



Lifelong  
Learning  
Programme



TRADITIONAL  
USE  
OF  
PLANTS



This e- book is a compilation of traditional plant use by the different partners in their countries. It is intended to be a reference source for existing literature on traditional plant healing. The e-book is an example of the strong heritage that comprises Europe. We hope that you enjoy reading it as much as we had working on it.

## **Goals and Objectives**

- Increase the awareness of the valuable heritage of plants in the partner countries and further the understanding of methods to respect and value this knowledge.
- To produce a useable e-book summarizing documented knowledge on traditional healing with plants in the partner countries in the EUROPLANTS project and distribute this e-booklet back to villages and communities.
- Develop a dynamic database creating permanent housing of traditional plant knowledge for future efforts involving traditional practices.
- To produce products that will assist the communities in identifying gaps in the documented heritage of plants for their region.

# Info About the project EUROPLANTS



## ENGLISH

Grundtvig partnership Project that will be develop during 2 years, were are involve 8 partner and we will organize 6 meetings in some of the partner countries, this mobilities will take 3 working days and we will be planned once per every 4-6 month, with the preparation and the planning in between.

With this project we will help to transfer the knowledge from old generations to new generation, to use the plants in our benefit and to contribute to the sustainable development in our environment. The added value of the project will be the impact and space for the young generation due to the learning more about the traditions the culture and environmental issues.

It is an opportunity for the adults, because through this project they can develop, teach and share their experiences and to use the new technologies and the creation of the ebook including all the things that they know about the use of the plant in the life, how they where using and how their grandparents passed this knowledge to them and they will go on to other generations.

The mobilities will involve visits, field trips and lectures, presentations to explore and see different methods and activities the learners can use in their countries, providing more knowledge and a session to discuss the theme of the project.

At local level the partners' organization will develop different activities, research about the use of the plants in their countries for the e-book, will create a group to improve their skills to transfer knowledge and motivate young people to understand and learn the importance and use of plants in our daily life.

### Objectives:

- To get to know the different uses of the plants in other countries.
- To recognize the importance of this heritage.
- To transfer knowledge among partner organisations, as well as from older to younger generations
- To improve the skill of the adult to transfer the information using the new technologies.
- To create a ebook to promote and recover the uses of the plant in the life (medical, etc.).
- To have data on the use and explotation of plants in the different European partner Countries.
- To exchange practical methods, recipes, best practice and innovative concepts on how to promote and transfer the knowledges from adult generation to young generation in communities.
- To create a web-blog where we will have all the materials and result from the research of the partners.

### Results of the Project:

Web-Blog

Final report

DvD

E-book about the different recipes and uses of the plants.

Posters and Flyers in all partner languages plus English to promote the Project

Logo of the Project

Organize an European conference about urban and rural gardens and the promotion uses of plants

### Partners involve:

Asociación USIT - ES-SPAIN

KC English - GB-UNITED KINGDOM

Verein zur Förderung innovativer Wohn- und Lebensformen eV. - DE-GERMANY

Pistes Solidaires - FR-FRANCE

Közép-dunántúli Szövetség az Ifjúságért (KÖSZI) - HU-HUNGARY

Soro Tori Onlus - IT-ITALY

Educator o.s. - CZ-CZECH REPUBLIC

Tiroler Bildungsforum - AT-AUSTRIA

## SPANISH

El proyecto Grundtvig que se desarrollará durante 2 años, están involucran 8 socios y se organizaran 6 reuniones en algunos de los países socios, estas movilidades se realizarán durante 3 días laborables y serán programadas una vez cada 4-6 meses, con la preparación y la planificación previa.

Este proyecto nos ayudará a transferir el conocimiento de las generaciones adultas a las nuevas generaciones de como utilizar las plantas en nuestro beneficio y contribuir al desarrollo sostenible de nuestro medio ambiente.

El valor añadido del proyecto será el impacto y el espacio que habrá para las generación de jóvenes para su aprendizaje sobre las tradiciones, la cultura y del medio ambiente.

Es una oportunidad para los adultos, porque a través de este proyecto puede desarrollar, enseñar y compartir sus experiencias y utilizar las nuevas tecnologías para la creación de un e-book, de todo lo que saben sobre el uso de la planta en la vida, que uso se daban antiguamente y como sus abuelos pasaron estos conocimiento a ellos y ellos a otras generaciones.

Las movilidades incluirán visitas, excursiones y conferencias, presentaciones para explorar y ver diferentes métodos y talleres que los participantes pueden utilizar en sus países, proporcionando un mayor conocimiento y diferentes sesión para discutir el tema del proyecto.

A nivel local las organizaciones desarrollarán diferentes actividades, investigaran sobre el uso de las plantas en sus países para el e-book, se creará un grupo para mejorar sus habilidades, transferir los conocimientos y motivar a los jóvenes a entender y aprender la importancia y el uso de plantas en nuestra vida diaria.

### Objetivos:

- Conocer los diferentes usos de las plantas en otros países.
- Reconocer la importancia de este patrimonio.
- Transferir los conocimientos entre las organizaciones asociadas, así como de mayores a las generaciones más jóvenes.
- Mejorar las habilidades del los adultos para transferir la información a través de las nuevas tecnologías.
- Crear un ebook para promover y recuperar los usos de las plantas en la vida cotidiana(medicinal, comida, etc.)
- Disponer de datos sobre el uso y la explotación de las plantas en los diferentes países europeos asociados.
- Intercambiar métodos prácticos, las recetas, las mejores prácticas y conceptos innovadores en la forma de promover y transferir los conocimientos de generación en generación en las comunidades.
- Crear una web-blog donde vamos a tener todos los materiales y el resultado de la investigación de los socios.

### Resultados del proyecto:

Web-Blog

Informe final

DvD

E-book sobre las diferentes recetas y uso de las plantas

Folletos en todas las lenguas de los socios para promover el proyecto

Logo del Proyecto

Organizar una conferencia europea sobre huertos urbanos y rurales y la promoción del uso de las plantas

### Socios involucrados:

Asociación USIT - ESPAÑA

KC English - INGLATERRA

Verein zur Förderung innovativer Wohn- und Lebensformen eV. - ALEMANIA

Pistes Solidaires - FRANCIA

Közép-dunántúli Szövetség az Ifjúságért (KÖSZI) - HUNGRIA

Soro Tori Onlus - ITALIA

Educator o.s. – REPUBLICA CHECA

Tiroler Bildungsforum - AUSTRIA

## CZECH

Projekt partnerství Grundtvig s názvem “Europlants” je dvouletým projektem, do kterého je zapojeno osm partnerských organizací. Během projektu se uskuteční šest mezinárodních setkání v některých partnerských zemích. Několikadenní mezinárodní setkání se budou konat pravidelně v průběhu celého projektu v intervalu několika měsíců.

Projekt je zaměřen na sdílení a výměnu vědomostí mezi generacemi o využívání léčivých rostlin, jejich účincích a udržitelném rozvoji životního prostředí. Přidanou hodnotou tohoto projektu je zapojení místní komunity a dopad na děti a mládež, kteří se budou dovídat a učit o tradicích ve využívání léčivých rostlin, kultuře a životním prostředí.

“Europlants” je projektem, který vytváří příležitost pro dospělé a seniory sdílet své zkušenosti, předávat je a učit je děti a mládež. Důležitým prvkem je také práce s moderními technologiemi a tvorba e-knihy, která bude souhrnem informací o zkušenostech týkajících se léčivých rostlin, jejich využití v minulosti, jak byly předávány zkušenosti z generace na generaci.

Mezinárodní setkání budou zahrnovat exkurze, workshopy, přednášky a prezentace. Účastníci se tak budou moci dovědět a poznat nové metody a aktivity, které mohou později využít ve své zemi, podělit se o získané zkušenosti, diskutovat o tématu projektu.

Partnerské organizace budou na místní úrovni pořádát různé aktivity jako např. výzkum o léčivých rostlinách ve své zemi a regionu jako součást e-knihy, aktivity pro děti a mládež, akce pro veřejnost se zaměřením na zvýšení povědomí o využití léčivých rostlin kolem nás v každodenním životě.

