



# MEDICINAL HERBS



Education and Culture DG

Lifelong Learning Programme

## Introduction

Human kind has always shown interest in plants as they feed us, provide necessary materials for building industry or fashion, and even treat various illnesses and afflictions. People, while satisfying their hunger, discovered that certain plants demonstrated various effects on human body and that was when painkillers, sedatives or even poisons came into being. As our ancestors became more aware of plant qualities, they began using them as remedies and deadly weapons on a daily basis. With time, they discovered how to process and store plants to preserve their hidden power. This knowledge, passed down from generations, grew with time.

During the Dark Ages, monks and folk healers were endowed with the knowledge of herbalism. Later on, in the Renaissance Era first pharmacists appeared. The emergence of synthetic medicines led to decline of herbal healing. Nowadays, herbal medicine is reliving its renaissance using both scientific and folk knowledge.

The following book is a result of cooperation of eight schools taking part in the project "Medicinal Herbs in Europe" within the Comenius School Partnerships, financed by the European Commission. Here, various European herbs with the focus on their anatomy, usage, origin and history are described and photographed. Moreover, the book contains delicious recipes, as herbs are also spices providing the delights of the palate.



## FLYING ON A BROOM

In one of Goethe's most famous works "Faust" the author talks about the old cliché that witches are able to fly by using a special homemade ointment.

While witches were prosecuted and tortured at trial in an awkward manner of distrust they were then questioned and accused of flying.

Witches couldn't make any notes of the recipes, but recipes were passed on by the word of mouth.

These recipes were a brew of magical ingredients like the limbs of the unborn child, blood of a bat, human body's sweat and poisonous plants like black henbane, deadly nightshade, belladonna and monkshood.



*Linda mactre.*



There was no doubt that inquisitors believed that human beings were able to fly with the help of the devil.

According to the Bible evidence was provided and was shown and proved in the Gospel according to Matthew: Jesus was first taken up on the temple's merlons. Then secondly up to the top of a huge mountain - tempted by the devil.

The answer to the question "how could a human strike back against devil's power as long as Jesus was even unable to resist?" was not given ...

People really believed in the fact that tools like a broom, a bench, a shovel and a fork could fly as long as it was anointed with witches' ointments.

The scientist Giabattista della Porta handed down a testimonial from earlier times. In his book "MAGIA NATURALIS SIVE DE MIRACULIS RERUM NATURALIUM" written in 1558 he



mentioned a witch's broom flight ...

In his own presence Giabattista saw an old shrew who had covered herself with obscure strange ointments. Despite of all contradictory statements the witnesses confirmed that the shrew hadn't been worried about an extraordinary perception of having hallucinations of flying by herself.

At the beginning of our century brave pharmacologists tried to produce their own kind of "witch ointment". Of course the ingredients should be made of medical herbs and composed of only natural elements. Their feelings were exactly the same like witches had talked about in one of the witch trials. Invisible grotesque grimaces and demons were seen. The feeling as if a kind of fur started to cover their bodies was described. Others were talking about flying above land and satanic witch craft. In the 16th century in the days of extremely high witch persecution millions of innocent women were burnt at the stake by the church, most women who had been taken to court confessed in ignorance to escape the torture and punishment.

The positive effect and excellent knowledge of treating diseases with the help of medical herbs speaks for itself. Witches knew how to measure the exact dosage of "drugs".

Any incorrect measure would have led to death.





# HERB WITCHES

The so called herb witches in the Middle Ages were women – very often midwives – who knew a lot about herbs and their effects.

This ancient knowledge coming from the Teutons and Celts had been kept by oral tradition for centuries. The women applied as well rituals and incantations as curative herbs.

They didn't live - as often described in fairytales - secluded in the deep forest but had a steady position in the village community.

In spite all of this, many people felt uneasy in the presence of these wise women as they feared that someone who could cure diseases would on the other hand be able to provoke them. Therefore those 'witches' were pursued, tortured and executed.

Hildegard von Bingen

Historians suppose that about a hundred thousand people were put to death by witch trials.

Not only women were accused. 30 % were men and children who mostly belonged to the poorer class of population. In Europe the last execution of a herb witch took place in Switzerland in 1787. Historians suppose that about a hundred thousand people were put to death by witch trials.

Nowadays there are still clansmen in primitive people who contact their forefathers and even in our modern civilisation we find contemporaries with the second sight, who affirm to have telepathic and visionary powers.

In any case the herb women of those days can't be equated with our today's definition of a witch. Neither they side on a broom through heaven nor are they in the league with the devil.



COMFREY  
Symphytum



Family: Boraginaceae

Species: *Symphytum officinale*

Type: perennial herb

Common Comfrey

Place: Garden, England

Date: Summer 2011

## COMFREY

Comfrey is a thick, hairy perennial herb plant growing to 1.5 m tall with a stem angled and winged, unbranched or branching only towards the top. Leaves are lanceolate, lower ones stalked and up to 25 cm long, the upper ones shorted and unstalked. The wings of the leaves project downwards along the stem as far as the next leaf.

The small, bell shaped flowers are purplish-violet, pink or creamy-yellow. (They may be striped).

Flowering season: May – July

Comfrey contains allantoin, a cell proliferant that speeds up the natural replacement of body cells. One of the country names for Comfrey is 'knitbone', a reminder of its traditional use of healing bone fractures.

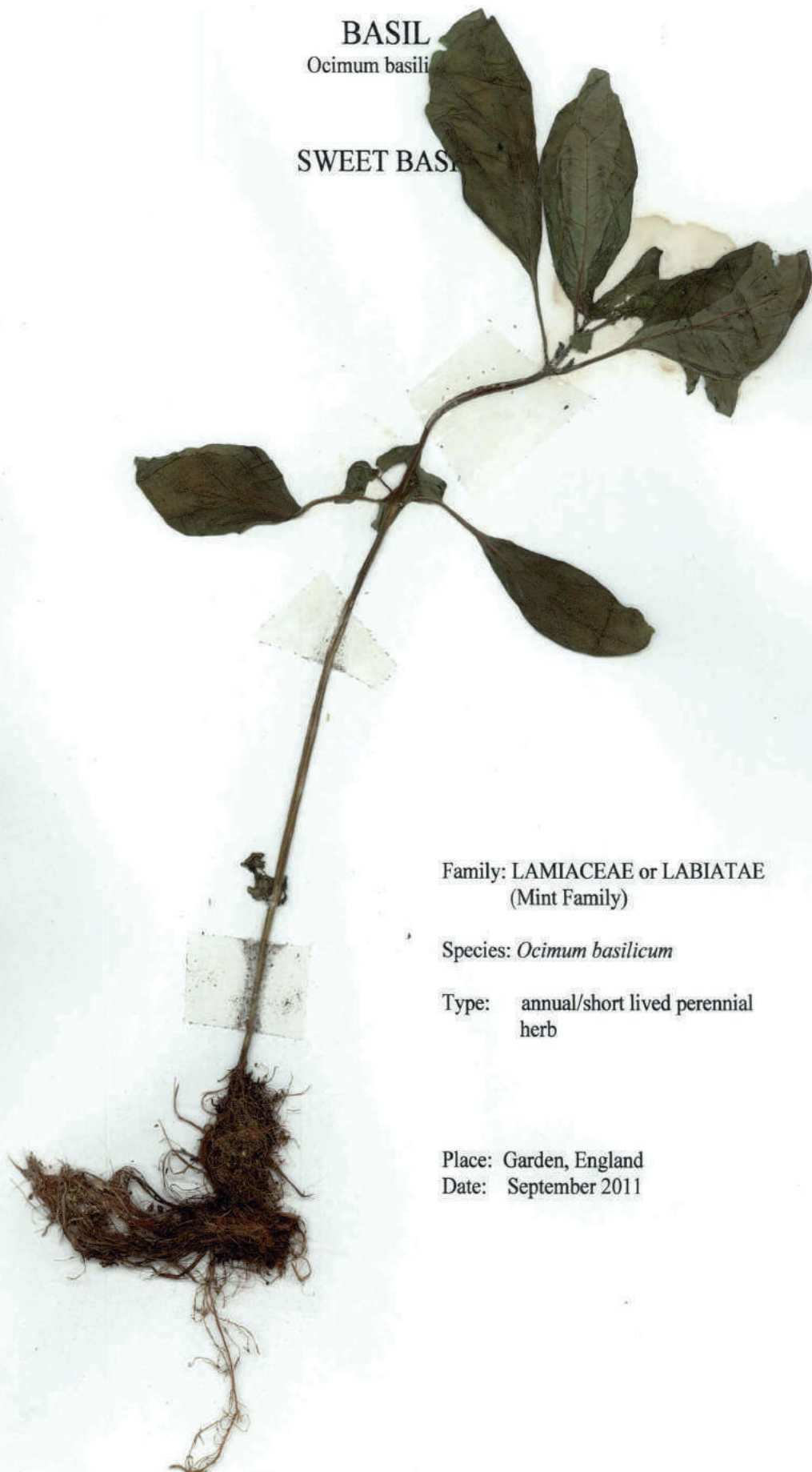
Comfrey is used for fractures, bruises, painful joints and circulatory problems. The Leaf is used for coughs and digestive ulcers, and a poultice for sprains, burns, sores, cuts and eczema.

Young leaves can be cooked and used as a spinach-like vegetable.



BASIL  
*Ocimum basilicum*

SWEET BASIL



Family: LAMIACEAE or LABIATAE  
(Mint Family)

Species: *Ocimum basilicum*

Type: annual/short lived perennial  
herb

Place: Garden, England  
Date: September 2011

## BASIL

BASIL is a member of the MINT family. It is an annual or short-lived perennial with clove-scented leaves, growing to a height of 60 cm.

Leaves are opposite, short stalked, oval entire or toothed, 3-5 cm long, while the flowers are white, usually in whorls of 6. Calyx with rounded upper lip and 4 toothed upper tip. Corolla 10-15 cm long, tubular.

Flowering Season: June – September

Basil is regarded as having mystical qualities. It is used to improve appetite and gently combat fatigue. Like other herbs in the mint family it is carminative and disinfectant. The fresh picked leaves make a stimulating and refreshing tea. It was also a cure for melancholy and depression. Wine made from the leaves is considered to be an Aphrodisiac.

Basil First Aid for skin: Fresh basil leaves are an excellent first aid remedy for warts, insect bites and rashes. The leaves are the source of the antibacterial essential oil which gives basil its uplifting aroma, and is the bane of insects as well. This is really handy when you are out tending to the summer garden, and are bitten. Just snip a few basil leaves and rub them on the itch for immediate relief, as it draws the poison out of the system.

Today, although most people think of basil as a seasoning and dressing only, this plant has great medicinal properties. Basil has a pharmacological action antiseptic, sedative and diuretic. It is also used to treat constipation, stomach problems and flatulence, for kidney problems, bronchitis and even fever. Extract, of Basil is recommended to people who suffer from insomnia, nervous exhaustion and women who have very painful periods.

# PARSLEY

*Petroselinum*

## Flat Leaf Parsley



Family: Apiaceae  
(Carrot Family)

Species: *Petroselinum crispum*

Type: biennial herb

Place: Garden, England  
Date: Summer 2011



## Parsley

The Garden Parsley is not indigenous to Britain: Linnaeus was grown in the wild in Sardinia, before it was brought to England and apparently first cultivated here in 1548. Bentham considered it a native of the Eastern Mediterranean regions; De Candolle of Turkey, Algeria and the Lebanon. Since its introduction in England the sixteenth century it has become completely naturalized in various parts of England and Scotland, growing on old walls and rocks.

*Petroselinum*, the specific name of the Parsley, from which the English name is derived, is of classic origin.

Several cultivated varieties exist, the principal being the common plain-leaved, the curled-leaved, the Hamburg or broadleaved and the celery-leaved. Of the variety *crispum*, or curled-leaved, there are no less than thirty-seven variations.

Though the medicinal virtues of Parsley are still fully recognized, in olden times it was considered a remedy for more disorders than it is now used for. Parsley has also a remarkable power of overcoming strong scents, even the odour of garlic being rendered almost imperceptible when mingled with that of Parsley.

Medicinally, the two-year-old roots as well as the leaves, which are dried, as used for making Parsley Tea. Oil from the seeds is also extracted for an oil called *Apiol*, which is used for malaria disorders.

# LILY OF THE VALLEY

*Convallaria majalis*



Family: Asparagaceae  
(Lily family)

Species: convallaria majalis

Type: herbaceous perennial  
(poisonous)

Place: Garden, England  
Date: Summer 2011

## Lily of the Valley,

*Convallaria majalis* is a hardy, herbaceous perennial plant that grows to a height of 23cm, growing in colonies of approximately 30cm, caused by the spread of underground stems, called rhizomes, reaching out in well-drained soil, whether it be clay/heavy, acidic, chalky/alkaline soil.

New upright shoots are formed at the end of stolons. These upright dormant stems are often called pips, which grow in the spring into new leafy shoots, that remain connected to the other shoots under ground. It spreads quickly in shady positions, making it an excellent plant for a woodland garden or as ground cover in shady borders. Plants are self-sterile, and colonies consisting of a single clone do not set seed.

