Amaranthaceae | <i>Jatropha integerrima</i> Jacq. | Euphorbiaceae |
| <i>Chenopodium ambrosioides</i> L. | Amaranthaceae | <i>Bauhinia purpurea</i> L. | Fabaceae |
| <i>Allium ampeloprasum</i> L. | Amaryllidaceae | <i>Calliandra haematocephala</i> Hassk. | Fabaceae |
| <i>Apium nodiflorum</i> (L.) Lag. | Apiaceae | <i>Erythrina variegata</i> L. | Fabaceae |
| <i>Daucus carota</i> L. | Apiaceae | <i>Phaseolus vulgaris</i> L. | Fabaceae |
| <i>Foeniculum vulgare</i> Mill. | Apiaceae | <i>Pterospartum tridentatum</i> (L.) Willk. | Fabaceae |
| <i>Allamanda cathartica</i> L. | Apocynaceae | <i>Sesbania sesban</i> (L.) Merr | Fabaceae |
| <i>Zantedeschia aethiopica</i> (L.) Spreng | Araceae | <i>Sophora viciifolia</i> Hance | Fabaceae |
| <i>Asparagus acutifolius</i> | Asparagaceae | <i>Pelargonium hortorum</i> L.H. Bailey | Geraniaceae |
| <i>Ageratum conyzoides</i> (L.) L. | Asteraceae | <i>Loropetalum chinense</i> var. <i>Rubrum</i> Yieh | Hamamelidaceae |
| <i>Bellis perennis</i> L. | Asteraceae | <i>Gladiolus x hybridus</i> C.Morren | Iridaceae |
| <i>Bidens pilosa</i> L. | Asteraceae | <i>Iris japonica</i> Thunb. | Iridaceae |
| <i>Blumea lacera</i> (Burm. f.) DC. | Asteraceae | <i>Glechoma hederacea</i> L. | Lamiaceae |
| <i>Cynara cardunculus</i> L. | Asteraceae | <i>Mentha pulegium</i> L. | Lamiaceae |
| <i>Chondrilla juncea</i> L. | Asteraceae | <i>Origanum vulgare</i> L. | Lamiaceae |
| <i>Chrysanthemum coronarium</i> L. | Asteraceae | <i>Origanum vulgare</i> subsp. <i>virens</i> | Lamiaceae |
| <i>Cichorium intybus</i> L. | Asteraceae | <i>Salvia splendens</i> Sellow ex Roem. & Schult. | Lamiaceae |
| <i>Enhydra fluctuans</i> Lour. | Asteraceae | <i>Thymus mastichina</i> L. | Lamiaceae |
| <i>Gerbera jamesonii</i> Bolus ex Hook.f. | Asteraceae | <i>Thymus pulegioides</i> L. | Lamiaceae |
| <i>Helianthus annuus</i> L. | Asteraceae | <i>Lilium brownii</i> F.E.Br. ex Mieliez | Liliaceae |
| <i>Helichrysum stoechas</i> (L.) Moench. | Asteraceae | <i>Magnolia soulangeana</i> Soul.-Bod. | Magnoliaceae |
| <i>Hymenonema graecum</i> (L.) DC | Asteraceae | <i>Bombax malabaricum</i> DC. | Malvaceae |
| <i>Picris echioides</i> L. | Asteraceae | <i>Hibiscus rosa-sinensis</i> L. | Malvaceae |
| <i>Reichardia picroides</i> (L.) Roth | Asteraceae | <i>Malva sylvestris</i> L. | Malvaceae |
| <i>Scolymus hispanicus</i> L. | Asteraceae | <i>Malvaviscus arboreus</i> Cav. | Malvaceae |
| <i>Silybum marianum</i> (L.) Gaertn. | Asteraceae | <i>Montia fontana</i> L. | Montiaceae |