### **Cíle projektu:**

- seznámit se s různými možnostmi využití léčivých rostlin v partnerských zemích,
- zhodnotit hodnotu dědictví,
- sdílet vědomosti mezi partnerskými organizacemi a generacemi,
- rozvinout kompetence dospělých a seniorů v práci s informacemi a moderními technologiemi,
- vytvořit e-knihu pro propagaci a oživení použití rostlin (léčivé účinky, vaření, atd.),
- vytvořit souhrnné informace o použití léčivých rostlin,
- výměna praktických metod, receptů, dobrých příkladů a inovativních přístupů k šíření informací a předávání znalostí mezi generacemi,
- vytvoření weblogu, kde budou k dispozici veškeré materiály a výstupy aktivit partnerských organizací.

### **Výstupy projektu:**

Web-Blog

Závěrečná zpráva

DVD

E-kniha s recepty a tipy na využití léčivých rostlin

Plakáty a letáky v jazycích partnerských zemí

Logo projektu

Organizace evropské konference o městských, venkovských zahradách a využití léčivých rostlin

### **Partnerské země a organizace:**

Česká republika - Educator o.s.

Španělsko - Asociación USIT

Velká Británie - KC English

Německo - Verein zur Förderung innovativer Wohn- und Lebensformen eV.

Francie - Pistes Solidaires

Maďarsko - Közép-dunántúli Szövetség az Ifjúságért (KÖSZI)

Itálie - Soro Tori Onlus

Rakousko - Tiroler Bildungsforum

## FRENCH

Europlants est un partenariat Grundtvig. Le projet dure 2 ans, implique 8 partenaires qui organisent 6 rencontres internationales dans certains pays participants. Ces rencontres durent 3 jours et sont réparties sur les deux années du projet ; un travail de préparation et de mise en oeuvre a également lieu dans chaque pays.

Le projet permet de transmettre des savoirs des anciennes aux nouvelles générations sur les usages traditionnels des plantes, de manière à contribuer au développement durable de notre environnement. Le projet permet aux nouvelles générations européennes d'acquérir des connaissances, compétences et savoir-faire dans le domaine culturel, des traditions, de l'environnement et du développement durable.

C'est une opportunité pour les adultes puisqu'ils peuvent, grâce au projet, développer et partager leurs expériences et utiliser les nouvelles technologies pour créer un « e-book » rassemblant leurs acquis dans l'usage des plantes qu'ils font au quotidien, expliquant comment les utiliser, comment leurs aïeux leur ont transmis ces connaissances et comment ils procèdent avec la nouvelle génération.

Les mobilités comprennent des visites de terrain, des exposés et présentations pour explorer et analyser les différentes méthodes et activités, que les apprenants peuvent ensuite utiliser dans leurs pays, ainsi qu'une session de discussion et d'échange sur le thème du projet.

Au niveau local, les organisations partenaires développent diverses activités : une recherche sur l'utilisation des plantes dans leurs pays pour le « e-book », la création d'un groupe de participants qui améliorent leurs compétences et transfèrent leurs connaissances afin de motiver les jeunes générations à comprendre l'importance des plantes et leur usage au quotidien.

### Objectifs:

- développer des connaissances sur les différents usages des plantes dans d'autres pays
- reconnaître l'importance de cet héritage
- transférer des connaissances entre organisations partenaires et des anciennes aux nouvelles générations
- améliorer les compétences des adultes en transmission d'information par l'usage des NTIC
- créer un e-book ou livre interactif pour promouvoir et retrouver les usages des plantes au quotidien (santé, cuisine...)
- rassembler des données sur l'exploitation des plantes dans les différents pays partenaires en Europe
- échanges des méthodes pratiques, des recettes, des bonnes pratiques et des concepts innovants sur la manière de promouvoir et de transmettre les connaissances vers les jeunes de la communauté locale.
- créer un blog où disposer des documents et résultats de la recherche des partenaires

### Résultats du projet:

Blog  
Rapport final  
DVD  
E-book sur les différents usages des plantes  
Posters et flyers dans toutes les langues des partenaires pour promouvoir le projet  
Logo du projet  
Organisation d'une conférence européenne sur les jardins urbains et ruraux et la promotion de l'usage des plantes

### Partenaires :

Asociación USIT – Espagne (coordination)  
Pistes Solidaires – France  
KC English – Grande-Bretagne  
Verein zur Förderung innovativer Wohn- und Lebensformen eV. – Allemagne  
Közép-dunántúli Szövetség az Ifjúságért (KÖSZI) – Hongrie  
Soro Tori Onlus – Italie  
Educator o.s. – République Tchèque  
Tiroler Bildungsforum – Autriche

## HUNGARIAN

A Grundtvig Partnerségi program keretében 2 éven keresztül 8 partnerszervezettel 6 találkozót szerveznek Európa különböző országaiban. 3-4 havonta szakmai tanulmányutakat szerveznek. A 3 napos együttlét alatt szakmai tapasztalatcserét valósítanak meg.

Ebben a projektben az idősebb generáció segítségével tapasztalatokat adnak át a fiataloknak, így a fiatalok megtanulhatják, hogyan/mire lehet használni a gyógynövényeket valamint megoszthatják tapasztalataikat a fenntartható fejlődésről a saját környezetükben. A program hozzáadott értéke, eredménye lesz, hogy a fiatalok többet megtudhatnak/tanulhatnak a hagyományápolás a kultúra és környezetvédelem területeiről, ami nagy hatással lesz rájuk.

Ez egy lehetőség felnőtteknek, mert a projekten keresztül fejlődhetnek, taníthatnak és az életük során összegyűjtött tapasztalataikat adhatják tovább, valamint használhatják a modern technológiát és készíthetnek egy elektronikus/digitális könyvet (e-book), ami majd tartalmazza azokat a dolgokat amiket ők tudnak a növények használatáról. Kiadványban olvashatnak arról is hogyan használták a nagyszülők, hogyan adták tovább a növények gyógyíthatóságának tapasztalatait generációról generációra.

A mobilitások/tanulmányutak alatt látogatások, terepszemle, előadások, különböző módszerek és programok kutatások bemutatásra kerülnek valamint lesznek műhelymunkák, ahol a projekt témájáról beszélgetnek. A tanulók, a megszerzett több tudást a tanulmányút tapasztalatait hazaviszik és felhasználhatják otthon.

Helyi szinten a partnerek a tanulók segítségével különböző programokat valósítanak meg, kisebb kutatást végeznek, aminek keretében különböző növényekről leírják mire és milyen formában használják, egy-egy országban. Ezekből a leírásokból készül el a digitáliskönyv, ahol bemutatathatják a tapasztalataikat és ezzel a kiadvánnyal a fiatalokat is szeretnék motiválni arra, hogy megértsék a növények fontosságát a mindennapi életünkben.

### Cél:

- megtudják a növények különböző használatát más-más országban
- felismerjék a hagyomány fontosságát
- Tudást adjanak át partnereinknek és az idősebbek a fiatalabbaknak
- a felnőttek készségei fejlődjenek, ahogy tudásokat átadják, amikor használják az új technológiát.
- készítenek egy elektronikus könyvet (E-book) ahol népszerűsítik növényeket a környezetükből (gyógynövények és stb.)
- A partner szervezetekkel közösen adatbázist készítenek a növények felhasználásáról különböző európai országokban.
- Gyakorlati módszertani tapasztalatcseré receptek, jó gyakorlatok, innovatív ötletek gyűjtése, hogyan tudják népszerűsíteni azt a tudást amit az idősebbek tudnak a fiatalabb generációk közösségeibe.
- készítenek egy web-blog-t ahova feltesznek minden anyagot és eredményt, ami a kutatás során összegyűjtenek a partnerektől

### A Projekt eredménye:

- Web-Blog
- Záróbeszámoló
- DvD
- E-book különböző receptekből, ahol növényeket használnak.
- Szórólap és kiadvány minden partner szervezet nyelvén, hogy népszerűsíthessék a projektet.
- Projektnek lesz egy saját logója
- Szerveznek egy európai konferenciát ahol népszerűsítik a városi és a vidéki kerteket és a növények

### Partnereink:

- Asociación USIT - ES - Spanyolország
- KC English - GB - Egyesület Királyság
- Verein zur Förderung innovativer Wohn- und Lebensformen eV. - DE - Németország
- Pistes Solidaires - FR - Franciaország
- Közép-dunántúli Szövetség az Ifjúságért (KÖSZI) - HU - Magyarország
- Soro Tori Onlus - IT - Olaszország
- Educator o.s. - CZ - Cseh Köztársaság
- Tiroler Bildungsforum - AT - Ausztria



## ITALIAN

Grundtvig è un progetto di partenariato della durata di 2 anni, composto da 8 partners europei; verranno effettuati degli incontri in 6 Paesi partner. Ogni mobilità durerà 5 giorni di cui 2 di viaggio e 3 di lavoro, le mobilità sono programmate ogni 4/6 mesi, tra una mobilità e l'altra sarà pianificato il lavoro da effettuare.