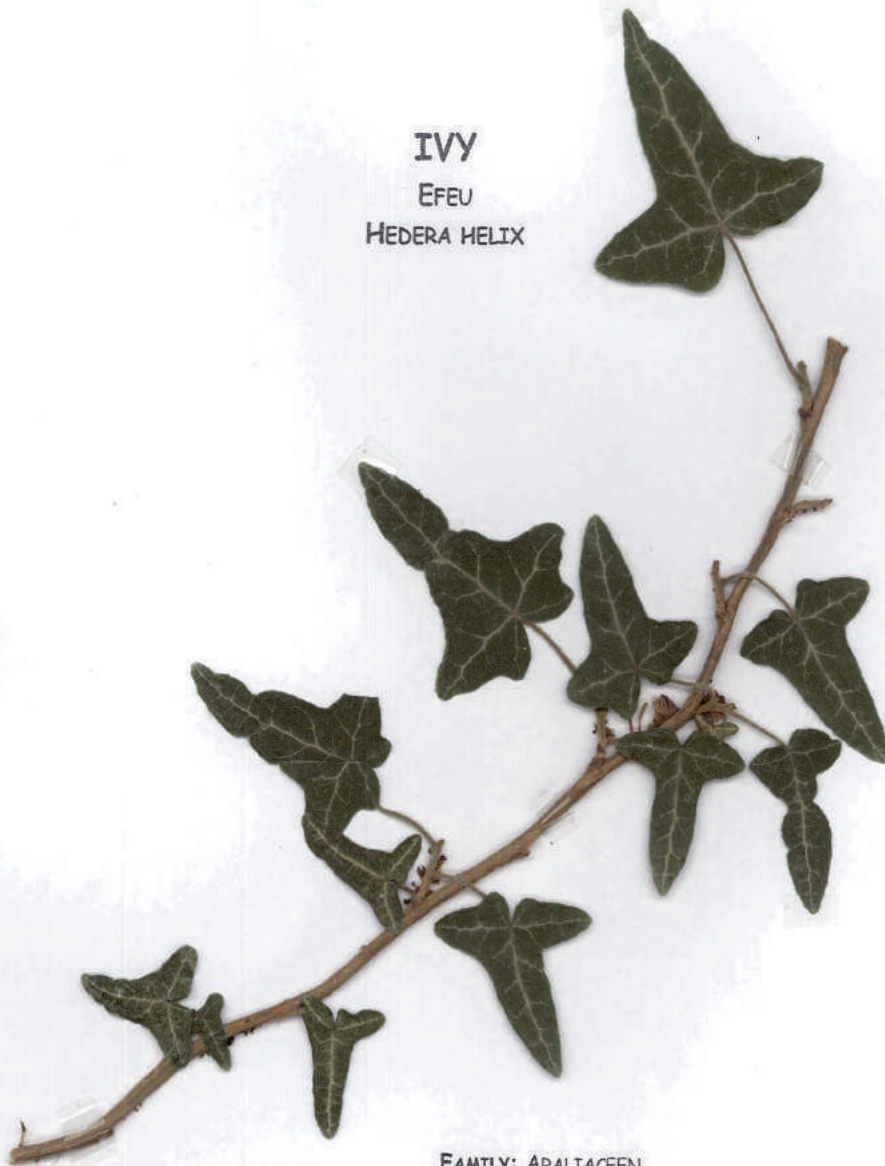
All parts of Lily of the Valley are highly poisonous, including the red berries. If ingested, even in small amounts, the plant can cause abdominal pain, vomiting, and a reduced heart rate. Saponins are also present.

Although deadly, Lily of the Valley has been used as a folk remedy in moderate amounts, and is currently used by herbalists as a restricted herbal remedy.

If the plant is touched or handled, hands should be washed before doing anything else.



IVY  
EFEU  
HEDERA HELIX



FAMILY: ARALIACEEN  
SPECIES: HEDERA  
TYPE: HEDERA HELIX L.

PLACE: PARK  
DATE: SPRING

## Ivy

The Ivy was formerly known as Hedera. At the times of the Greeks and Romans it was an important plant. It was used for corns, coughs, bronchitis, whooping, rheumatism, cellulites-ulcer, gout, menstruation and cellulite. It holds back the growth of organisms that cause diseases. You can be poisoned by the berries and leaves. The ivy is a symbol of fidelity and love. The common names are: Adam leaf, Eppich, Eppig, corn, herb, Mauerreppich and Wintergreen.

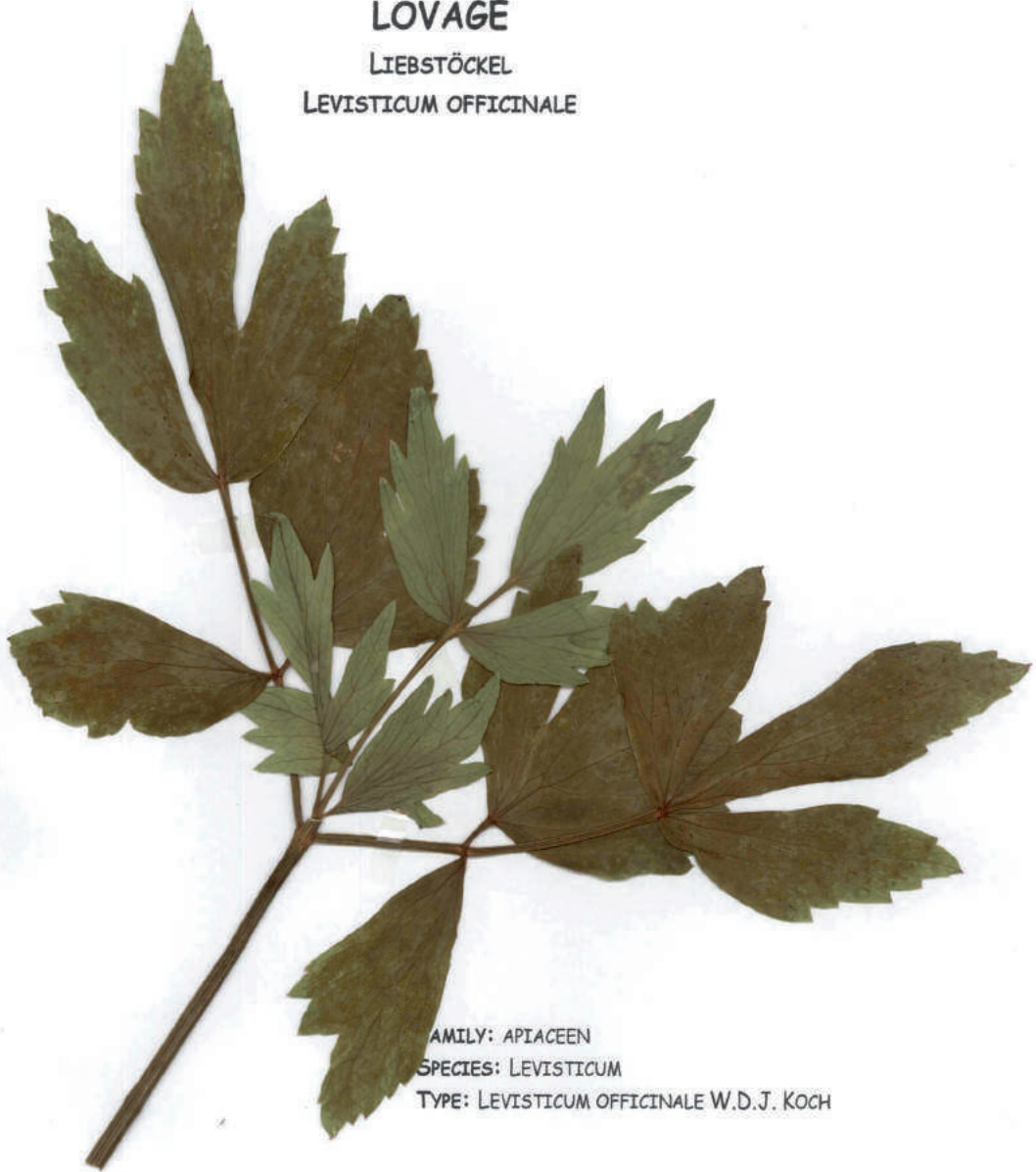
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Ivy is a perennial plant. Because of its aerial rootlets it can climb trees and walls. Ivy can reach a maximum age of 450 years. After several years some shoots of plants may reach the old form of age. On the branches develop flowers, they smell sweet. The fruits are small, round and blue black. The Ivy can grow to a height of up to 30 m. The stems are usually horizontal, sometimes descending. In the upper part, they are slightly hairy. The Ivy is native to south-west and central Europe. In woods, quarries and ruins, but also in parks or at the wall is its location. Originally Ivy came from the tropical rain forest. Today it is found in Europe.

# LOVAGE

LIEBSTÖCKEL

LEVISTICUM OFFICINALE



FAMILY: APIACEEN  
SPECIES: LEVISTICUM  
TYPE: LEVISTICUM OFFICINALE W.D.J. KOCH

PLACE: GARDEN  
DATE: SUMMER

## Lovage

Lovage is perennial, herbaceous plant. It can grow up to 2,50m (8,2 ``). The whole plant smells aromatic. The haulm is green. Especially the lower leaves are long stalked. It has soft, smooth leaves with a rough shaped edge.

Originally, the plant was common in Southwest Europe, but it is now growing in Middle Europe, too. You can also find it growing in the wild.

Lovage is used to help digestive problems. One can take the lovage seed, the root or the leaves as tea or tincture. One also spices the food with the seed. It counteracts emaciation and helps the digestive organs at the digest the food.



# MARIGOLD

RINGELBLUME

CALENDULA OFFICINALIS



FAMILY: ASTERACEEN

SPECIES: CALENDULA

TYPE: CALENDULA OFFICINALIS L.

PLACE: GARDEN

DATE: SUMMER

## Marigold

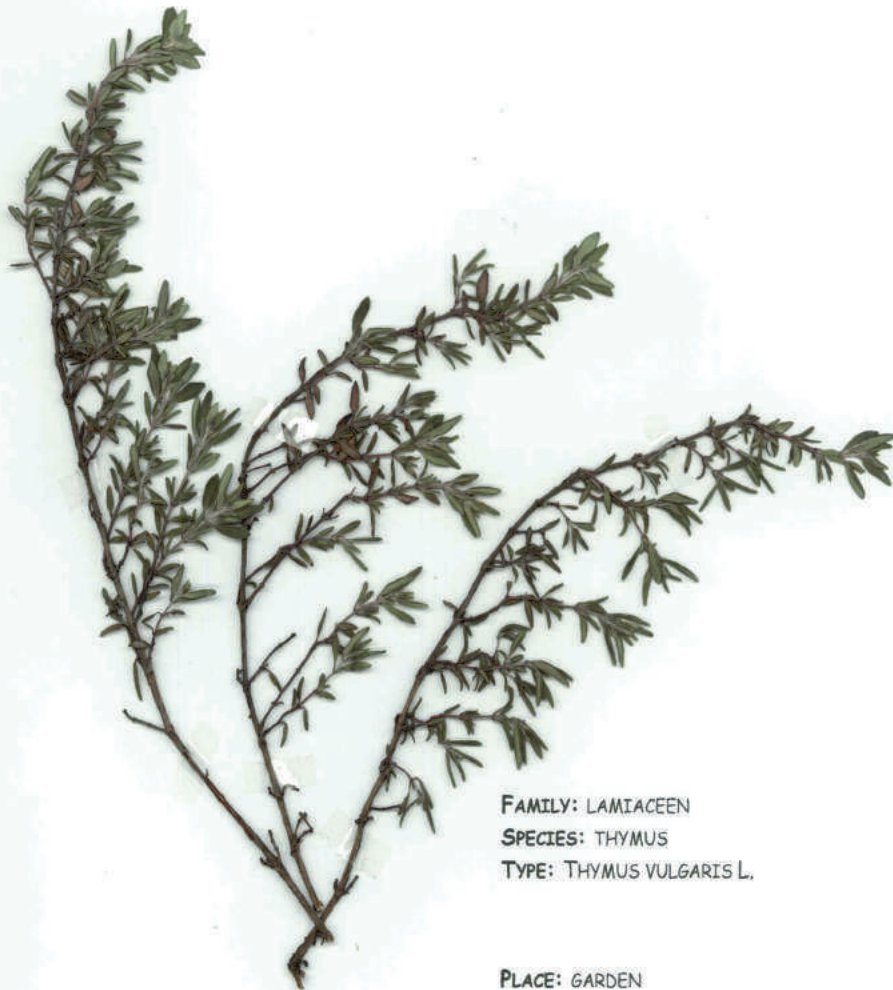
The leaves of the marigold are pilons, on the bottom spatulate, on the top smaller. Marigold blooms from May to October. But with warm weather it can bloom till fall. The blossom is orange-yellow. The seeds look like claws with barbs. It seems that the function of these barbs is to hook up in animals coat so they can carry the seeds around.

Middle Europe marigold is grown since the 12th century. But originally it's native in South-Europe. In the garden it is primary an ornamental or medicinal plant.

Medically, the dried and crushed flower heads or dried flowers tongues are used. The pharmaceutical drug reduces inflammation and promotes wound healing. The internal use is to apply it in the stomach and intestinal ulcers and menstrual pain. External use is for skin inflammation, slow-healing wounds, bruises and rashes. Marigolds are administered in the form of tea brew tinctures, extracts and ointments. In folk medicine, the marigold was used as a diuretic, an antispasmodic agent, and as a worm treatment for liver disease and their application.

The marigold of our front gardens is presumably descended from the field marigold. In medieval herb books it was often mentioned, then fell into oblivion, however, bit by bit. The marigold's origin is in Middle-, East- and South Europe. Contents materials of the marigold are ethereal oil, Xantophille, bitter substances and Flavonoide, which is why this valuable cream is suited particularly for massages and to the everyday care.

THYME  
THYMIAN  
THYMUS VULGARIS



FAMILY: LAMIACEAE  
SPECIES: THYMUS  
TYPE: THYMUS VULGARIS L.

PLACE: GARDEN  
DATE: SUMMER

## Thyme

The red to purple blossoms bloom from June to September. The blossoms have an extended inflorescence, so they are easy to recognize. Significant features are the small triangular calyx teeth, which can be hairy or without hair. The plant's height is between 5 and 25 cm (2 to 9.8 inch).

The calm is sharp-edged and the rectangular. It has a short shoot axis. The leaves are thin and mostly of the same size. The leafage smells aromatic and turns dark-red.

