



MedSNAIL Ark of Taste products American University of Beirut



**Chouf
West Beqaa
(Lebanon)**



AKKOUB



Chouf (Lebanon)

 Scientific name *Gundelia tourefortii*, Akkoub is an edible wild plant native to the LEVANT. It grows on limestone, igneous rock, in open oak or pine woodlands, and as a weed in barley and in cornfields. It is high in antioxidants and has several pharmacological benefits. It is eaten in stews, salads, added to omelets and kebbeh (Lebanese meatloaves), and even pickled. Its flavor profile is similar to that of artichoke.



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OUBEIDY



West Beqaa (Lebanon)

 Oubaideh (also spelled Obeidi) is a white grape variety indigenous to Lebanon, particularly in the Bekaa Valley; it is so well adapted to the regional and environmental characteristics, that there is no need to intervene in its growth in the slightest. Oubaideh is high in sugars and low in acidity and often yields wine with a creamy texture and flavors of honey and lemons. The fruit is very sensitive and has thin skin, so it quickly oxidizes if the sun is too bright, or temperature too high.



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