Questo progetto cercherà di trasferire le conoscenze delle passate generazioni alle nuove: l'uso delle piante a nostro beneficio ed il contributo allo sviluppo sostenibile nel nostro ambiente.

Il valore aggiunto del progetto saranno l'impatto e la possibilità per le giovani generazioni che potranno apprendere in modo approfondito le tradizioni, la cultura e l'ambiente.

E' un'opportunità per gli adulti, perché attraverso questo progetto si possono sviluppare, insegnare e condividere le esperienze, utilizzare nuove tecnologie e creare un ebook sull'uso delle piante nella nostra vita quotidiana, il modo in cui erano utilizzate e come gli anziani hanno tramandato l'insegnamento ai giovani e come sarà tramandato alla generazione futura.

Durante le mobilità verranno effettuate visite, escursioni, conferenze, si potranno conoscere i diversi metodi utilizzati negli altri Paesi. Gli studenti potranno a loro volta utilizzare nei propri Paesi gli insegnamenti acquisiti, aumentando la conoscenza e approfondire la tematica del progetto.

A livello locale le organizzazioni svilupperanno diverse attività di ricerca sull'uso delle piante nei propri Paesi per l'e-book; si costituirà un gruppo che possa migliorare le conoscenze, che possa motivare i giovani a comprendere e imparare l'importanza dell'uso delle piante nella vita quotidiana.

### **Obiettivi:**

- Conoscere i diversi usi delle piante in altri Paesi.
- Riconoscere l'importanza di questo patrimonio.
- Trasferire la conoscenza tra le organizzazioni partner, così come tra anziani e giovani generazioni.
- Migliorare la capacità degli adulti nel trasferire le informazioni utilizzando nuove tecnologie.
- Creare un e-book per promuovere e recuperare gli usi delle piante officinali nella quotidianità (medicina, ecc.)
- Raccogliere dati sull'uso e sullo sfruttamento indiscriminato delle piante nei diversi Paesi partner europei.
- Scambio di metodi, ricette, buone prassi e concetti innovativi sul modo di promuovere e trasferire la conoscenza tra le generazioni.
- Creare un sito ed un blog nel quale saranno diffusi tutti i materiali ed i risultati della ricerca dei partner.

### **Risultati del progetto:**

Web-Blog

relazione finale

DvD

E-book sulle diverse ricette e gli usi delle piante.

Manifesti e volantini in tutte le lingue dei partner e in inglese per promuovere il progetto

Logo del progetto

Organizzare una conferenza europea di giardini urbani e rurali e la promozione usi delle piante

### **Partners coinvolti:**

Asociación USIT - ES-SPAIN

KC English - GB-UNITED KINGDOM

Verein zur Förderung innovativer Wohn- und Lebensformen eV. - DE-GERMANY

Pistes Solidaires - FR-FRANCE

Közép-dunántúli Szövetség az Ifjúságért (KÖSZI) - HU-HUNGARY

Soro Tori Onlus - IT-ITALY

Educator o.s. - CZ-CZECH REPUBLIC

Tiroler Bildungsforum - AT-AUSTRIA



## GERMAN

Europlants ist ein Projekt im Rahmen einer Grundtvig Lernpartnerschaft mit 8 beteiligten Partnerländern, das sich über einen Zeitraum von 2 Jahren erstreckt. Dabei werden neben Vorbereitungs- und Planungsschritten 6 Treffen im Abstand von 4-6 Monaten in einigen Partnerländern organisiert. Die Dauer dieser Treffen ist für jeweils 3 Werktage geplant. Das Projekt soll dazu beitragen, altes Pflanzenwissen an junge Generationen zu vermitteln und damit eine nachhaltige Entwicklung zu ermöglichen. Für junge Menschen kann sich ein Mehrwert durch das Lernen über Traditionen, Kultur und Umweltfragen ergeben. Für Erwachsene ist es eine Möglichkeit, Erfahrungen auszutauschen, neue Technologien (Bsp. e-book) kennen zu lernen und zu lernen, das eigene Wissen weiterzugeben. Diese Wissensvermittlung schafft wiederum einen Zugang zu jüngeren Generationen. Die Treffen beinhalten Besuche, Exkursionen und Vorträge. Die Lernenden erfahren verschiedene Methoden und Aktivitäten zum Umgang mit dem Thema des Projektes, die dann in den eigenen Ländern lokal umgesetzt werden können. Das Zusammentragen von Wissen aus verschiedenen Partnerländern über das Projektthema soll eine Diskussion ermöglichen. Auf lokaler Ebene entwickeln die Partnerorganisationen eigene Aktivitäten und Projekte zum Thema. Aus dem Pflanzenwissen der verschiedenen Länder wird eine Gruppe ein e-book erstellen und dabei eine Möglichkeit der Wissensvermittlung kennen lernen. Dieses e-book soll junge Menschen dazu motivieren, die Bedeutung und Verwendung von Pflanzen im täglichen Leben umzusetzen.

### **Ziele:**

- Verschieden Nutzungsmöglichkeiten von Pflanzen in anderen Ländern kennenlernen.
- Die Bedeutung des Wissens aus früheren Generationen erkennen
- Wissenstransfer innerhalb der Partnerländern und zwischen Generationen
- Kennenlernen und Verwenden von neuen Technologien zur Wissensvermittlung
- Erstellung eines e-books um das gesammelte Wissen nutzbar zu machen
- Eine Zusammenstellung von Daten über die Nutzung von Pflanzen in verschiedenen europäischen Ländern
- Austausch von Methoden, „Best Practice“- Beispielen und neuen Konzepten zur Förderung und Verbreitung von Wissensaustausch zwischen Generationen
- Erstellen eines Web-Blogs in dem alle Materialien und Ergebnisse gesammelt werden

### **Ergebnisse des Projekts:**

Web-Blog

Abschlussbericht

DVD

E-Book über die verschiedenen Verwendungsmöglichkeiten der Pflanzen.

Plakate und Flyer in allen Sprachen der Partnerländer und Englisch um das Projekt bekannt zu machen

Logo des Projekts

Organisation einer europäischen Konferenz zur Bewerbung eines urbanen und städtischen Grünraumes und Nutzungsvielfalt von Pflanzen