Thyme grows almost everywhere in Europe. In the south it only grows on mountains. It also grows gravel quarries, at rocks and embankments. It is sometimes found on anthills. It prefers fresh to dry, nutrient-poor, deficient in lime sandy, stony or loamy soil.

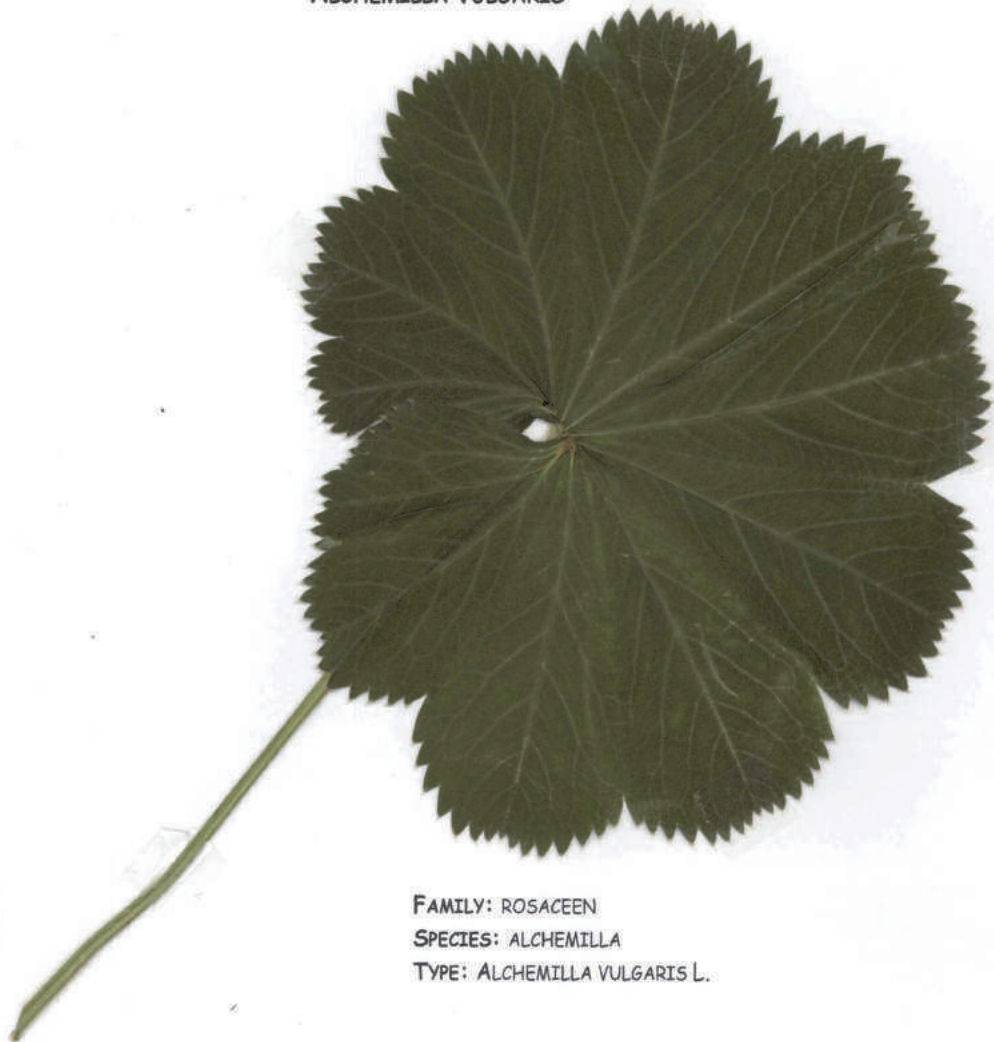
Thyme is not only spice plant, but also an important medicinal in the area of cough and disinfection. Its strength lies in its beneficial effect on the respiratory organs.



# LADY'S MANTLE

FRAUENMANTEL

ALCHEMILLA VULGARIS



FAMILY: ROSACEAE

SPECIES: ALCHEMILLA

TYPE: ALCHEMILLA VULGARIS L.

PLACE: GARDEN

DATE: SUMMER

## Ladies Mantle

Ladies Mantle is a perennial deciduous dwarf or subshrub. The shoot axis is partially woody and grows above the ground. The major axis is horizontal, it is forming roots and it is partially covered with leaf remains. The sprouts are mostly pilous. They are straight and unbranched.

The Ladies Mantle is common in Europe, Asia and Africa. The plant is primary growing on mountains. You can find about 500 different kinds of it in the Middle East in the Caucasus Mountains 60, in Siberia 40, in Central Asia about 20, in the Carpathian Mountains about 70, about 150 in the Alps and even in the arctic part of North America are four common kinds.

# GARLIC MUSTARD

KNOBLAUCHSRAUKE  
ALLIARIA PETIOLATA



FAMILY : BRASSICACEAE

SPECIES: ALLIARIA

TYPE : ALLIARIA PETIOLATA

PLACE : GERMANY, HANNOVER,  
WAYSIDE

DATE : 28.04.2011

## Garlic mustard

Garlic mustard (*Alliaria petiolata*) is a common species of plant in Europe. It belongs to the family of cruciferous plants (Brassicaceae). Garlic mustard has got its name from the smell of garlic that is produced by dried crumbled leaves.

In the past Garlic mustard was used in medical science to cure infections of the throat, coughing and asthma. It was also a remedy for worms.

Other positive effects are its being antiseptic to clean wounds and frostbite discharging pus. It is diuretic and can be used for inducing vomiting.

Use bloom and leaves directly before and during its blooming period. Collect the plant between April and July.



**HERB ROBERT**  
RUPRECHTSKRAUT  
GERANIUM ROBERTIANUM



FAMILY : GERANIACEAE  
SPECIES: GERANIUM  
TYPE : GERANIUM  
ROBERTIANUM  
PLACE : GERMANY, HANNOVER,  
GARDEN  
DATE : 15.06.2011

## Herb Robert

In the traditional alternative medicine Herb Robert or herb Robin or red shank or dragons blood (*geranium robertianum*) was used as a cure for toothache, bruises, high temperature, gout, kidney and pulmonary diseases, herpes and epistaxis. The extraction of the plant was used as a restorer and was known to be useful against diarrhea. Applied to wounds it was believed to be antiseptic. Because of the peculiar smell of the grinded leaves it was said to be good against fighting mosquitos.

Research proofed the plant to be helpful in fighting gastric ulcers and inflammation of the womb.

Today herb robert is usually used extrinsically for wound healing, relief of skin diseases and to arrest bleeding.

In the 12th century Hildegard von Bingen recommended herb robert for cleansing of nasal and pharynx mucus and as a cure for bladder stones and uretic discomfort. In the 17th century the plant was named as a cure for abscesses and sepsis, thorax inflammation and gastro-enteritis, catarrhal inflammation and pulmonary hemorrhage. Even the saint Rupert of Salzburg used it in the care oft he sick.

**DANDELION**  
LÖWENZAHN  
TARAXACUM SECT. RUDERALIA



FAMILY : ASTERACEAE  
SPECIES: RUDERALIA  
TYPE : DANDELION

PLACE : GERMANY, HANNOVER,  
MEADOW

DATE : 02.05.2011

## Dandelion

Dandelion is used for treatments of the eyes and warts.

As a medical and dietary plant dandelion is very well suitable for diabetics. Although the common dandelion is well known and widespread there is very little knowledge about the origin of its name. It is not even sure who is responsible for the official genus name. Only in the German version of a book of herbs specifications can be found. Medicinal benefit: hemopoietic, blood abstersive, diuretic, against bronchitis, cough, high temperature, loss of appetite, spring tiredness, constipation, stomach adynamia, piles, chronic arthropathy, rheumatism, liver and gall adynamia, renal calculi, allergies, arteriosclerosis, dropsy, good against chronic dermis affliction, pimples, eczema, clavus, warts, menstrual supporting.



# EUROPEAN GOLDENROD

GEWÖHNLICHE GOLDRUTE  
SOLIDAGO VIRGAUREA



FAMILY : ASTERACEAE

SPECIES: SOLIDAGO

TYPE : SOLIDAGO  
VIRGAUREA

PLACE : GERMANY, HANNOVER,  
WAYSIDE

DATE : 19.09.2011

## European Goldenrod

Goldenrod is the rich yellow of late summer.

It grows in big colonies on gravel and waysides. It gives a little light to the world when the flowers of high summer are already withered.

As a medicinal herb it is mainly used for kidney and bladder. It is strongly diuretic.

Medicinal herb: diuretic, blood-purifying, antiphlogistic, helpful against inflammation of the bladder, flatulence, intestinal inflammation, diarrhoea, insect bite, kidney gravel and -stones, wound healing, rheumatism, dropsy and gout

Other names: Aaron's rod, woundwort, European goldenrod,

Goldenrod can be drunk as a tea. It can also be used as a tincture or herbal wine.

Especially the Canadian Goldenrod can be put on insect bites if it is riced. Some native Americans chew the blossoms against inflammation of the throat.

## Chamomile

Kamilla = Orvosi székfű

*Matricaria recutita* = *Matricaria chamomilla*



Rate: Asterales

Family: Asteraceae

Genus: *Matricaria*

Place: Hungary, Nyíregyháza  
fields

Date: 05.04.2011.

## Chamomile

It can be found everywhere in Europe and Hungary but originally it is a South-eastern European genus. You can find it almost in each part of the country especially in the Lowland. It can occur in a huge amount in fields, meadows hedges of roads, near houses and fences, gardens. When spring is wet, it spreads everywhere quickly. Fertilizing and chemical weed control can be effective to kill them.

Chamomile or Camomile is a common name for several daisy-like plants. These plants are best known for their ability to be made into a tea which is commonly used to help with sleep and is often served with either honey or lemon. Chrysene, a specific flavonoid found in chamomile, has been shown to be anxiolytic in rodents and is believed to be at least partially responsible for chamomile's reputation as a sleep aid. It is known to reduce stress. Its height is different. It depends on the circumstance. Chamomile blooming in the nature can be 5-10 cm tall, but those plants which grown in farms can be 50-80 cm tall.

Chamomile is one of the most popular plants. We use mostly its flower for healing. It is also effective in veterinary. It is used for internal and external healing as well. It can be effective almost each kind of illnesses, especially for younger children. It can help both moms and babies. Chamomile can repose babies having a stomach-ache. You can make bathwater for babies.

It can reduce stress; it is also good for healing hyperactivity. It is a smooth sedative and pain killer

If you drink it regularly in form of tea, it can reduce digestive troubles, nausea, gastritis, coccidiosis, and bladder and bile problems. It can quicken digestion, it clears respiratory tracks, and it is pain killer and effectively reduces fever. It is also good for palate inflammation and sore throat. It has got an immunizing and antibacterial effect. It is also very effective if you have cold or flu,

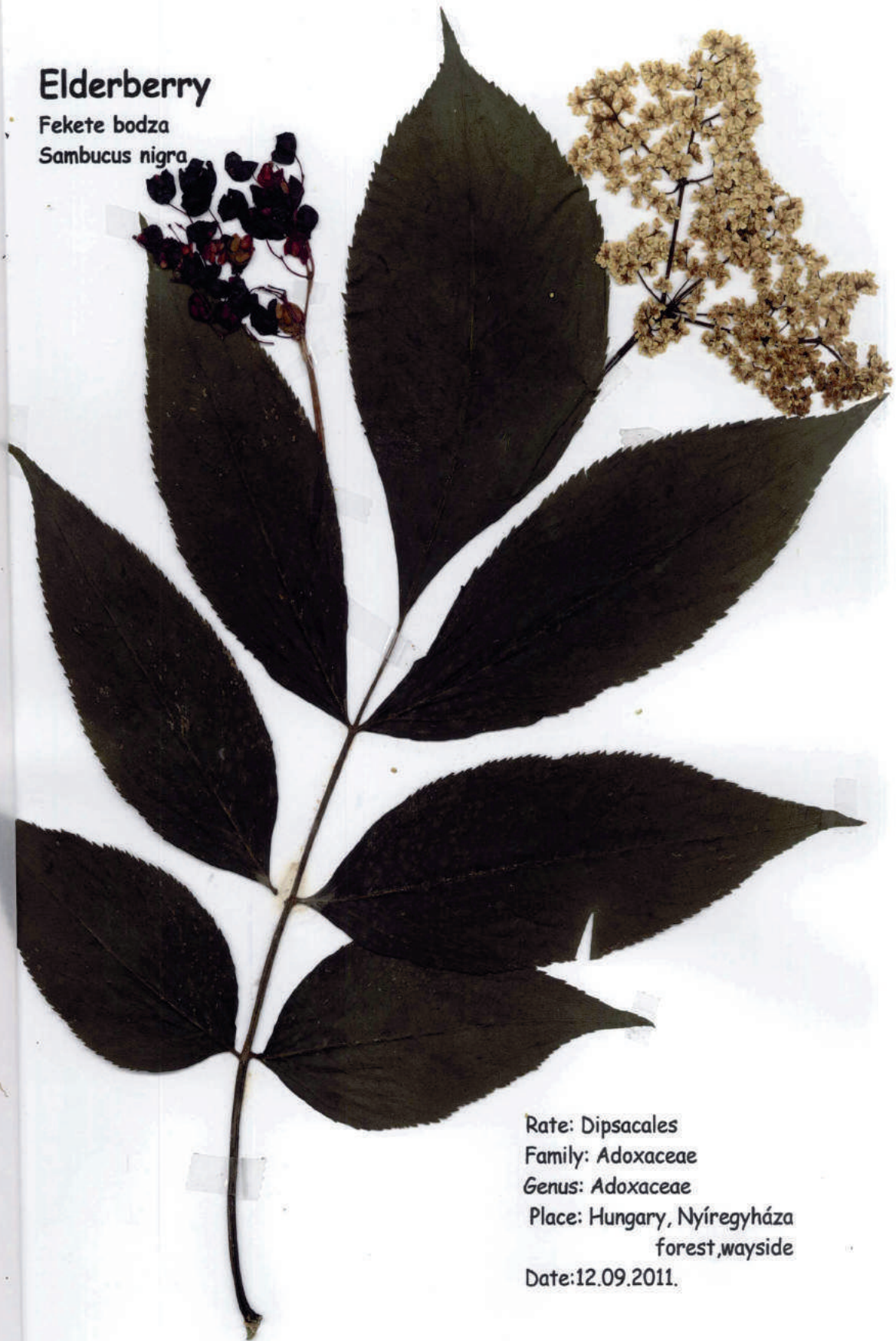
It is suggested to be effective for cutaneous diseases, healing wounds and for hair problems as well. You can use it together with other medicines or herbs because it has not got any by-effect.



