



RYE

RYE (*čāvdār*), *Secale cereale* L. (fam. Gramineae). The Persian name is probably of Turkish origin. Schlimmer (1874) has recorded the following vernacular names for rye (p. 505): *čowdār* (Azarbaijan), *divak* (Lārijān), *kārnāvār* (Karaqān), *dileh* (Nā'in), and *bārenj* (Čahār Maḥāl). He adds that rye seems to be cultivated only in these five areas. Pārsā has also recorded the following, without indicating the area where they are used. (Parsa, VIII, p. 176): *jāwṭak/jowṭak*, *gandom-dar*, *siāh-kāk*, and *ṭāk*. (For other names and variants see Dehḵodā, *Loḡat-nāma*, s.vv. *čowdār* and *čāvdār*.)

The *čāvdār* grass, able as it is to grow in cold climate and in poor soil, constitutes the only cereal crop of cold mountainous areas in Persia, thriving even at the altitude of 2,400 m above sea level (2,000 m is the maximum altitude for other agricultural crops). It is cultivated on a rather limited scale on northern and southern slopes of Alborz from Azarbaijan to Khorasan, on the slopes of Alvand from Hamadān to Tuiserkān, and on Zagros slopes from Mt. Sahand and Mt. Sabalān down to Luristan (Ṭabāṭabā'i, I, p. 166).

Čāvdār grows wild, too, usually in wheat and barley fields. Rye grains inadvertently mixed by Persian mountain cultivators with those of wheat or barley soon replace the latter crops because of their high proliferation; but the cultivators are not too displeased with that gradual replacement, because *čāvdār* price in mountainous areas is not inferior to that of wheat (Ṭabāṭabā'i, p. 167).

In Persia *čāvdār* is used mainly to make a kind of bread which is consumed



locally by villagers. However, since a few years ago rye bread loaves are made and promoted by some non-traditional urban bakeries as ‘diet’ (*reżimi*) or ‘fancy’ (*fāntezi*) bread.

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