### **Beteiligte Partner:**

Asociación USIT - ES-SPANIEN

KC English - GB-VEREINIGTES KÖNIGREICH ENGLAND

Verein zur Förderung Innovativer Wohn-und Lebensformen eV. - DE-DEUTSCHLAND

Pistes Solidaires - FR-FRANKREICH

Közép-dunántúli Szövetség az Ifjúságért (KÖSZI) - HU-UNGARN

Soro Tori Onlus - IT-ITALIEN

Educator O.S. - CZ-TSCHECHIEN

Tiroler Bildungsforum – AT-ÖSTERREICH



# USE OF THE PLANTS IN THE DIFFERENT PARTNER COUNTRIES

AUSTRIA

# EURO PLANTS



Foto by Uwe H. Frieze, Bremerhaven 2003

**LATIN NAME:** *Urtica dioica* / *Urtica urens*

**NAME IN YOUR LANGUAGE:** Brennnessel

## USE OF THE PLANT:

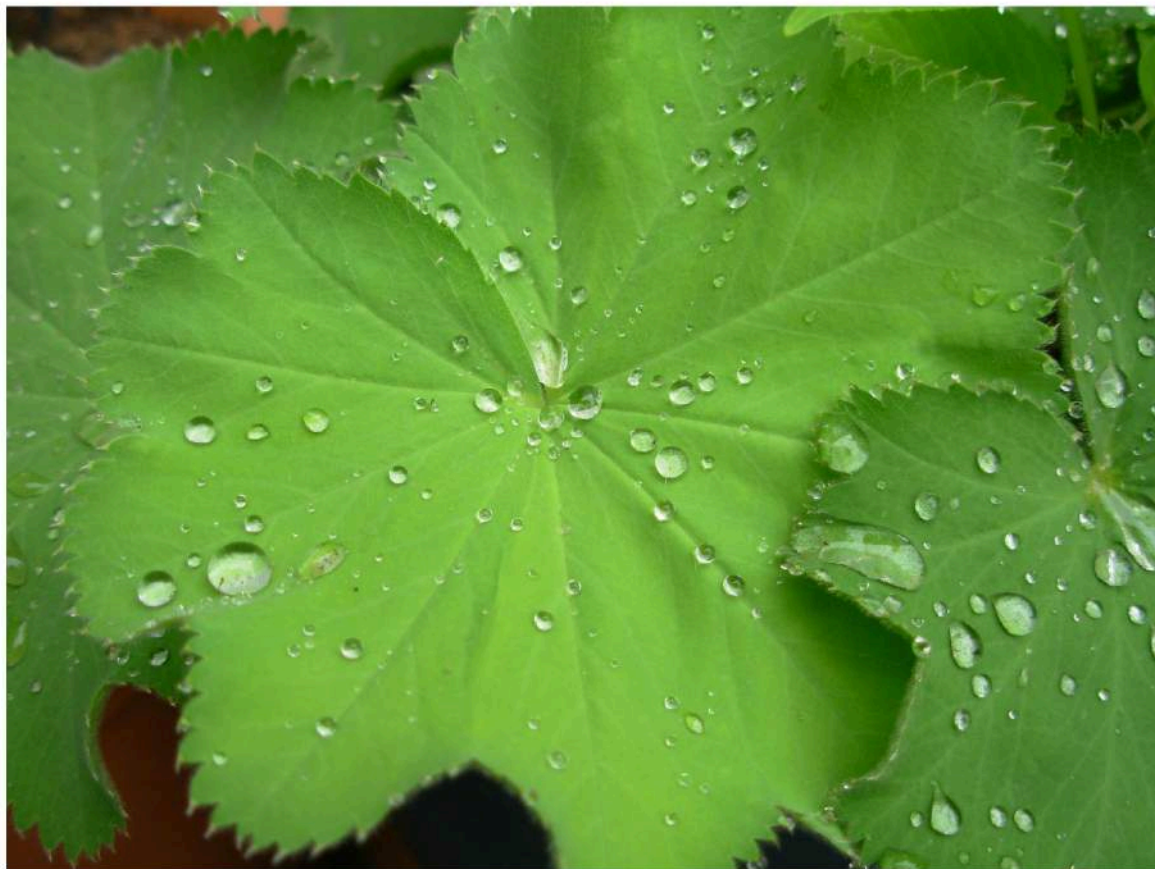
You can use the whole herb - roots, leaves, seeds and flowers. It has diuretic and anti-inflammatory effects. It can be helpful against rheumatic diseases, gastro-intestinal diseases and diseases of the skin. Because of its many nutrients (such as iron, vitamin A, B and C, minerals, protein), stinging nettle is traditionally used as a spring tonic. You can make an infusion, a tincture or take the fresh juice.

There are many recipes for cooking with the stinging nettle - soup, use it like spinach, pesto, or as a cooked vegetable,...

In the garden you can fertilize your plants with stinging nettle compost.



# EURO PLANTS



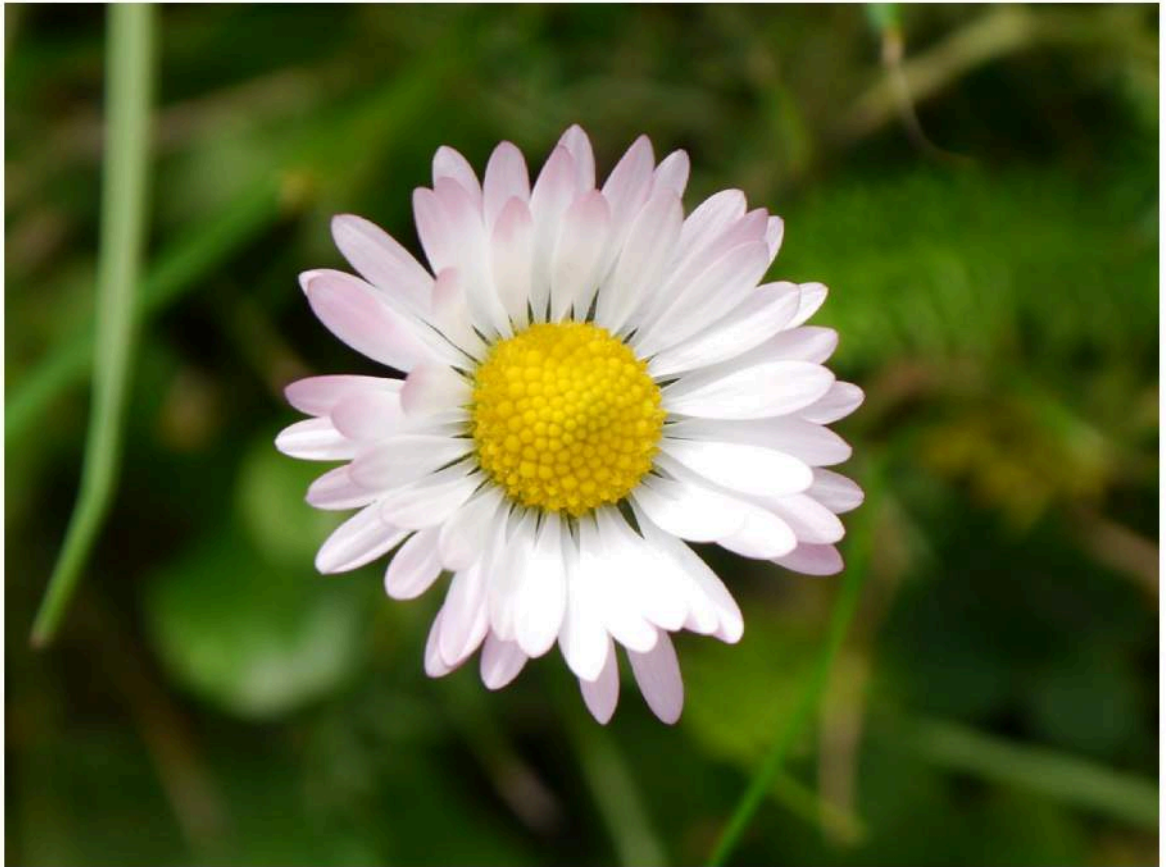
LATIN NAME: *Alchemilla vulgaris*  
NAME IN YOUR LANGUAGE: Frauenmantel

## USE OF THE PLANT:

It is a classic herb to treat women's health issues. The infusion also positively affects temperature, diarrhoeas and ulcerations. It also has strengthening effects on tissues and ligaments. The herb has an antiphlogistic, wound-healing and blood-purifying effect. Chewing fresh leaves can help to fight toothaches.



# EURO PLANTS



LATIN NAME: *Bellis perennis*

NAME IN YOUR LANGUAGE: Gänseblümchen

## USE OF THE PLANT:

An infusion of the blossoms of the daisies helps against cough, stomachache and gout. Superficial you can use the tincture or a strong infusion for contusions and minor injuries. Daisy-blossoms are a wonderful food supplement. - You can put them in salads, make a spread or eat single blossoms in small doses.

# EURO PLANTS



LATIN NAME: *Sambucus nigra*  
NAME IN YOUR LANGUAGE: Holunder

## USE OF THE PLANT:

An elder bush should grow in each garden! - It brings shelter to all house residents. You can use the blooming plant or the berries. The dried flowers are useful for an infusion or tincture against fever, cold and cough. From the fresh flowers you can make a wonderful syrup. The infusion of the leaves has blood-purifying effects. The berries are rich in vitamin C but they have to be cooked. - Syrup or jam.



# EURO PLANTS



**LATIN NAME:** *Tropaeolum majus*

**NAME IN YOUR LANGUAGE:** Kapuzinerkresse

## USE OF THE PLANT:

The plant is also called "natural antibiotics" because it disables the reproduction of bacteria. You can eat the fresh leaves and flowers or produce a tincture. You can use it e.g. to treat inflammation of the bladder, respiratory tract infections or colds.

The sap of the leaves can help against loss of hair.

With regards to its use in the kitchen, you can eat the young leaves and flowers as parts of a salad or use them to make a herb-butter or -cheese.