# Elderberry

Fekete bodza

*Sambucus nigra*



Rate: Dipsacales

Family: Adoxaceae

Genus: Adoxaceae

Place: Hungary, Nyíregyháza  
forest, wayside

Date: 12.09.2011.



## Elderberry

It can be found everywhere in Europe. It is originated from Hungary.

Elderberry is a typical plant of wet forests and hedges of roads.

Elder or Elderberry is a genus of between 5-30 species of fast-growing shrubs or small trees (10 m tall) formerly treated in the honeysuckle family Caprifoliaceae, but now shown by genetic evidence to be correctly classified in the moschatel family Adoxaceae.

The leaves are opposite, pinnate, with 5-9 leaflets (rarely 3 or 11), each leaf 5-30 cm long, the leaflets with a serrated margin. They bear large clusters of small white or cream coloured flowers in the late spring, that are followed by clusters of small red, bluish or black (rarely yellow or white) berries. The berries are a very valuable food resource for many birds.

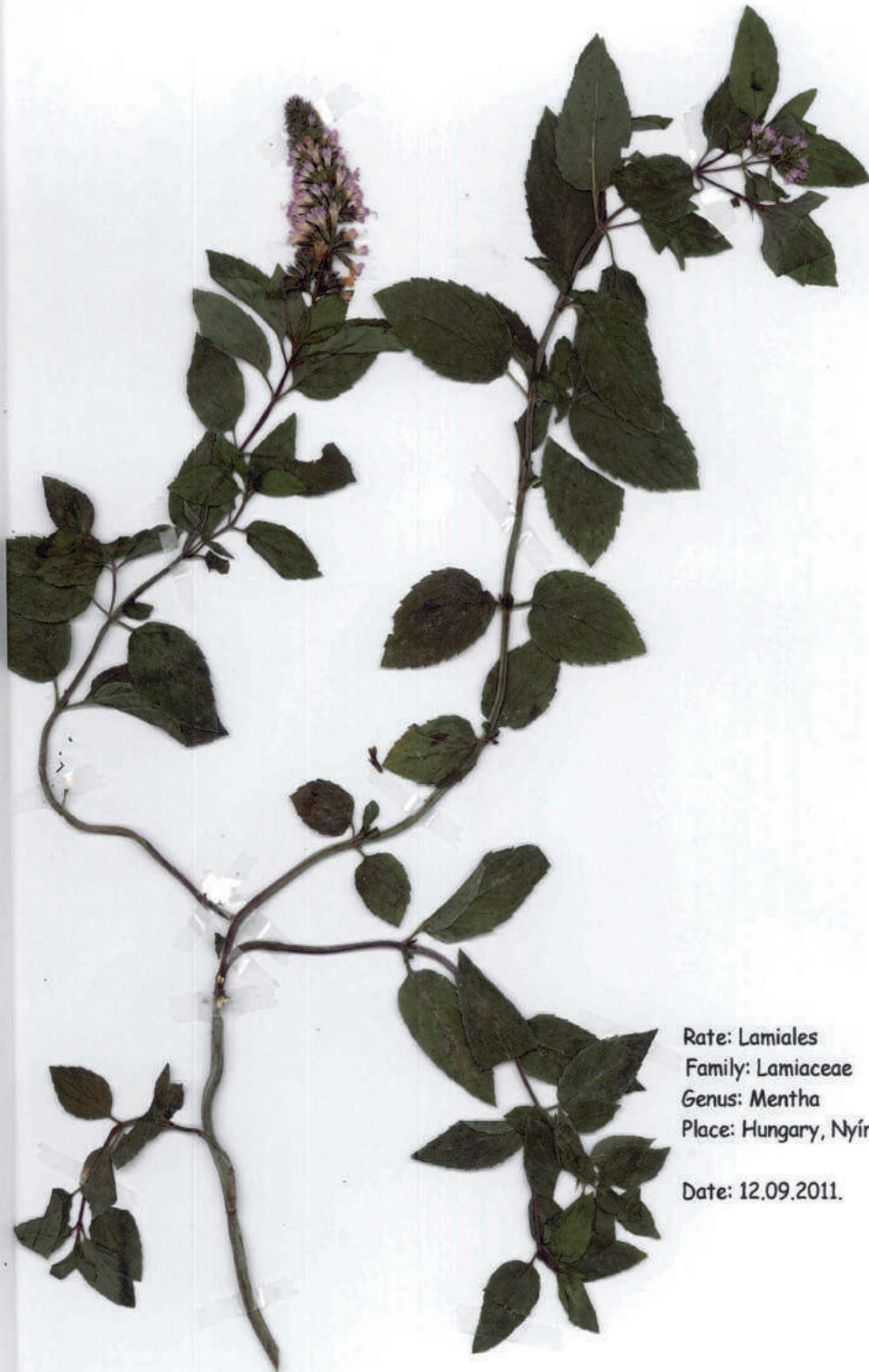
Flowers are used for making tea, jam, syrup, soup, cakes, salads, vinegar, wine, champagne, brandy, liquor, colouring materials, cosmetic creams, tonics and it is one of the ingredients of the original English ketchup.

Leaves are used for making tea, and colouring materials. It is also used in the medicine and food industry. You can find it in bio gardens.

# Peppermint

Borsmenta

*Mentha x piperita*



Rate: Lamiales

Family: Lamiaceae

Genus: *Mentha*

Place: Hungary, Nyíregyháza  
garden

Date: 12.09.2011.

## Peppermint

You cannot find it in the nature. It is not an agrarian plant. It is probably originated from Egypt. The Palestinian and Greek naturalized it later. It is a hybrid mixed from genus like *Mentha aquatica* and *Mentha spicata*. In Hungary there are other types of *Mentha*. They like wet places.

There are a great variety of them. They are usually 60-80 cm tall. They are perennials. Their legs are straight and branch out at the top.

Leaves are about 1 cm long. They give drug. Their surface is dark green the back side is lighter green. Their shape is elliptical like a pike. There are rotund glands on the surface. They are so called hair cells. They give volatile oil called menthol.

Peppermint has got a special smell.

First it tastes like fire then it has got a cooling effect.

The most important efficient is a volatile oil which contains more than 40 different compounds.

Leaves have got a content of 50-60% volatile oil, 5-10% nicotine, and coffeeic acid.

The volatile oil contains 35-50% menthol, and flavonoids.

Menthol helps digestive problems and kills pain.

Medical characteristics of peppermint have been known since about 2000 years.

For internal uses:

reducing cramps, helps nervous system, circulation, digestive problems, reducing headache, cleaning blood, reducing stomach ache, killing muscle aches, reducing sore throat and respiratory problems

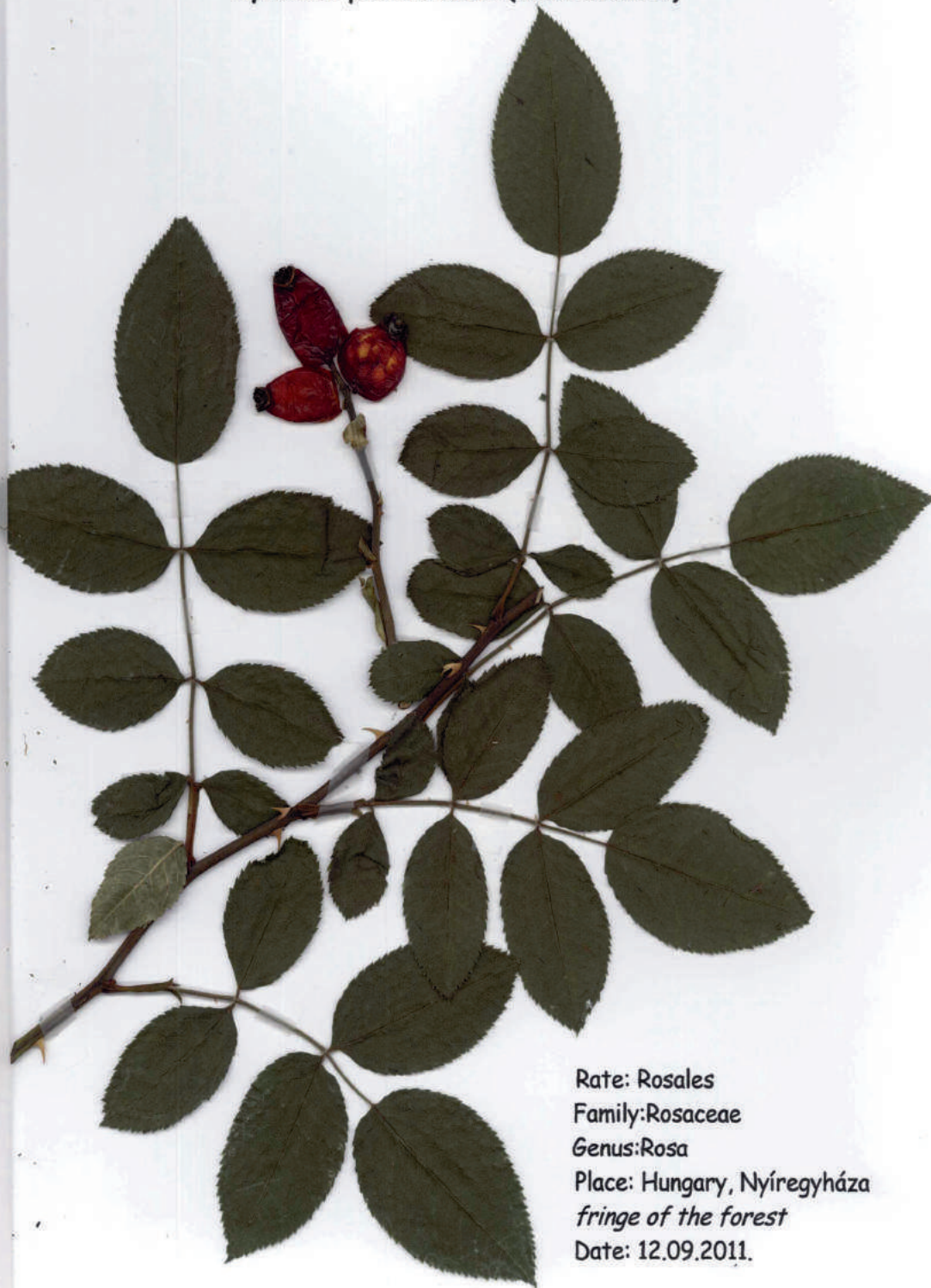
For external uses:

reducing insect bites, cutaneous diseases, reducing sunscald, greasy hair, headache, rheumatic problems

# Hip

Csipkebogyó

*Cynosbati pseudofructus* (*Rosa canina* L.)



Rate: Rosales

Family: Rosaceae

Genus: Rosa

Place: Hungary, Nyíregyháza  
fringe of the forest

Date: 12.09.2011.

## Rose Hip

It is found in edge of forests and in the mountains, hills and meadows. It is usually planted as hedgerow.

It lives a long life (even if 100 years). It is 2-5 m tall but it rarely grows higher than 2, 5 m. Its body, legs and leaves are covered with stings. Leaves have got unpaired wings containing 5-7 smaller leaves. They are egg-shaped with saw-like edges. They are bald and on their every side there is small hair running along the veins.

Its light pink flowers are smell-less. Their calibres are 4-6 cm. They are only flowers, not compacted. They are located on the top of the lateral shoots. Sepals fall down before ripening.

Ripe fruits are bright red. They are longish (1, 5-2 cm). Their shape can be oval or rounded. There are hard seeds in each one.

Seeds are covered by stinging hair, so called 'prickly powder'. Fruits remain on the bush for a long time so they can serve as food for the birds.

It is effective for cold influenza, tiredness, cathartic.

People in the Ancient Ages knew the medical properties of this herb. They knew that it was effective for the tropical ailments. Vitamin C intensifies resistivity, flavonoids prevent inflammation, and it has immunizing effects, pectin help with digestion.

You can make tea of the berries it is effective for cold, gastro-enteritis and bronchitis or kidney problems. It also has a spice intensifier effect so you can find it in herb mixes and fruit teas as well. Rose hip has got an anti-oxidant effect.

Rose hip oil is effective for different skin problems like dermatitis and eczema.