| | | | |
|--|-----------------|---|----------------|
| <i>Sonchus asper</i> L. | Asteraceae | <i>Montia fontana</i> subsp. <i>amporitana</i> Sennen | Montiaceae |
| <i>Sonchus oleraceus</i> L. | Asteraceae | <i>Bougainvillea spectabilis</i> Willd. | Nyctaginaceae |
| <i>Sonchus tenerrimus</i> L. | Asteraceae | <i>Jasminum nudiflorum</i> Lindl. | Oleaceae |
| <i>Taraxacum obovatum</i> (Willd.) DC | Asteraceae | <i>Ligustrum sinense</i> Lour. | Oleaceae |
| <i>Taraxacum officinale</i> Webb | Asteraceae | <i>Osmanthus fragrans</i> Lour. | Oleaceae |
| <i>Urospermum picroides</i> (L.) Scop. ex F.W.Schmidt | Asteraceae | <i>Oncidium varicosum</i> Lindl. | Orchidaceae |
| <i>Wedelia trilobata</i> (L.) Hitchc. | Asteraceae | <i>Oxalis corymbosa</i> DC. | Oxalidaceae |
| <i>Youngia japónica</i> (L.) DC. | Asteraceae | <i>Papaver rhoeas</i> L. | Papaveraceae |
| <i>Impatiens walleriana</i> Hook.f. | Balsaminaceae | <i>Limonium sinuatum</i> (L.) Mill. | Plumbaginaceae |
| <i>Berberis aristata</i> DC. | Berberidaceae | <i>Rumex acetosella</i> L. | Polygonaceae |
| <i>Anchusa azurea</i> Mill. | Boraginaceae | <i>Rumex induratus</i> Boiss. & Reut. | Polygonaceae |
| <i>Borago officinalis</i> L. | Boraginaceae | <i>Rumex papillaris</i> Boiss. & Reut. | Polygonaceae |
| <i>Brassica campestris</i> L. | Brassicaceae | <i>Rumex pulcher</i> L. | Polygonaceae |
| <i>Diplotaxis eruroides</i> (L.) DC. | Brassicaceae | <i>Portulaca oleracea</i> L. | Portulacaceae |
| <i>Diplotaxis tenuifolia</i> (L.) DC. | Brassicaceae | <i>Anagallis arvensis</i> (L.) | Primulaceae |
| <i>Diplotaxis virgata</i> (Cav.) DC | Brassicaceae | <i>Chaenomeles sinensis</i> (Thouin) Koehne | Rosaceae |
| <i>Matthiola incana</i> (L.) R.Br. | Brassicaceae | <i>Rhapniolepis indica</i> (L.) Lindl. | Rosaceae |
| <i>Nasturtium officinale</i> R. Br. | Brassicaceae | <i>Rubus ulmifolius</i> Schott | Rosaceae |
| <i>Raphanus raphanistrum</i> L. | Brassicaceae | <i>Oldenlandia corymbosa</i> Aiton | Rubiaceae |
| <i>Sinapis incana</i> (L.) Maly | Brassicaceae | <i>Brunfelsia acuminata</i> (Pohl) Benth. | Solanaceae |
| <i>Sinapis nigra</i> (L.) W.D.J.Koch | Brassicaceae | <i>Strelitzia reginae</i> Banks ex Aiton | Strelitziaceae |
| <i>Platycodon grandiflorus</i> (Jacq.) A.DC. | Campanulaceae | <i>Camellia japónica</i> L. | Theaceae |
| <i>Humulus lupulus</i> L. | Cannabaceae | <i>Lantana cámara</i> L. | Verbenaceae |
| <i>Dianthus caryophyllus</i> L. | Caryophyllaceae | <i>Viola x wittrockiana</i> | Violaceae |
| <i>Dianthus chinensis</i> L. | Caryophyllaceae | | |
| <i>Silene vulgaris</i> (Moench) Garcke | Caryophyllaceae | | |
| <i>Rhoeo discolor</i> (L'Hér.) Hance | Commelinaceae | | |
| <i>Ipomoea aquatica</i> Forssk. | Convolvulaceae | | |
| <i>Ipomoea cairica</i> (L.) Sweet | Convolvulaceae | | |