# EURO PLANTS



**LATIN NAME:** *Larix decidua*

**NAME IN YOUR LANGUAGE:** Lärche

## USE OF THE PLANT:

The Larch tree is especially valued for its extremely hard wood. The tree's timber is tough, waterproof and knot-free. Consequently, it is a top pick to construct interior paneling, fences, furniture, buildings and more.

There is also a medical use of larch: You can make a traditional healing ointment from the tree gum. You can use it to heal wounds, but also against cold and sore throat or joint pain. It is antiphlogistic, antibacterial and stimulates the blood flow. It is also an effective blistering ointment.



# EURO PLANTS



**LATIN NAME:** *Taraxacum officinale*

**NAME IN YOUR LANGUAGE:** Löwenzahn

## USE OF THE PLANT:

Dandelion is a general stimulant to the system, but especially to the urinary organs. It is mainly used for kidney and liver disorders.

You can make a spring therapy with dandelion. - It is possible to prepare an infusion of the leaves or to drink the fresh plant juice.

All parts of dandelion are edible. Roasted and ground roots can be used as a coffee substitute. Dandelion greens can be eaten raw, steamed, boiled, sautéed or braised. You can use the flowers to make dandelion wine or add them to a salad.

# EURO PLANTS



**LATIN NAME:** *Calendula officinalis*

**NAME IN YOUR LANGUAGE:** Ringelblume

## USE OF THE PLANT:

Blossoms of the calendula are of excellent use as a vulnerary drug (with anti inflammatory effects). You can use them to make an oil or an ointment for the treatment of cuts and grazes, bruises or a haematoma, sports injuries and light burn wounds.

An infusion made from the blossoms supports good digestion and has positive effects with regards to women's health issues (menstrual cyclus, menopause ...)

The blossoms can also be used in the kitchen, for example to make herb butter.



# EURO PLANTS



**LATIN NAME:** *Achillea millefolium*

**NAME IN YOUR LANGUAGE:** Schafgarbe

## USE OF THE PLANT:

Yarrow is a universal remedy!

You can use the whole plant - stems, leaves and flowers. It is useful for stimulating the digestion, has anti inflammatory effects and it is a good herb for women's health diseases. You can make an infusion or a tincture. Toner made from the blossoms gives you a wonderful clear skin.

With a strong infusion you can make a bath which is helpful against psoriasis.

# EURO PLANTS



LATIN NAME: *Plantago lanceolata*

NAME IN YOUR LANGUAGE: Spitzwegerich

## USE OF THE PLANT:

Ribwort plantain makes an effective treatment for wound bleeding and insect bites. - Put the fresh, crushed leaves directly on the skin.

A tea, syrup or tincture from the leaves is used as a highly effective cough medicine.

The leaves placed in shoes will keep the feet free from blisters.

You also can use the young leaves in the kitchen: soup, pesto, spread...



# EURO PLANTS



**LATIN NAME:** *Stellaria media*

**NAME IN YOUR LANGUAGE:** Vogelmiere

## USE OF THE PLANT:

Chickweed is a delicious, and healthy food. It is rich in vitamins and minerals. You can prepare a salad, cook it like spinach, make a soup or a pesto. Just don't cook it for more than a few minutes. You can use it nearly all year because it tolerates cold weather so well that it can survive winter in mild climates and it starts to grow even in February or March in colder regions.

It has also a lot of health benefits: It has astringent and tonic effects. Chickweed tea can be used to heal many respiratory ailments. Chickweed can help to relieve skin problems. - You can make a chickweed-oil or a cream.

# EURO PLANTS



**LATIN NAME:** *Glechoma hederacea*

**NAME IN YOUR LANGUAGE:** Gundelrebe

## USE OF THE PLANT:

The ground-ivy is an excellent spring tonic, it has a long history of use in alternative medicine and as an edible herb. You can use the leaves in salads or for flavouring soups and drinks. It stimulates appetite and assists digestion.

A tea made from ground-ivy helps against cold, flu, kidney diseases and indigestion.

Ground-ivy operates expectorant, diuretic and astringent.

You can also use it externally - make an oil, a cream or put it into a bath.



# CZECH REPUBLIC

# EURO PLANTS



**LATIN NAME:** *Symphytum officinale* L.

**NAME IN YOUR LANGUAGE:** Kostival lékařský

**USE OF THE PLANT:** It is used like a root, the best time to dig it is in September and October, then you need to wash it and cut to small pieces, then dry it fast in a shadow. In the past it was used for treating fractures. It can be certainly use for wrench and joint diseases. Can also be used internally for colds, bronchitis, coughs and stomach ulcers. Above all, it is very effective outside in the form of tiles in traumatic conditions, vein inflammation of muscles and joints, disease DNA(gout) and varicose veins, ulcers, psoriasis.

# EURO PLANTS



**LATIN NAME:** *Calendula officinalis* L.

**NAME IN YOUR LANGUAGE:** Měsíček lékařský

**USE OF THE PLANT:** Grown flowers are usually the most medical. The tea from this plant is effective in treating inflammation, especially gynecological diseases. Flowers also stop the bleeding, that's why the decoction of the flowers can be put on the various abrasions and wounds. In cosmetics, it is used in the form of ointments, creams and oils for facial cleansing. And also it is something like a decoration of every flowerbed.



# EURO PLANTS



**LATIN NAME:** *Taraxacum officinale*

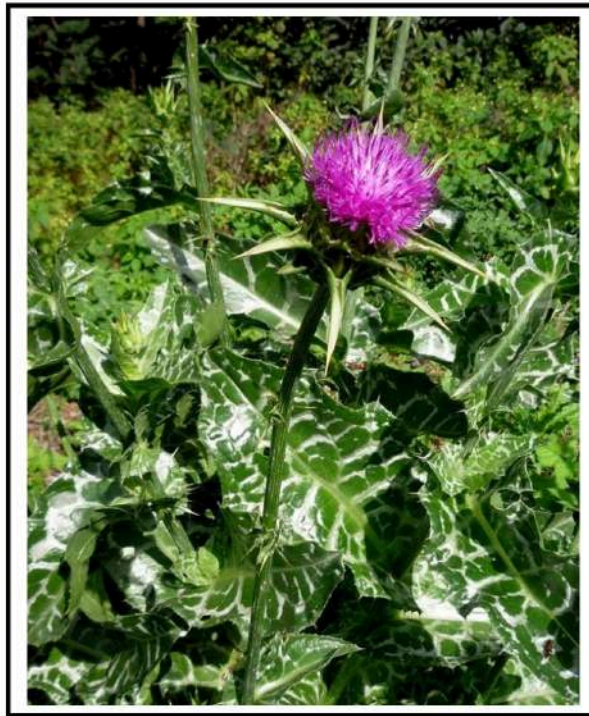
**NAME IN YOUR LANGUAGE:** Pampeliška lékařská

## USE OF THE PLANT:

This plant strengthens the function of the liver, gall bladder, kidney and therefore is used at the inflammations of the livers, diseases of the gall bladder - gall bladder stones, defective decomposition of fat, also as diuretic at the inflammation and the stones in the kidneys and urinary bladder. It is used also as an anthelmintic remedy. Apart from this it stimulates metabolism, improves good appetite, digestion, works during the gastric and intestinal troubles (gastric and intestinal catarrh, flatulence and constipation) and diabetes (leaf of the plant). It works well by arthrosis and gout. Folk healing suggests the root of the plant also for the illness of spleen, total weakness, during anemia, for better composition of the blood, during the atherosclerosis and chronic cutaneous illnesses. While the lack of the vitamin C is used the salad from the fresh spring leaves as a tonic and firming remedy (to water the leaves with the tepid salty water and leave to infuse for 30 min to get rid of the bitterness) or the fresh juice. From the young stalks can be prepared salad.