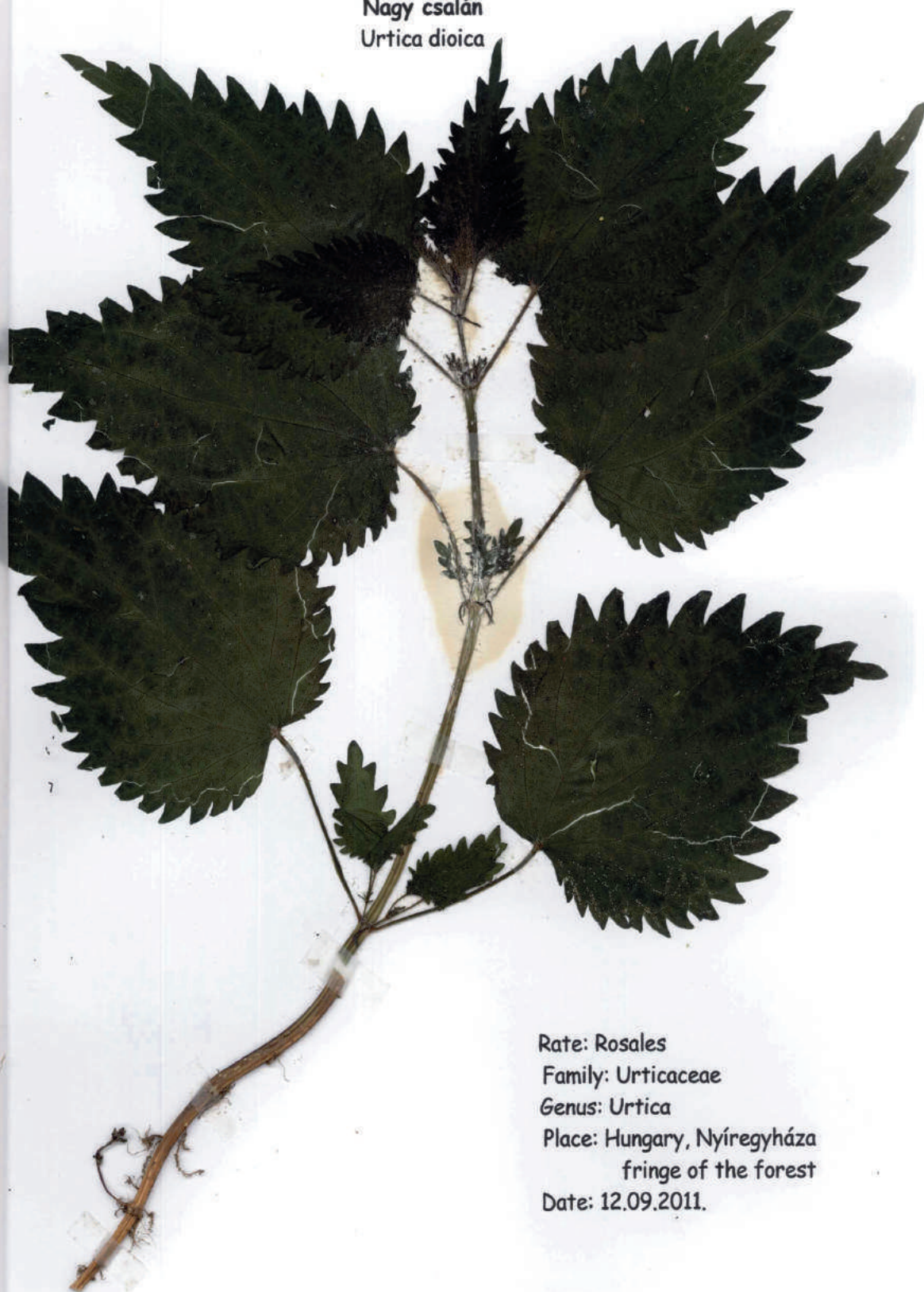
During boiling it loses its vitamin C content above 60 C so you'd better to soak, dry or freeze it.



# Stinging nettle

Nagy csalán

*Urtica dioica*



Rate: Rosales

Family: Urticaceae

Genus: *Urtica*

Place: Hungary, Nyíregyháza  
fringe of the forest

Date: 12.09.2011.

## Stinging Nettle

It can be found everywhere in Europe and in the whole territory of Hungary. It likes wet places in forests as undergrowth. It also likes moor and valleys.

A stinging nettle is a 50-150 cm tall plant. It has widely spreading rhizomes and stolons, which are bright yellow as are the roots. The soft green leaves are 3 to 15 cm (1 to 6 in) long and are borne oppositely on an erect wiry green stem. The leaves have a strongly serrated margin, a cordate base and an acuminate tip with a terminal leaf tooth longer than adjacent laterals. It bears small greenish or brownish numerous flowers in dense axillary inflorescences. The leaves and stems are very hairy with non-stinging hairs and also bear many stinging hairs (trichomes), whose tips come off when touched, transforming the hair into a needle that will inject several chemicals: acetylcholine, histamine, 5-HT or serotonin, and possibly formic acid.

The plant has got its name from expression 'urn' which means to burn.

Leaves are collected in March-April. Roots are collected in autumn or spring.

Nettle leaf is an herb that has a long tradition of use as an adjuvant remedy in the treatment of arthritis in Germany.

Urtication, or flogging with nettles, is the process of deliberately applying stinging nettles to the skin in order to provoke inflammation. An agent thus used is known as a rubefacient (something that causes redness). This is done as a folk remedy for rheumatism, providing temporary relief from pain. The counter-irritant action to which this is often attributed can be preserved by the preparation of an alcoholic tincture which can be applied as part of a topical preparation, but not as an infusion, which drastically reduces the irritant action.

Nettle is used in hair shampoos to control dandruff and is said to make hair more glossy, which is why some farmers include a handful of nettles with cattle feed. It is also thought nettles can ease eczema.



Small-leaved linden  
Kislevelű hársl  
*Tilia cordata*



Rate: Malvales  
Family: Malvaceae  
Genus: *Tilia*  
Place: Hungary, Nyíregyháza,  
park, forest  
Date: 12.09.2011.

## Small-Leaved Linden

It is popular in Central and South Europe. This plant can be found in the Carpathian Pelvic. It lives in different forests like beech, oak. Linden trees are spread in our parks because people like walking among them in the town squares.

Small leaved Linden is 20-25 m tall. It has got even 15 m wide tree-stratum. It can live 200-300 years. It is a deciduous plant. It has got long and crooked roots.

Leaves are 5-8 cm long and asymmetrical. They have got a heart shape jagged in the periphery. There are reddish hair bunches on the backside.

Flowers are whitish-yellow, they have got sweetish smell. Flowers are very small (abt. 1 cm large) and they are five-in-one. Bees regularly visit them because of their nectar. At blooming time loud buzzing are heard around the trees.

Crops are brownish, closed. It is an acorn with dry seed. You can push it with your fingers.

Linden is a resistant tree. The linden wood is light and dries very quickly. It is a very popular material of sculpture. It is excellent for carving, wooden shoes or making furniture and cellulose. In some areas vine is made of linden.

Linden honey is very fine and delicious. It is excellent for herb tea.

When locust-tree was unknown, linden honey was the most popular.

Flowers are used for making herb tea and medicine all around the world. It tastes very pleasantly. For the Hungarian, it is a traditional herb.

It has got a skin cleaner and grooming effect. You can use it for fomentation as well.

Making bathwater of linden legs is efficient for rheumatic problems.

# Heartsease

Fioltek trójbarwny

*Viola tricolor*



SPECIES – HEARTSEASE  
TYPE – HEARTSEASE  
WHERE – ROADSIDE  
WHEN – 30 JULY 2011



## Heartsease

Heartsease is a small (usually up to 30 cm in height) flower belonging to the Violaceae family. Its stem is very angular and multiflorous while its flowers vary a great deal in colour and size, but are either purple, yellow or white. The upper petals are usually purple; therefore, heartsease can be sometimes mistaken with *Viola odorata*. The flowering takes place from April to September. Other names: Wild Pansy, Johnny Jump Up, Johnny Jumper, Garden violet. Origin: Heartsease is native to Europe but it was introduced into many other regions. Today, it is common throughout all the temperate regions of Eurasia and North America. Heartsease prefers dry and partial shady places. It can be found mainly on acid and neutral soils in fields, woods, short grassland, along roadsides, pastures etc. Medicinal usage: The plant has been used as a medicine since the middle ages. For medical purposes, usually whole herb (dried) in the wild state is used. Heartsease is sometimes applied for rheumatism, bronchitis and whooping cough, however, modern herbalists most frequently prescribe it for eczema and other skin troubles. Moreover, due to its diuretic effect, the herb is recommended for various kidney problems. The flowers are rich in rutin, which helps to relieve water retention in body tissues and treat atherosclerosis. In addition, heartsease can be used in ophthalmology (retinal and choroidal damage) as rutin is known to strengthen capillaries. The application of heartsease is varied. For treatment, it is usually used in form of tea infusion or decoction both internally and externally.

## European Rowan

Jarząb pospolity

*Sorbus aucuparia*



SPECIES – EUROPEAN ROWAN  
TYPE – ROWAN  
WHERE – PARK  
WHEN – 17 AUGUST 2011

## Rowan

General description: Native to most of Europe except for the far south, and northern Asia, it is a member of the Rose family (Rosaceae). Rowan trees are common in forests and parks and are sometimes grown as ornamentals. Rowan is a small to medium-sized, deciduous tree with a smooth, shiny grey brown bark. The flowers are small and creamy white with green leaves that change colors in the fall to yellow, orange and red. The fruit (called rowan berries) are small pomes of 6–9 mm diameter, green at first, ripening bright red in late summer. They grow in large clusters of 40 or more berries and ripen from July to November.

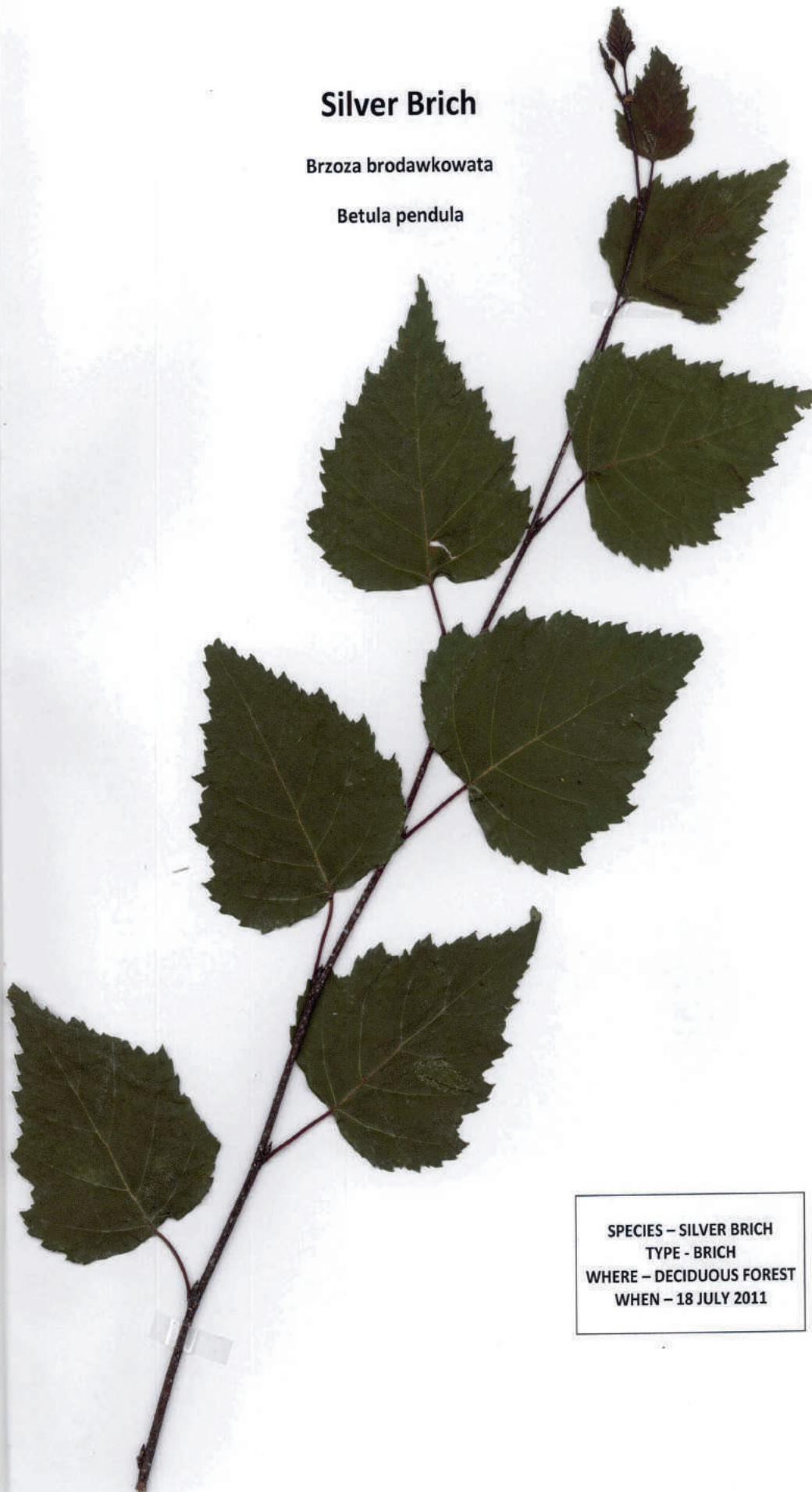
Medical properties: For medical purposes, flowers, berries and sometimes leaves are harvested. Although the berries are bitter, they contain a lot of vitamin C and they are commonly used to make juices, country wines, teas, syrups, jellies, preserves, jams and pie fillings. Rowan fruit should not be consumed raw due to the presence of parasorbic acid which can cause diarrheha or emesis. The acid, however, is easily decomposed while boiling and drying fruit.

Rowan is considered to have diuretic, anti-inflammatory and antiscorbutic effects. Active compounds present in rowan are favourable for treating vein and hepatobiliary disorders. The astriction properties of rowan are also worth noticing as they help with gastritis, duodenal ulcers and small intestine disorders.

## Silver Birch

Brzoza brodawkowata

*Betula pendula*



SPECIES – SILVER BRICH  
TYPE - BRICH  
WHERE – DECIDUOUS FOREST  
WHEN – 18 JULY 2011

## Silver Birch

General description: Native to Europe and some high altitude parts of Asia, it belongs to the birch family (Betulaceae). It is a medium-sized deciduous tree with very characteristic white bark, often with black diamond-shaped marks or larger patches, particularly at the base. Birches can be found nearly everywhere in the open landscape, in small groups, lines or as a single tree. Flowers are tightly packed in catkins found at the end of the branchlets. As for the flowering, it occurs in April-May.