Table S2. Organic acids content in Wild Edible Plants, WEPs.

| Plant species | Part of plants | Oxalic (mg/ 100 g) | Malic (mg/ 100 g) | Shikimic (mg/ 100 g) | References |
|---|----------------|-----------------------|----------------------|-------------------------|------------|
| <i>Hymenonema graecum</i> (L.) DC | Leaves | 972 | 110 | 244 | [61] |
| <i>Picris echioides</i> L. | Leaves | 562 | 105 | 87 | [61] |
| <i>Portulaca oleracea</i> L. | Aerial parts | 554 | 60,25 | 0 | [57] |
| <i>Reichardia picroides</i> (L.) Roth | Leaves | 625 | 91 | 2,22 | [61] |
| <i>Raphanus raphanistrum</i> L. | Leaves | 706 | 580 | 0 | [42] |
| <i>Sonchus oleraceus</i> L. | Leaves | 777 | 415 | 167 | [61] |
| <i>Taraxacum officinale</i> Webb | Leaves | 386 | 220 | 53 | [61] |
| <i>Umbilicus rupestris</i> (Salisb.) Dandy | Leaves | 480 | 210 | 0 | [46] |
| <i>Urospermum picroides</i> (L.) Scop. ex F.W.Schmidt | Leaves | 574 | 248 | 75 | [61] |

Table S3. Daily value of minerals recommended by Food & Drug Administration (FDA).

| Mineral | Daily Value [†] |
|------------|--------------------------|
| Calcium | 1300 mg |
| Chloride | 2300 mg |
| Chromium | 35 µg |
| Copper | 0.9 mg |
| Iodine | 150 µg |
| Iron | 18 mg |
| Magnesium | 420 mg |
| Manganese | 2.3 mg |
| Molybdenum | 45 µg |
| Phosphorus | 1250 mg |
| Potassium | 4700 mg |
| Selenium | 55 µg |
| Sodium | 2300 mg |
| Zinc | 11 mg |

[†] The Daily Values are reference amounts of nutrients to consume or not to exceed each day; the table is based on data from the Food & Drug Administration (FDA)

https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/assets/InteractiveNFL_Vitamins&MineralsChart_October2021.pdf (accessed on 12 September 2022)

Table S4. Mineral elements in Wild Edible Plants, WEP's.