# EURO PLANTS

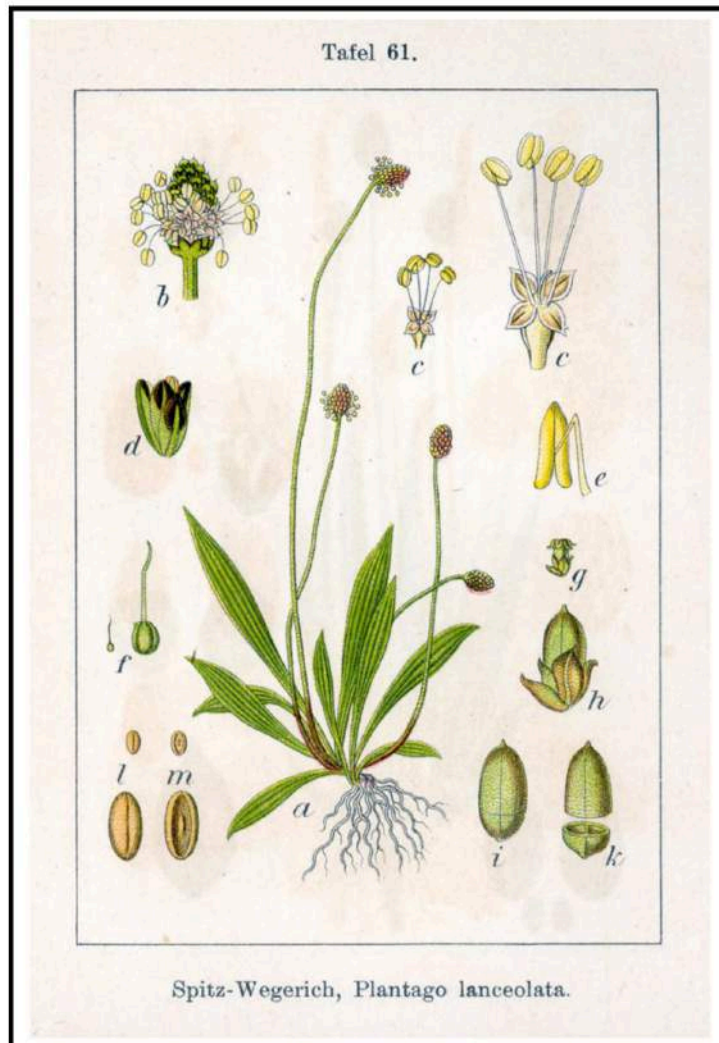


**LATIN NAME:** *Silybum marianum*

**NAME IN YOUR LANGUAGE:** Ostropestřec mariánský

**USE OF THE PLANT:** It can be used on a wide range of diseases , correcting disorders of blood circulation , good for a low blood pressure , tones the blood vessels, has a beneficial effect on heart disease system , helps with migraines and dizziness . It strengthens the body , treats different types of allergies, such as hay fever or hives , helps with asthma attacks and eliminates motion sickness . Its consumption is not recommended in pregnancy , but children can use it. However, most often used as a supportive treatment of chronic liver disease and cirrhosis of the liver and gall bladder problems at a loss of appetite. The seeds of this plant is one of the most effective on this issue. It increases the secretion of bile. The crushed seeds are good to prepare tea or seeds can be ground to a powder and use directly .

# EURO PLANTS



**LATIN NAME:** *Plantago lanceolata*

**NAME IN OUR LANGUAGE:** Jitrocel kopinaty

**USE OF THE PLANT:** Plantain is an unobtrusive and yet miraculous herb. It alleviates cough and has anti-inflammatory and wound healing effect. It is also employed as an antibiotic. We use just the leaves; they have slightly bitter, astringent flavour. Both syrup and infusion made from this plant is good to heal cough. The treatment is appropriate in combination with other herbs such as daisies. In the kitchen it may be added in small amounts to herbal soups and sauces or we can bread it with batter and fry it.

# EURO PLANTS



LATIN NAME: *Alchemilla vulgaris*

NAME IN OUR LANGUAGE: Kontryhel obecny

USE OF THE PLANT: *Ladies' mantle* absorbs all the women's problems (pain during menstruation). It acts favourably on our psyche and it deepens our sleep. It is also suitable for lightening the freckles or as a treatment of acne and eczema. It can also be applied when we suffer from internal inflammations, ulcers, anaemia, and against diarrhoea and weakness. This plant has a mild diuretic and antispasmodic effect and it also makes part of the metabolic infusions used in diets. In the kitchen we use it mainly to make herbal infusion.



# EURO PLANTS



LATIN NAME: *Bellis perennis*

NAME IN OUR LANGUAGE: *Sedmikraska chudobka*

USE OF THE PLANT: We pick the flower stems. Daisy is a very effective herb used against cough, as a gargle for the throat inflammation and against migraine. It helps to increase the metabolism of the liver. It is also recommended when treating diseases affecting the gallbladder and restoring haematopoiesis after an antibiotic treatment. Daisy flower can be used both internally (cough) and externally (for wounds). This plant contains more calcium than milk. We can use it in the kitchen for example in the spring salads. Also used as a herbal decoction or as an additive to syrup or honey.



# EURO PLANTS



LATIN NAME: *Melissa officinalis*

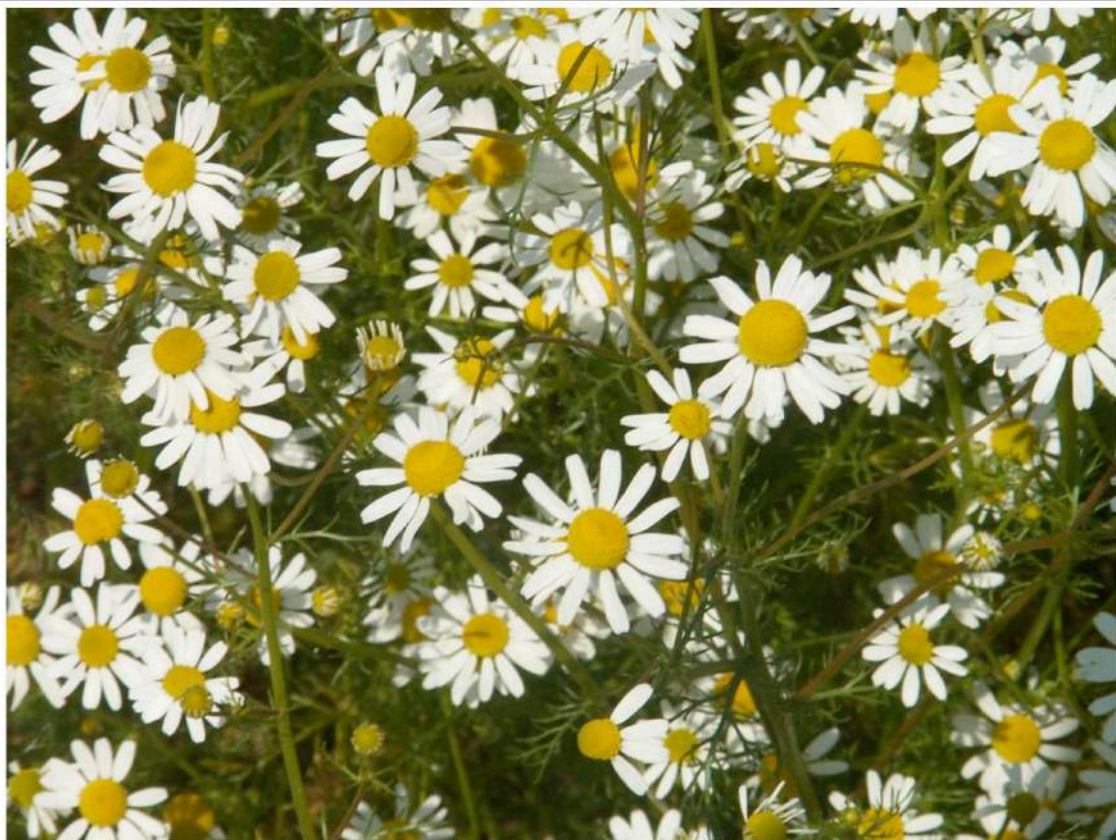
NAME IN OUR LANGUAGE: *Medunka lekarska*

USE OF THE PLANT: *The Lemon balm infusion (made from leaves) reduces stress, soothes and gives us relaxed and more enjoyable sleep. It ensures a good digestion! It is also suitable for children, helps with falling asleep.*

*It has a lemon scent. Fresh leaves are added to cocktails and fruit salads.*

*The lemon balm syrup is an excellent example of good syrup; it can also replace salt when cooking potatoes.*

# EURO PLANTS



**LATIN NAME:** *Matricaria recutita*

**NAME IN OUR LANGUAGE:** Hermanek pravy

**USE OF THE PLANT:** We use dried chamomile flowers to make a herbal infusion. It is used as a mild laxative; this plant functions as anti-inflammatory and it treats stomach-ache, heartburn, nausea, and vomiting. This plant has anxiolytic (anti-anxiety) properties and may have clinical applications in the treatment of stress and insomnia. You can also use it as a gentle sleep aid. When you add it to your bath, chamomile might help you to get rid of skin irritation and might be wound healing. Chamomile is frequently added to skin cosmetics to serve as an emollient and also for its anti-inflammatory effects. Chamomile is also often used to enhance the colour of blond hair.