Medical properties: The bark and leaves of birch tree can be used for treatment in the form of tea infusion or decoction. The leaves of birch trees contain saponins, flavonoids, terpenes, organic acids, small amounts of essential oil and mineral salts. Due to their diuretic effect, the leaves are recommended for various kidney problems. Moreover, they can be successfully used against skin problems such as acne or psoriasis.

It is also said that the leaves of birch trees are useful for curing liver diseases caused by the use of chemical substances. Not to mention, birch is said to eliminate cholesterol from the blood, and to disinfect the body.

For centuries, birch sap has been used for strengthening immune system. It is especially valuable for the elderly or for people struggling with serious diseases.

The bark of birch tree contains substances called methyl salicylate and betulinic acid. Methyl salicylate is a pain reliever and betulinic acid is said to fight cancer.



# Tansy

Wrotycz pospolity

Tanacetum vulgare



SPECIES - TANSY  
TYPE - TANSY  
WHERE - THICKET  
WHEN - 25 AUGUST 2011

## Tansy

General description: Native to temperate Europe and Asia, tansy is a flowering plant (of the Asteraceae family) with yellow, button-like flowers. When full grown it is usually 50–150 cm tall. A very characteristic feature of tansy is its specific scent, similar to that of camphor, and a bitter taste. Flowering occurs from July to September.

Medical properties: It must be noted that tansy, especially in excessive amounts, can be toxic and cause poisoning in sensitive individuals. For medical purposes, flower heads (without stems) and leaves are harvested. It should be picked at the beginning of flowering and dried quickly in dark and airy places.

Tansy contains quite a lot of essential oil, which is believed to have a number of beneficial effects; for example, antibacterial, antifungal and anti-inflammatory. According to Polish sources, tansy, in mild doses, is very effective in treating parasites, especially common roundworms and threadworms.

Another interesting application of tansy is an alcohol-based tansy extract (100 grams of flowers drown in 0.5 liters of spirit), which can be used in pediculosis treatment and for skin problems.

Furthermore, the toxicity of tansy can be used against various types of insects as it is believed to be an effective insect repellent against mosquitoes, fleas, ticks, lice and bedbugs.

## Common heather

Wrzos zwyczajny

*Calluna vulgaris*



SPECIES – COMMON HEATHER  
TYPE – HEATHER  
WHERE– PINE FOREST  
WHEN - 25 AUGUST 2011

## Common heather

General description: Native to Europe and Asia minor, heather grows in nutrient-poor, acidic soils. It is a low growing (usually up to 80 cm tall), mound-shaped and evergreen shrub which is widespread throughout Europe. It can be also found individually in meadows, pastures and similar places. Its flowers emerge in late summer, August and September, and are pink, purple and sometimes white.

Medical properties: For medical purposes, flowers together with short stems are gathered. Heather contains flavonoids, essential oil, organic acids, glycoside, silicon and potassium compounds and a lot of tannins. Apart from its application as a spice to different meals, it has been used since ancient times in herbal medicine for a large number of diseases. Usually, it is taken as a drink (tea) or liniment.

Thanks to the presence of tannins, heather can be used in the treatment of alimentary system diseases. Furthermore, it can also help to reduce inflammation and gravel of the urinary system.

The presence of flavonoids makes heather an effective diuretic whereas glycoside has a disinfectant effect for urinary tract. Therefore, it can be successfully used in curing lithiasis and chronic urinary tract infections.

As for silicon and potassium, they make heather a valuable medicine against aging. In addition, liniment made from heather tops can help in the treatment of arthritis and rheumatism.



# Rosemary

Alecrim

*Rosmarinus*



Family: Lamiaceae

Species: *Rosmarinus officinalis*

Type: perennial shrub

Place: Portugal, Caldas da Rainha,  
Santa Catarina, school garden

Date: 26/04/2011



## Rosemary

Rosemary is a perennial shrub of the family of the Lamiaceae. It has numerous woody branches, a strongly aromatic smell and it can reach about 60cm tall. In warmer countries it can flourish throughout the year except during the coldest months of winter. The small flowers are usually purplish lilac or blue, rarely white. They are commonly used in perfumery, but it is in its leaves that is the maximum concentration of volatile oil used in the manufacture of essential oil. It is grown all over the world. The varieties that are spontaneous are medically more effective than the cultivated ones.

In agriculture, rosemary benefits the other garden plants and vegetables and helps combat pests of flowers and vegetables. The purple flowers attract insects to the garden, especially bees (honey rosemary is much appreciated). It appreciates full sun and well-drained soil.

It is widely used in the manufacture of shampoos which are very useful to strengthen and stimulate the scalp. At home, you can put flowers and rosemary leaves in vinegar and use it to rinse your hair; it will become stronger, shiny and soft. You can also make your massage lotion in the same way but using 70% water and 80% alcohol or oil; the mixture can also be used in massage to relieve rheumatic pains. It is also used in the manufacture of soaps and beauty creams.

It is a stimulant of the nervous system and brain. It improves cerebral circulation, concentration and memory. It is useful to relieve headaches, insomnia and chronic fatigue and convalescents states. It helps the digestive system, PMS, sore throat, bad breath, sore muscles and tiredness. It is quite effective in combating hair loss; it also reduces flatulence problems, stimulates the liver and gall bladder and it is useful in the treatment of anemia.

It is much appreciated in flavouring meats, pasta dishes and vegetables. Leaves and / or fresh or dried flowers, mixed with vinegar, can be used as seasoning.

# Oregano

Orégão

*Origanum*



Family: Lamiaceae

Species: *Origanum vulgare*

Type: deciduous perennial shrub

Place: Portugal, Caldas da Rainha,  
Santa Catarina, school garden

Date: 27/5/2011

## Oregano

Oregano is a perennial herb, growing from 20–80 cm tall, with opposite leaves 1–4 cm long. The leaves are dark green with a peppery aroma. The flowers are purple, 3–4 mm long, produced in erect spikes.

Oregano is known botanically as *Origanum vulgare* and is called wild marjoram in many parts of Europe since it is closely related to the herb that we know as sweet marjoram.

Oregano is native to northern Europe, although it grows throughout many regions of the world. It has been recognized for its aromatic properties since ancient times, with the Greeks and Romans holding oregano as a symbol of joy and happiness. Oregano has been cultivated in France since the Middle Ages and has come to be an important herb in Mediterranean cooking.

Oregano is an important culinary herb, used for the flavour of its leaves, which can be more flavourful when dried than fresh. It has an aromatic, warm and slightly bitter taste, which can vary in intensity. Good quality oregano may be strong enough almost to numb the tongue, but the cultivars adapted to colder climates often have a lesser flavor. Factors such as climate, seasons and soil composition may affect the aromatic oils present, and this effect may be greater than the differences between the various species of plants. The oregano is great in salads, soups and tomato gazpacho. It is the main spice of olives and snails. It is used to flavour oils and vinegars. In Italy they use it in sauces for pasta and pizza. The Greeks use them in salads and grilled fish. In Spain and Latin America is used in meat stews and roasted vegetables.

Hippocrates used oregano as an antiseptic, as well as a cure for stomach and respiratory ailments. Cretan oregano (*O. dictamnus*) is still used today in Greece as a palliative for sore throat. Oregano is high in antioxidant activity, due to a high content of phenolic acids and flavonoids. It also has shown antimicrobial activity against strains of the food-borne pathogen *Listeria monocytogenes*. The tea is indicated to improve digestion, eliminate gases and urinary infection. It is also used for cough, headaches and nervous irritability. Inhalation of fumes from the plant cooked with salt improves sinusitis and allergic rhinitis. The essential oil massage is for rheumatic pains and headaches; chew or rub a few drops of essential oil teeth temporarily relieves toothache.

# Lemon verbena

Lúcia-lima

*Lippia*



Family: Verbenaceae

Species: *Lippia citriodora*

Type: deciduous perennial shrub

Place: Portugal, Caldas da Rainha,  
Santa Catarina, school garden

Date: 26/04/2011

## Lemon verbena

Lemon Verbena is a deciduous open shrub growing to 2 -3 m high. The 8cm long glossy, pointed leaves are slightly rough to the touch and emit a powerful lemon scent when bruised. Sprays of tiny lilac or white flowers appear in late spring or early summer. The small panicles of tiny white flowers seem like small lights. The name Lucia derives from the Latin word luce, which means light.

*Aloysia citrodora* is a species of flowering plant in the verbena family, Verbenaceae, which is native to many South-American countries. Common names include Lemon Verbena, Cedron, Lemon Beebrush, Lemon Luisa and Yerba Louisa. It was brought to Europe by the Spanish and the Portuguese in the 17th century.

General use: The leaves not only dry easily, but they hold their scent well. Place them between linens to help keep them smelling sweet and add to homemade pot-pourri. In the summer months it can be repel midges, flies and other insects.

Medicinal use: Lemon verbena can be used as an aid to digestion and allegedly has a tonic effect on the stomach and intestines. Tea made from dried lemon verbena can be mildly sedative. It's also good for congestion and can ease indigestion but long term use or high doses can irritate the stomach. An infusion of the leaves can be added to your bath water to help calm and soothe the senses; the same infusion is also reputed to help clean the teeth. A compress of the leaves can help to reduce puffiness around the eyes. Lemon verbena oil makes a wonderful massage oil when diluted with suitable carrier oil; it is used to help ease cramps and indigestion. It can also be used for anxiety, insomnia, nervous tension and stress. Lemon verbena has febrifuge, stomachic, antispasmodic and sedative properties, and can be used to treat dyspepsia, indigestion and flatulence. Caution - Prolonged use or large internal doses can cause gastric irritation. This is photosensitising oil so do not use before going out into the sun. It can also irritate sensitive skin.

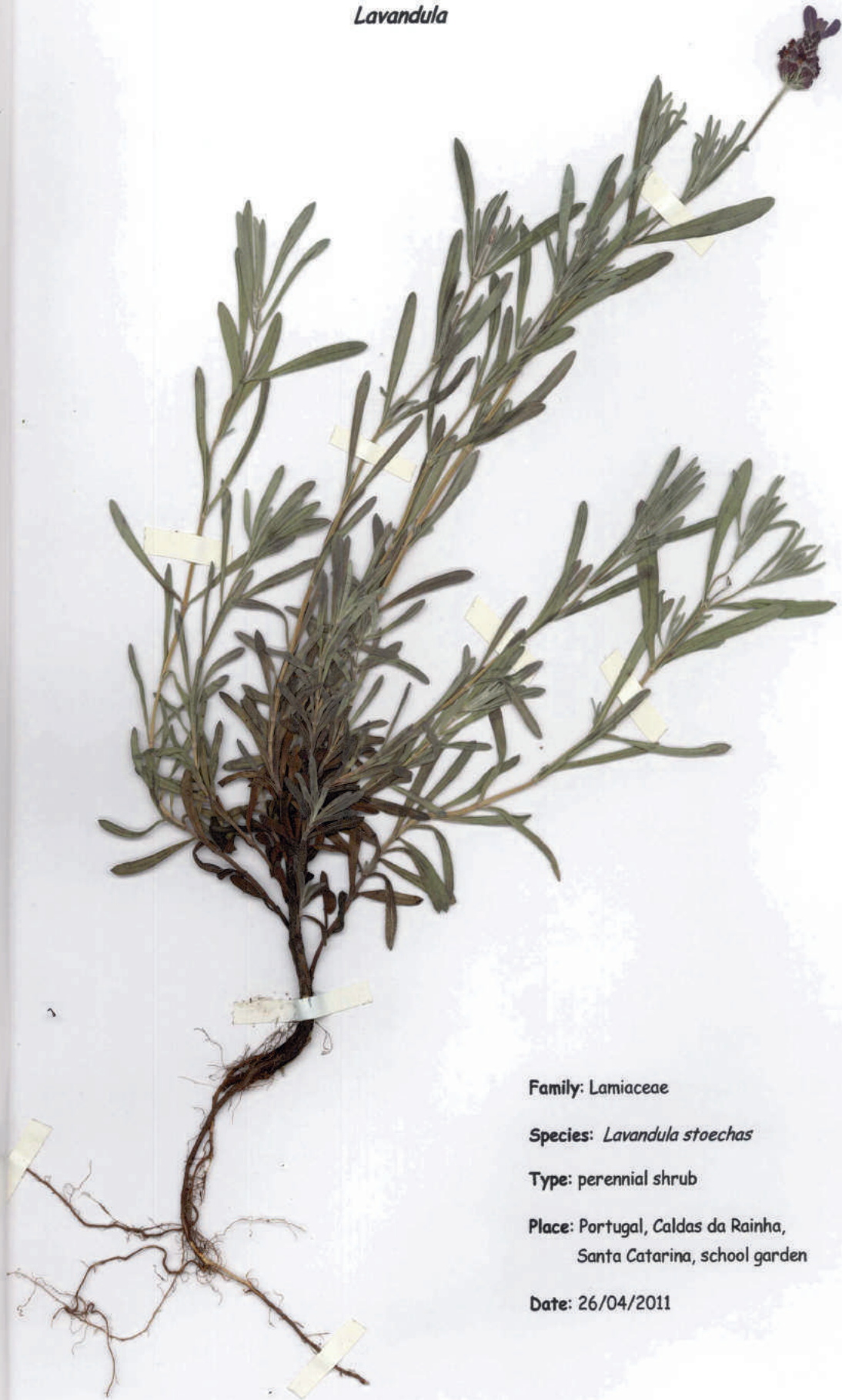
Culinary Use: Lemon verbena has the most intense, lemon-like scent of all the lemon scented herbs. Leaves can be used for making herbal vinegars, teas and to add a refreshing zing to homemade lemonade. They also work well with vanilla and raspberries to make a delicious ice-cream. Partnered with lemon thyme, lemon verbena makes delicious herb butter for drizzling over steak and corn on the cob for a summer barbecue. The leaves add a lemony flavour to fish, poultry and white meat dishes, vegetable marinades, salad dressings, jams, jellies, puddings especially fruit salads and fruit based drinks.