| Plant species | Part of plants | Unit | Na | K | Ca | Mg | Cu | Fe | Mn | Zn | Reference |
|--|----------------|-----------|-------------------------|-----------------|----------------|-----------------|------------------|------------------|------------------|------------------|-----------|
| <i>Allium ampeloprasum</i> L. | Bulbs | mg/100 g | 55 (44-67) [*] | 439 (147-533) | 70 (30-82) | 14 (9-16) | 0.11 (0.05-0.22) | 0.60 (0.20-0.92) | 0.11 (0.06-0.15) | 0.75 (0.03-1.67) | [67] |
| <i>Beta maritima</i> L. | Leaves | mg/100 g | 207 (45-288) | 1223 (597-2356) | 96 (19-250) | 73 (13-136) | 0.21 (0.09-0.35) | 2.24 (1.42-3.97) | 0.82 (0.57-1.23) | 0.88 (0.64-1.26) | [66] |
| <i>Borago officinalis</i> L. | Leaves | mg/ kg fw | 637.1±45.8 | 5219.4±489.7 | 1686.4±76.3 | 385.5±20.4 | - | - | - | - | [68] |
| <i>Cichorium intybus</i> L. | Leaves | mg/100 g | 75.9 (37.2–170) | 699 (535–1085) | 100 (45–136) | 25.5 (9.8–33.9) | 0.11 (0.06-0.21) | 1.17 (0.41–2.00) | 0.26 0.17–0.47 | 0.37 (0.08–0.51) | [25] |
| <i>Cichorium intybus</i> L. | Leaves | mg/kg fw | 720.2±15.8 | 4264.2±39.6 | 2160.8±296.9 | 395.5±11.6 | - | - | - | - | [68] |
| <i>Chondrilla juncea</i> L. | Leaves | mg/100 g | 29.2 (10.6–58.0) | 754 (433–1221) | 301 (22–472) | 40.8 (2.7–73.5) | 0.43 (0.12–0.90) | 3.97 (1.47–6.57) | 0.97 (0.57–1.45) | 1.63 (0.53–3.81) | [25] |
| <i>Cynara cardunculus</i> L. | Flowers | mg/100 g | 94 | 370 | 44 | 60 | - | 1.28 | 0.256 | 0.49 | [34] |
| <i>Diplotaxis tenuifolia</i> (L.) DC | Leaves | mg/kg fw | 802.3±19.4 | 5391.4±82.5 | 2551.0±40.1 | 541.0±10.8 | - | - | - | - | [68] |
| <i>Foeniculum vulgare</i> Mill. | Leaves | mg/100 g | 81.10 | 618.90 | 341.30 | 54.40 | 0.00 | 1.30 | 0.00 | 0.30 | [35] |
| <i>Malva sylvestris</i> L. | Leaves | mg/100 g | 117.4±10.3 | 757.4 ±78.8 | 179.70 ± 14.13 | 715.80 ± 12.1 | 0,33 ± 0.02 | 5,82 ± 0.47 | 0,76 ± 0.04 | 1,98 ± 0.13 | [66] |
| <i>Montia fontana</i> L. | Leaves | mg/100 g | 74.73 ± 13.57 | 356.50 ± 51.57 | 31.43 ± 5.38 | 31.75 ± 3.75 | 0.05 ± 0.01 | 1.30 ± 0.26 | 1.07 ± 0.27 | 0.38 ± 0.07 | [38] |
| <i>Papaver rhoeas</i> L. | Leaves | mg/100 g | 0.00 | 594 (396-704) | 194 (154-233) | 140 (120-173) | 0.00 | 1.08 (0.16-2-34) | 0.49 (0.39-0.59) | 0.28 (0.21-0.33) | [35] |
| <i>Portulaca oleracea</i> L. | Aerial parts | mg/100 g | 21 (7-42) | 540 (298-705) | 160 (51-234) | 143 (56-276) | 0.27 (0.16-0.39) | 2.16 (0.16-6.82) | 0.50 (0.29-0.63) | 0.46 (0.21-0.88) | [57] |
| <i>Scolymus hispanicus</i> L. | Leaves | mg/100 g | 39 (11-65) | 1040 (559-1773) | 235 (124-410) | 94 (18-210) | 0.09 (0.05-0.13) | 2.36 (1.39-3.11) | 0.37 (0.16-0.57) | 0.50 (0.34-0.92) | [25] |
| <i>Silybum marianum</i> (L.) Gaertn. | Leaves | mg/100 g | 81 (25-128) | 718 (432-1300) | 132 (42-171) | 17 (10-23) | 0.08 (0.01-0.17) | 0.50 (0.47-0.55) | 0.10 (0.03-0.21) | 0.26 (0.21-0.35) | [25] |
| <i>Sonchus oleraceus</i> L. | Leaves | mg/100 g | 73.8 | 319.3 | 126.6 | 24.9 | 0 | 0.6 | 0 | 0.5 | [35] |
| <i>Taraxacum obovatum</i> (Willd.) DC. | Leaves | mg/100 g | 34.9 (5.1–61.7) | 566 (375–685) | 117 (16–269) | 18.2 (2.3–34.6) | 0.15 (0.08–0.22) | 3.57 (2.58–4.18) | 0.33 (0.15–0.53) | 0.50 (0.22–0.90) | [25] |

^{*}Mean value (minimum-maximum)

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