# EURO PLANTS



**LATIN NAME:** Taraxacum

**NAME IN OUR LANGUAGE:** Pampeliska

**USE OF THE PLANT:** This plant is used in herbal medicine as a mild laxative, for increasing appetite and for improving digestion. It can also be used for urinary problems and it is mainly used in kidney and liver disorders.

You can use the whole plant. You can gather the flower, stems, leaves and roots. The milky latex has been used as a mosquito repellent and as a folk remedy to treat warts.

# EURO PLANTS



**LATIN NAME:** *Agrimonia eupatoria*

**NAME IN YOUR LANGUAGE:** Řepík lékařský

**USE OF THE PLANT:** The most important parts of this plant are leaves. It has to be collect from June to August, before it starts to flowering. You need to dry it quickly in a shadow and when it is dry you need to separate it from the scape and close it in a dry container. It can be used for making tea, which can be drunk during the day as a precaution, or just during the year when acute gallbladder, liver and digestive system problems. It is the medicine of God's garden for the whole body.



# EURO PLANTS



LATIN NAME: *Plectranthus argenatus*

NAME IN YOUR LANGUAGE: Rýmovník

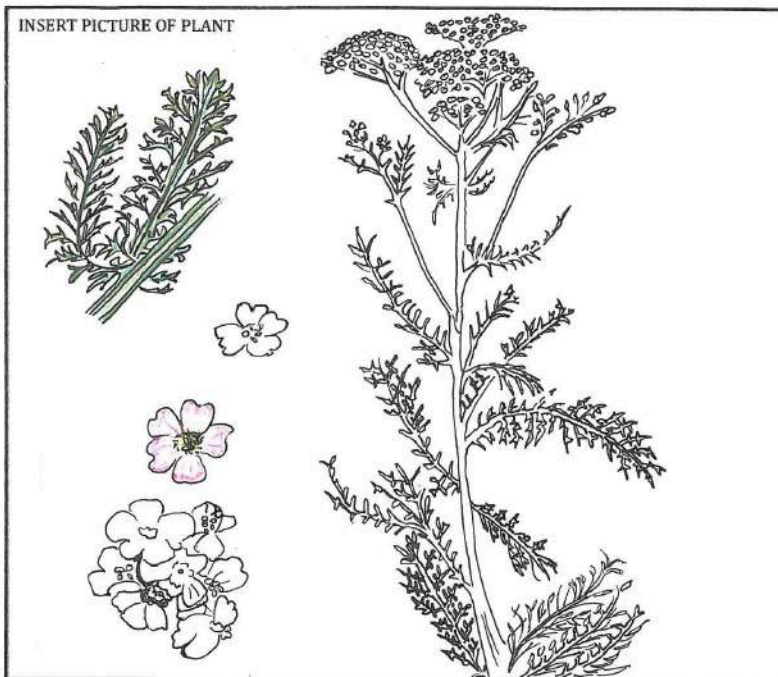
## USE OF THE PLANT:

The herb which inhalation helps from the rhinitis. It is resistant, well cultivating plant. When it explodes it is possible to cut and it diversify. It is easy to cut the leaf and use.

ENGLAND

# EURO PLANTS

INSERT PICTURE OF PLANT



**Latin Name:** Achillea Millefolium (The Achilles part of the Latin name comes from Achilles, the great Greek warrior who used yarrow to heal the wounds of his men during battles).

**NAME IN YOUR LANGUAGE:** Yarrow, Millefoil

## Use of plant:

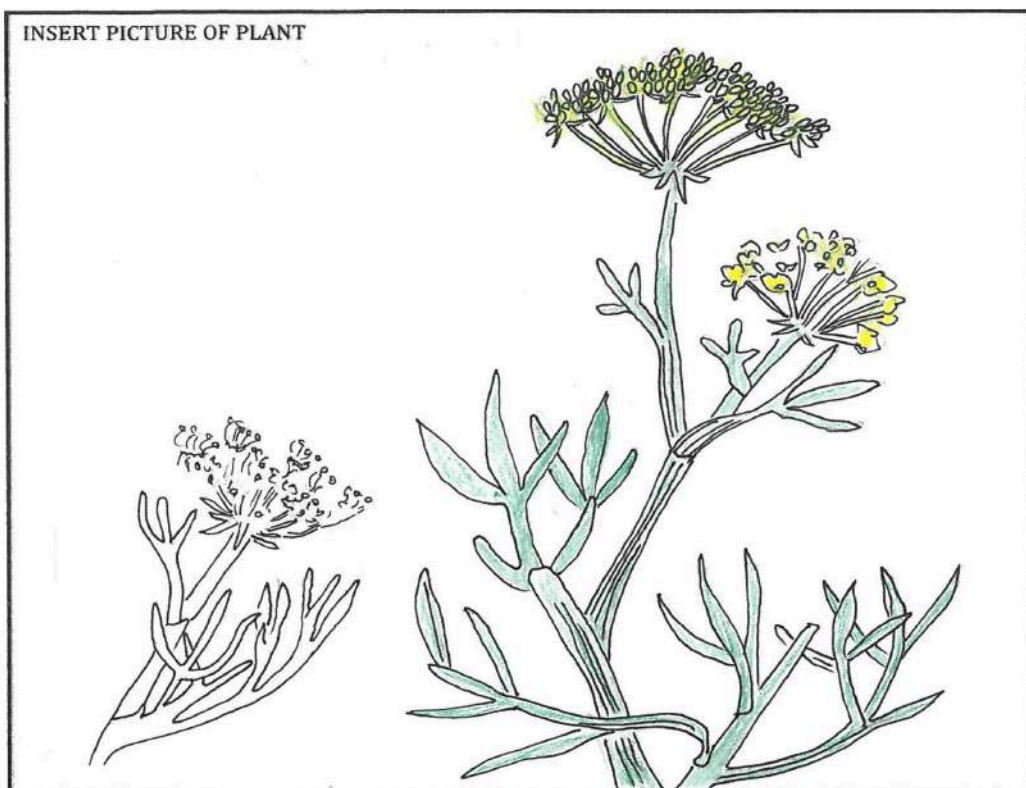
**USES OF THE PLANT:** A tea made of yarrow settles 'gurgly tummy.' It is effective against colds. It contains anti-inflammatory chemicals. If you have toothache simply bite in some fresh yarrow leaves. Used to boost the circulation. Has insecticidal properties. Put a bundle inside your wardrobe or clothes drawer to keep creepy-crawlies away.

Yarrow stems have long been used by practitioners of the ancient divinatory arts of the I Ching, cast on the ground by the questioners and analyzed by the diviner. Also bundles of the plant were hung over doorways to avert illness and/or bad luck in the household.



# EURO PLANTS

INSERT PICTURE OF PLANT



**Latin Name:** *Crithmum Maritimum*

**Name in your language:** Sampire (comes from 'herbe de St. Pierre – the fisherman's saint)

## Use of plant:

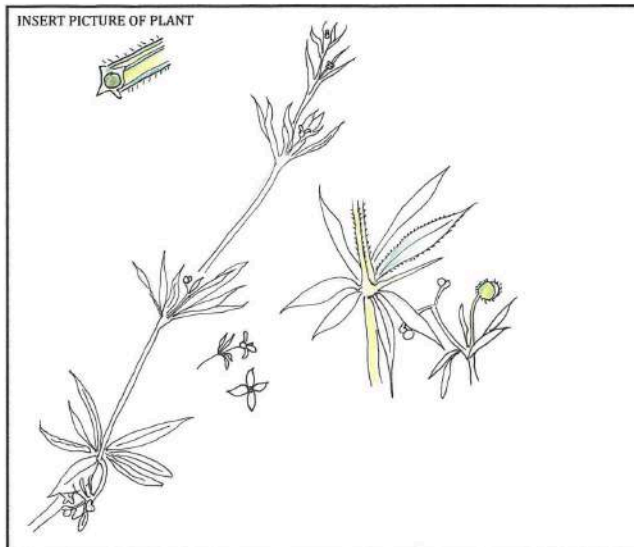
Contains a large amount of mineral salts and has a mild diuretic effect. In times gone by it was believed to be a cure for headaches. In the 18<sup>th</sup> and 19<sup>th</sup> centuries it was popular in London as a vegetable and in salads and is currently experiencing a revival. It is extremely nutritious.