# Lavender

Alfazema

*Lavandula*



Family: Lamiaceae

Species: *Lavandula stoechas*

Type: perennial shrub

Place: Portugal, Caldas da Rainha,  
Santa Catarina, school garden

Date: 26/04/2011

## Lavender

is a perennial plant, which grows about 45 to 60cm high. It has grey-green feathery leaves covered in a silvery down. The blue-violet flowers are arranged in spirals of 6 to 10 blossoms, forming interrupted spikes above the foliage.

There are about 15 species of lavender, which includes the Portuguese lavender (*Lavandula stoechas*), also known as the Spanish *Lavandula* variety that grows spontaneously in the Mediterranean regions and, therefore, best suited to this climate.

Medicinal use: Lavender has been extensively used in herbalism. An infusion of lavender is claimed to soothe and heal insect bites. Bunches of lavender are also said to ward off insects. If applied to the temples, lavender oil is said to soothe headaches. Lavender is frequently used as an aid to sleep: Seeds and flowers of the plant are added to pillows, and an infusion of three flower heads added to a cup of boiling water is recommended as a soothing and relaxing bedtime drink. Lavender oil is claimed to heal acne when used diluted 1:10 with water, rosewater, or witch hazel; it is also used in the treatment of sunburn and skin burns and other inflammatory conditions. Constituents of the oils found in lavender have been found to treat hyperactivity, insomnia, flatulence, bacteria, fungus, microbial activity on gums, airborne molds, and (mixed with pine, thyme, mint, rosemary, clove, and cinnamon oils) *Staphylococcus* -aka "Staff"- bacteria.

Culinary use: Lavender is an incredibly versatile herb for cooking. In today's upscale restaurants, fresh edible flowers are making a comeback as enhancements to both the flavour and appearance of food. As a member of the same family as many of our most popular herbs, it is not surprising that lavender is edible and that its use in food preparation is also returning. Flowers and leaves can be used fresh, and both buds and stems can be used dried. Lavender is a member of the mint family and is close to rosemary, sage, and thyme. It is best used with fennel, oregano, rosemary, thyme, sage, and savoury. English Lavender (*L. angustifolia* and *munstead*) has the sweetest fragrance of all the lavenders and is the one most commonly used in cooking. The uses of lavender are limited only by your imagination. Lavender has a sweet, floral flavour, with lemon and citrus notes. The potency of the lavender flowers increases with drying.

# St. John's Wort

Hipericão

*Hypericum*



Family: Hypericaceae

Species: *Hypericum perforatum*

Type: deciduous perennial herb

Place: Portugal, Caldas da Rainha,  
Santa Catarina, school garden

Date: 18/05/2011

## St. John's Wort

Native to Europe and Asia, but as the settlers could verify, hypericum was also known and used by Indians in America. In Portugal, the wort is also known as "milfurada" or St. John's wort. The last name is due to the fact that it blooms around St. John's Day (June 24th).

Herbaceous perennial plant of medium size, it has yellow flowers in a star shape. Its leaves are green semi-translucent dots containing essential oil used in traditional medicine. This spontaneous plant often grows near forests, wastelands, roadsides and prairies.

It is now proved that the St. John's Wort is a medicinal plant more effective in combating depression and as a stimulant of the immune system. It also relieves problems caused by hormonal changes related to menopause, acting as a tonic of the nervous system, and increases vitality. It is an important liver tonic since it can detoxify the body. The infusion of leaves and flowers stimulates circulation and tones the gastric glands, liver and gallbladder, being recommended in the treatment of ulcers and gastric diseases.

The maceration of the flowers in olive oil or almond oil can be used to massage away sciatica pain and it is very useful in the treatment of burn wounds.



**CHIVES**

PAŽÍTKA

*ALLIUM SCHOENOPRASUM*

FAMILY: AMARYLLIDACEAE

SPECIES: *ALLIUM*

TYPE: *ALLIUM SCHOENOPRASUM*

PLACE: SLOVAKIA,  
SEČOVCE, GARDEN

DATE: 10.06.2011



## CHIVES

The chive is a perennial plant. It has mauve globular flower, blooming from May to August. The chive needs loamy soil with nutrients and calcium. It likes sun or partial shade.

**Culinary arts:** Chives are grown for their leaves, which are used for culinary purposes as flavoring herb. Chives have a wide variety of culinary uses, such as in traditional dishes in France and Sweden. The flowers may also be used to garnish dishes. In Poland chives are served with quark cheese.

**Medicine:** The medical properties of chives are similar to those of garlic. Chives have a beneficial effect on the circulatory system. Chives are also rich in vitamins A and C, contain trace amounts of sulfur, and are rich in calcium and iron.

**Cultivation:** Chives are cultivated both for their culinary uses and their ornamental value; the violet flowers are often used in ornamental dry bouquets.

# **WILD GARLIC**

**MEDVEDÍ CESNAK**

**ALLIUM URSINUM**



**FAMILY: AMARYLLIDACEAE**

**SPECIES: ALLIUM**

**TYPE: ALLIUM URSINUM**

**PLACE: SLOVAKIA,**

**SEČOVCE, GARDEN**

**DATE: 02.05.2011**

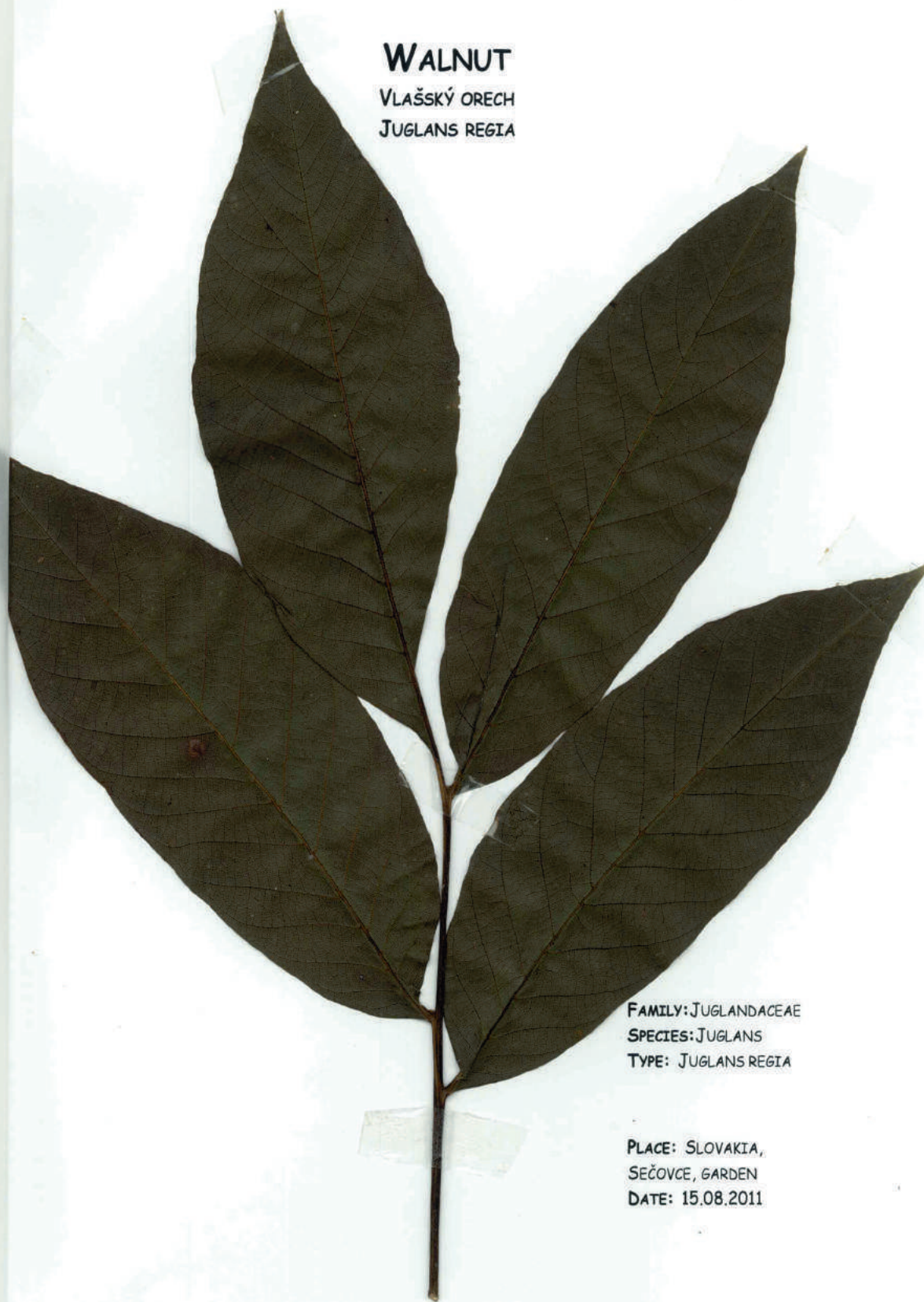
## Wild Garlic

Medicinal use and health benefits: In test tube studies, garlic has been found to have antibacterial, antiviral, and antifungal activity. Garlic is also claimed to help prevent heart disease (including atherosclerosis, high cholesterol, and high blood pressure) and cancer. Garlic is used to prevent certain types of cancer, including stomach and colon cancers. A Czech study found that garlic supplementation reduced accumulation of cholesterol on the vascular walls of animals. Garlic cloves are used as a remedy for infections (especially chest problems), digestive disorders, and fungal infections such as thrush.

# WALNUT

VLAŠSKÝ ORECH

JUGLANS REGIA



FAMILY: JUGLANDACEAE

SPECIES: JUGLANS

TYPE: JUGLANS REGIA

PLACE: SLOVAKIA,

SEČOVCE, GARDEN

DATE: 15.08.2011

## Walnut

Walnut is the kind of nuts. It consists of edible woody core surrounded by a solid shell. This shell is case of nut. The case is green at the beginning and it darkens during ripening. Walnuts are a source of vitamin B1, B2, B3 and B6. They contain phosphorus, potassium, iron and magnesium. They also contain zinc, copper and manganese.

Walnuts are mainly used in food industry: in bakery and confectionery. They are very good food for people with heart disease and improve mental performance and restores strength and balance of the nervous system. Walnuts are easily digestible and useful for diabetics. Their taste is sweet and they have warm nature – they operate warm on pathways of kidney, lungs and colon. Whereas they warm lungs, they improve health status in asthma.

Except fruits, walnut leaves are used because of their antiseptic effects. Walnuts are one of the oldest food in the world. In the French Périgord archaeologists discovered small fossilized walnut shell from the Neolithic era. This era was more than 8000 years ago. In ancient Rome walnut was dedicated to god Jupiter. The origin of the walnuts is from Central Asia. Romans brought them to Europe around 280.



# Recipes





Germany, Garbsen

## Pumpkin Soup

### INGREDIENTS

2 onions  
800 g flesh of pumpkin  
3 carrots  
3 midsized potatoes  
fresh ginger  
200 g sour cream  
majoran, basil

Time for preparation:  
15 minutes

Level of difficulty:  
Simple

### Method

Cook 2 onions (not too small) and garlic translucent in butter, Cut 800 g flesh of pumpkin with 3 carrots and 3 midsized potatoes in small cubes, grate about 5 cm fresh ginger and cook everything together with about 1 l vegetable stock. Put salt, pepper, some majoram and basil in. When everything is done, mash and stir in 200 g sour creme. Arrange on the plate with some sour creme and fresh basil. Served with a piece of toast.



## Old Recipes for Ground Ivy

### Tea

- 2 teaspoons with hot water and let sit for 5 minutes. This helps coughing. Then the leaves loosens the mucous in the nose.

### Strengthen your disposition

- 1 teaspoon dried or 2 teaspoons of fresh herbs with hot water, cover it for 5 minutes to brew.

### Tincture

- 1-2 handfulls of shredded Ground Ivy, bottle with 45% spirits of wine, let it stand for 3 weeks, then strain the leaves out. Dosage for adults is: 30 drops 3 times a day and for children half of this amount.

### Pain oil

- Collect fresh Ground Ivy (between May and June), shake the leaves to clean, jar and let it stand in a bright sunny place. After two or three days a light liquid will appear in the bottom of the jar. Drain the liquid carefully into a dark bottle and keep it in a cool place. When required dab it on a cloth and apply to the infection several times a day.

### Bath liquid

- For rashes, eczema, back pain and swollen joints use the Ground Ivy liquid in a bath. Mix 5 handfulls of leaves in 5 litres of boiling water, drain and add to the bath water. This will help strengthen your muscles and joints. The quantity can be mixed in lesser portions.

### Face cleansing water

- Mix 1 handfull of leaves with ½ liter of boiling water. Strain, let stand and rinse the effected areas.
  - For buzzing sensations in the ear drum insert drops of Ground Ivy juice.
- In addition to this drink Ground Ivy tea.



Germany, Bad Liebenwerda

### Potato soup to lovage

Ingredients for 10 persons:  
25 medium-sized potatoes  
5 carrots  
10 stalks lovage  
10 stalks parsley  
5 cube boullion from cow

Time for preparation:  
15 minutes

Level of difficulty:  
Simple

#### Method

Potatos and carrottes to peel, wash and cut in cube.  
Together with lovage get in pot.  
Get water in pot over all.  
Boullion and parsley put and boil up.  
20 minutes simmer up to vegetables soft.  
After puree and season taste.



## Marigold

The marigold of our front gardens is presumably descended from the field marigold. Contents materials of the marigold are ethereal oil, Xanthophyll, bitter substances and Flavonoids, which is why this valuable cream is suited particularly for massages and to the everyday care.

### Herbal healing balm

ingredients:

- 2c. olive oil
- 1/4c. dried comfrey leaves
- 1/4c. dried calendula petals
- 1/4c. dried lavender buds
- 1 oz. beeswax
- 20 drops tea tree essential oil
- 20 drops lavender essential oil

Place dried herbs into a crock pot. Pour olive oil over them. Turn crock pot on low and let set for four to six hours. Strain infused oil. Discard herbs. Place infused oil into a 1 qt. Saucepan and turn on low. Add the beeswax, stir until beeswax melts. Remove from heat and add essential oil. Pour into 1 oz. jars. Let cool and then seal.

## Lovage

Lovage paste

Ingredients:

- 700g of lovage sheets
- 100g of sea salt or Himalayas salt

The lovage sheets wash, dry and chop up with the mixer. Sea or Himalayas salt add and well mix, until the salt has freed itself. In glass bottle, close and at a chill, dark place keep. It keeps by the salt more than one year.





United Kingdom,  
Hemel Hempstead

## Chicken Curry

5 medium onions  
4 garlic cloves  
½ teaspoon of salt  
Small piece of root ginger  
1 teaspoon of ground garlic  
1 tablespoon of oil  
100ml water  
Medium can of tomatoes  
2 teaspoons curry paste  
1 chicken breast fillet or, for vegetarians  
England  
Rice  
1 handful of rice (per person)



## Naan Bread

375g plain flour  
1 teaspoon baking powder  
1 tablespoon of sugar  
200ml of milk  
1 egg





Turkey, Samsun

## Stuffed collard with minced meat

### Ingredients

1 kg collard  
400 g minced meat  
2 average size onions  
6 stalks parsley  
1 tea cup rice  
1 teaspoon black pepper  
2 average size tomato  
2 glasses yoghurt  
3 cloves garlic  
Salt



### Method

Wash the collards. Cut and throw out their stems. Boil the green part as a whole and sieve. Preparation of the stuffing: Work thoroughly through mixing onion, parsley, minced meat, black pepper, tomato paste or tomato, salt and rice. Spread the boiled collard on hand, in such a manner that its grained side comes on top. Wrap through adding some filling inside. Put one collard leave at the bottom of the saucepan. Align the stuffing in the saucepan as they are wrapped. Cover with a plate. Add enough boiled water to show up on surface and put the lid of the saucepan. Cook about half an hour. Consumed optionally with or without garlic yoghurt.

Note: Stuffed Grape Leave is cooked similarly. However, dill is add.



## Chocolate Cookies with Candied Violets

Ingredients  
(for 30-40 biscuits)

225g unsalted butter, softened  
2 cups caster sugar  
3/4 cup baking cocoa powder  
2 large eggs  
1 teaspoon pure vanilla extract  
2 cups plain flour  
1 teaspoon baking powder  
100g dark chocolate  
2 tablespoons candied (crystallised) violets



### Method

Preheat oven to 180 degrees C. Cream butter and sugar with an electric mixer in a large mixing bowl. Add eggs, vanilla and cocoa powder and beat until combined. Sift flour and baking powder in a separate bowl and then fold gradually into the mixing bowl. The dough should be smooth, very fluffy and sticky.

Using your hands or a tablespoon, shape balls of dough about 3-4cm in diameter. Flatten slightly on a lined baking tray and then press a small piece of dark chocolate into the centre. Gently use your fingers to press the dough around the piece of chocolate. The dough is very sticky, so it might be easier to lightly flour your hands before touching the dough.

Crush candied violets into small pieces and then sprinkle over the top of each ball of dough. Leave about 5 cm between each biscuit to allow room for spreading. Bake for approximately 10 minutes. The biscuits should be just starting to firm up around the edges but will still be soft and fudgy in the middle. Serve straight away while the centres are still liquid.

Can be stored in an airtight container for a week. When ready to serve, warm up in a microwave for 15-30 secs, or until the biscuits are very warm to the touch, so that the chocolate in the centre is melted.

## Medicinal recipes

### Birch Tea

Place 2 to 3 teaspoonfuls in a cup and pour on boiling water. Cover the mix and allow to steep for 10 minutes. Take the tea about three times daily. Birch tea can also be made using the bark of the tree. Simply place a teaspoon of dried birch bark in a cup of boiling water, then allow it to stand for 15 minutes. Take this twice or three times a day. Health benefits:- helpful in alleviating joint pain related to rheumatoid arthritis and osteoarthritis,- helpful in combating gout,- helpful in fighting urinary disorders,- helpful in removing excess fluids from the body.

### Heartsease

infusion Steep 1 teaspoon of finely chopped heartsease in 1 cup of hot water for 5 minutes. Soak gauze compresses in the infusion and apply to the affected area of the skin. Health benefits:- helpful in treating eczema, acne and other skin problems,- helpful in treating skin inflammations. Common heather tea Place two teaspoons of dried flowers to a quarter liter of boiling water. Leave the tea for about 15 minutes. After that, the tea is strained and ready to drink. Usually two to three cups of this tea are taken throughout the day. Health benefits:- helpful in treating arthritis and rheumatism,- helpful in treating various urinary tract infections,- helpful in regulating digestion,- helpful in relieving stress.

## Rowanberry Apple Jam

### Ingredients

2l (2000 ml) rowan-berries, frost-tempered, rinsed and cleaned; 4-5 apples, peeled and cored; 6dl (600 ml) water; 1 1/2 l (1500 ml) sugar; juice of 1 lemon; 4-5 cloves; 1-2 tablespoons cognac; a pinch of salt

### Method

Cut the apples into small chunks. Put rowan-berries, apple chunks and cloves into a saucepan. Add water, bring to a boil and cover. Simmer until rowan-berries are soft (15-20 minutes). Add sugar, stirring, until it is dissolved. Simmer for 15-20 minutes more, or until the jam is firm. Add lemon juice and a pinch of salt. Furthermore, be luxurious, add a small amount of cognac. Finally pour the hot jam into hot jars sterilized with boiling water. Close the jars with sterilized lids and let cool. Store the jam in the refrigerator.

Rowan-berry jam is a condiment that goes very well with with game, steaks and roast. The berries are nutritious. They contain apple acid, pectin, sugars, beta-carotene, Vitamin C and flavonoids that help to maintain the Vitamin C.

!!!The best thing to do is to collect the berries when they ripen, and before the birds get them. Then throw cleaned berries into the freezer for 2 - 3 days. That also sweeten them up a bit because they are very, very tart.





## Portugal, Santa Catarina

### Lavender cookies

#### Ingredients

250g flour  
1 teaspoon dried yeast  
125g butter  
1 or 2 spoons chopped lavender  
Lemon or orange zest (peel)  
1 pinch of salt  
125g sugar  
1 egg

#### Method

1. Mix the flour, the dried yeast, the butter, the lavender and the lemon peel and the salt using your fingers until you get a crumble.
2. Add the egg and the sugar and mix everything until you get a homogenous mixture and leave it rest for about 30 to 60 minutes.
3. Preheat the oven to 200C. Grease a tray with some butter.
4. Put small amounts of the mixture on the tray to make the cookies.
5. Put it in the oven and wait about 10 minutes.





## Garlic Bread with Oregano

### Ingredients

250gr of bread dough  
4 cloves garlic  
4 limbs of fresh oregano  
4 tablespoons olive oil  
salt and pepper  
Fleur de sel

### Method

In a bowl (mortar) crush the garlic with fresh oregano and salt. When everything is well crushed, add the oil to form a paste that can be spread. If necessary add a little more olive oil. Roll out the dough as if to make a pizza, a round or rectangular form, and spread throughout the dough the mixture with the help of a kitchen brush. Finally add a little freshly ground pepper and fleur de sel. Bake it in a 180 ° C oven until the bread is cooked and golden in colour. Serve it warm.

## Iced Infusion St.John's Wort

### Ingredients

1 liter water  
Hypericum leaves  
Lemon zest  
Prepare the infusion with the water and hypericum leaves.  
Add the lemon zest.  
Let it cool in the fridge.  
Suggestion: Serve the drink with ice cubes.

## Lemon Verbena Ice Cream

### Ingredients (4 portions)

4 leaves gelatin (colorless)  
200 g sugar  
2 dl water  
Lemon verbena sprig  
1 dl milk  
2 dl cream

### Method

Soak the gelatin leaves in cold water. In a pan put the sugar, the water and the lemon verbena sprig and let it boil. Remove the "syrup" from heat and strain it in a colander. Drain the gelatin and dissolve it in two spoons of hot water. Add it to the syrup. Let it cool. In a bowl, mix the milk with the cream and add them to the syrup. Take it to freeze until it gets frozen (solid). Serve it accompanied with a lavender cookie.



## Chicken roll with herbs and herbal dressing

### Ingredients

Chicken breast 400g  
Mozzarella cheese 100g  
Ham 100g  
Fresh spinach  
Basil  
Black pepper - minced  
Salt, garlic  
Red pepper, chicken broth

### Method

Slice chicken breast, tenderize, add salt and pepper, rub with garlic. Put the ham and slice of cheese, add spinach and red pepper on the chicken slices and roll up everything. Fasten with toothpicks or thread. Roll put to the pan into the heated butter, fry it from all sides. Then roll put into the dish and pour it with chicken broth. Bake for 15 minutes at 180 ° C. After baking cut on the thin slices. Serve cold with baguette and herbal dressing. Garnish with basil leaves.

### Dressing

Ingredients:  
white yogurt  
dill  
garlic  
salt  
black pepper white  
mustard  
onion (chives)

### Procedure

Mix all ingredients and serv.



## Gastric walnut extract

100 g Crushed fresh green husk (or leaves)

5 g chopped almonds

½ l pure alcohol

Leave at room temperature for 2-3 weeks, leach, sometimes ventile

Drink daily 1slug fasting, preferably in the morning, to improve digestion, in slimy intestines, parasites or as a healthy appetizer

## Garlic in wine

Crush wild garlic, let it infuse from 5 to 6 days in white wine. After that you can use it like a medicine. Use medicine- 1 spoon daily before breakfast. (People with high blood pressure every second day)

## Cheese-chives appetizer

1 bunch of chives – minced

1 red onion – minced

1 spoon of lemon juice

200 g full-fat cream cheese

salt, ground black pepper, ground red pepper

# GLOSSARY

## (A)

Antifungal: Antifungal medication, a medication used to treat fungal infections such as athlete's foot, ringworm, candidiasis, etc.

Anti-inflammatory: Anti-inflammatory refers to the property of a substance or treatment that reduces inflammation. Anti-inflammatory drugs make up about half of analgesics, remedying pain by reducing inflammation as opposed to opioids, which affect the central nervous system.

Alopecia: Loss of hair, baldness

Antiscorbutic: A remedy for scurvy

Anti-spasmodic: An antispasmodic (synonym: spasmolytic) is a drug or a herb that suppresses muscle spasms.

Antiviral: Antiviral drugs are a class of medication used specifically for treating viral infections. Like antibiotics for bacteria, specific antivirals are used for specific viruses. Unlike most antibiotics, antiviral drugs do not destroy their target pathogen; instead they inhibit their development.

## (D)

Dark Ages: The concept of a period of intellectual darkness that supposedly occurred in Europe following the collapse of the Western Roman Empire

Diarrhea: Also spelled diarrhoea, is the condition of having three or more loose or liquid bowel movements per day. It is a common cause of death in developing countries and the second most common cause of infant deaths worldwide. The loss of fluids through diarrhea can cause dehydration and electrolyte imbalances. In 2009 diarrhea was estimated to have caused 1.1 million deaths in people aged 5 and over and 1.5 million deaths in children under the age of 5. Oral rehydration salts and zinc tablets are the treatment of choice and have been estimated to have saved 50 million children in the past 25 years.

Diuretic: Substance which promotes urine flow

Diaphoretic: Substance which increases perspiration

## (E)

Emesis: Vomiting

## (F)

Flavonoid: A thing which looks like Vitamin P and used for making the bleeding stop

## (G)

Gastro-intestinal: Of the intestine and stomach

Goethe: (28 August 1749 – 22 March 1832) was a German writer, pictorial artist, biologist, theoretical physicist, and polymath. He is considered the supreme genius of modern German literature. His works span the fields of poetry, drama, prose, philosophy, and science. His *Faust* has been called the greatest long poem of modern European literature. His other well-known literary works include his numerous poems, the Bildungsroman *Wilhelm Meister's Apprenticeship*, and the epistolary novel *The Sorrows of Young Werther*.

## (H)

Herpes: An eruption of the skin taking various names according to its form

## (L)

Lithiasis: (Pathology) Formation of stony secretion in the body.

## (M)

Monk: Hermit, male member of a religious order

Moses: Hebrew, Prophet who led to Israelites

## (P)

Perennial: A plant that last for many years

Pharmacist: Druggist, apothecary

Polyphenol: Is a structural class of natural, synthetic, and semisynthetic organic chemicals characterized by the presence of large multiples of phenol structural units (ring). The number and characteristics of these phenol structures underlie the unique physical, chemical, and biological (metabolic, toxic, therapeutic, etc.) properties of particular members of the polyphenol class.

Psoriasis: A chronic skin disease characterised by scaly red patches on the skin  
(S)

Sciatica:

Condition characterised by shooting pain in the lower back hips and thighs.

Seborrhoea:

Excessive discharge of an oily or fatty substance from the sebaceous glands

Silica:

Silicon dioxide, crystalline compound found in sand and quartz

(T)

Tannin:

Substance derived from certain plants (used in tanning hides and in medicine)



This book is a result of 2 years of working. During this process all schools with all staffs made great efforts so they deserve very big thanks.

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# MEDICINAL HERBS