Sampire tends to be hard to find and difficult to get at since it favours taking root in hard- to- reach crevices that can be dangerous to access. Cut the stems rather than tugging at them so as not to damage the roots. The best time to gather is when the shoots are young, round about May. The stems, leaves and seed-pods may be pickled if sprinkled with salt, boiled and covered with vinegar and spices or the leaves may be cooked as a vegetable.



Lifelong  
Learning  
Programme

# EURO PLANTS



**Latin Name:** Galium Aparine

**Name in your language:** Cleavers, Goosegrass

## Use of plant:

Edible leaves at their best when they are young and taste a bit like pea shoots. They can be steamed, sautéed or raw in salads. Dry and roast the seeds then grind in a coffee grinder. Make in a cafetiere.

Medicinal uses: Used externally can ease ulcers and wounds. Taken internally can alleviate pain of cystitis. Cleavers can also help bring down a high temperature.

A climbing plant found in hedgerows and fields where there are bushes. The plant has small leaves and tiny, almost colourless flowers which are succeeded by small, prickly ball-shaped fruits. It is notable for its hairy stems which are armed with hooked bristles which cling to other vegetation and passing animals.

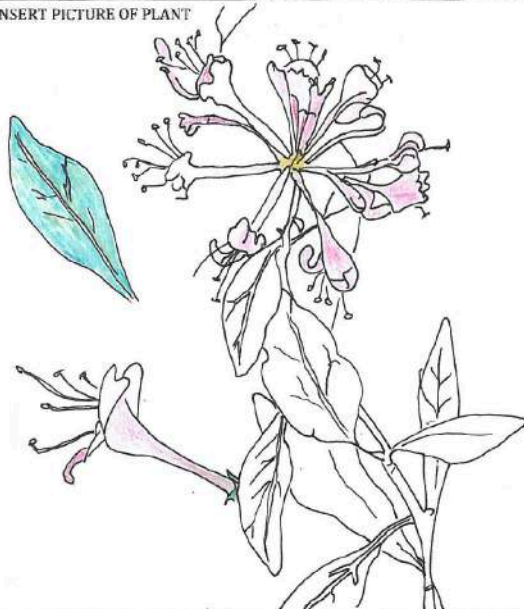
Cleavers are rich in minerals, especially rich in silica which exerts a powerful influence on hair and teeth. It is a refrigerant, laxative and tonic and is much used in diseases of the urinary system. Its refrigerant properties make it excellent for fever treatment and for skin troubles including dandruff. It is taken internally as a hair tonic and to check tooth decay. Used externally makes a powerful poultice for reducing tumours and is used for skin cancer. It was an old remedy for 'scrofula' (a former name for tuberculosis of the lymph nodes in the neck – in olden times called 'the King's evil').

Dose: A handful of the herb, pounded small and infused in milk – take 2 tablespoons before a meal. Or make an infusion by steeping a large handful of the plant in ½ pint of near-boiling water. Keep water warm for ½ an hour, then drink.

EURO

PLANTS

INSERT PICTURE OF PLANT



**Latin Name:** Lonicera Periclymenum

**Name in your language:** Honeysuckle, Old name "Woodbine"

### **Use of plant:**

Honeysuckle flowers are edible and delicious. They look gorgeous thrown into salads. The berries, however, are poisonous. The leaves make a delicious drink.

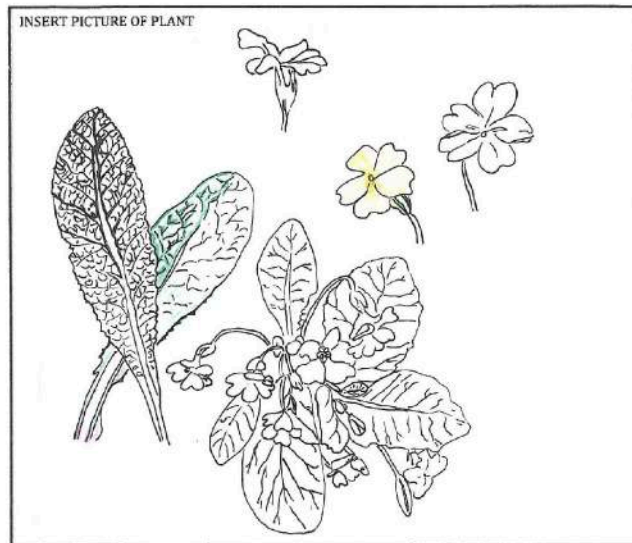
**Medicinal uses:** The whole plant is medicinal. It contains salicylic acid (main ingredient of aspirin). Honeysuckle flower syrup can ease coughs and sore throats and helps get rid of phlegm. The plant contains natural antiseptics and can be used as a poultice for skin infections. Also used for all heart troubles and as a heart tonic. Good for rheumatic ailments and general stiffness of the joints. Used for swollen glands, dropsy (unnatural accumulation of watery fluid in any part of the body – now called oedema). The bark is used here. Externally the crushed leaves applied to wounds, sores, ulcers, will promote healing.

Found in woodlands and twining in hedgerows. Leaves oval, shiny, greyish. Flowers spurred, yellow-cream to pale pinky- purple. Highly fragrant.

**DOSE:** A small handful of the flowers eaten raw or made into a tea. Take early in the morning or as a standard brew made from one dessertspoon of flaked bark to a ½ pint of boiling water. A gypsy asthma remedy is a handful of flowers crushed, mixed with sufficient honey and molasses (equal parts) to bind the flowers. Eat a tablespoon of the concoction morning and night.



# EURO PLANTS



**Latin Name:** *Primula Vulgaris*

**Name in your language:** Primrose

## Use of plant:

The flowers are edible and look wonderful in Spring salads. The leaves, too, can be eaten and have quite a pleasant, sweet taste. Both flowers and the leaves can be made into an infusion or tea which is said to calm the nerves (the "phrensie", according to old folk lore). Also the leaves can be cooked as a vegetable. The flowers may be ground with rice, almonds, honey and saffron to form a primrose potage (soup).

Medicinal uses: Primrose tea helps alleviate stress and anxiety. Both the roots and the plant are used as an expectorant helping to drive away nasty coughs and catarrh and easing conditions such as bronchitis. The plant has also been used for rheumatism, high blood pressure, paralysis, gallstones and worms. It is efficacious in removing excess acid from the system.

Primroses tend to have ominous associations because in the past they were much sought after to strew on graves and dress corpses. It was thought dangerous to bring fewer than 13 into the house. Not so long ago primroses were so abundant in the countryside that they were picked, tied into posies and wrapped in tissue paper and packed in boxes by rural families. The flowers were sent by train to the big cities to be sold at a premium. Perhaps due to this practice the primrose has become quite rare and is a protected species. It is illegal to dig up the primrose in the wild even if you only intend to transplant it into your garden.

# EURO PLANTS



**Latin Name:** *Smyrnium olusatrum*

**Name in your language:** Alexander

## Use of plant:

The stalks until 19th century were widely used in exactly the same way as celery is now. The stalk, which can be used in salads and sandwiches (and even more so, the seeds) increases the passing of urine, easing many rheumatic conditions and tones up liver, kidneys and bladder. The herb is known to regulate delayed menstruation.

This biennial herb is quite common in the South and in general is found near the sea, in hedges, waste places, roadsides and on cliffs. Flowers from April – June but the young shoots can be picked in Winter and early Spring. Alexander was introduced by the Romans to add its myrrh-like flavour to broths and stews and to be eaten raw in salads. It was also planted as a vegetable in the early monastery gardens and is often found growing abundantly by the ruins of old abbeys and castles in Ireland and the West of England. The 17<sup>th</sup> century diarist John Evelyn included it in “plants for the kitchen garden”.

# EURO PLANTS



LATIN NAME: *MATRICARIA CHAMOMILLA*, or *CHARMAEMELUM NOBILE*  
NAME IN YOUR LANGUAGE: *CAMOMILE*

USE OF THE PLANT: Camomile tea is a mild sedative to relieve anxiety and insomnia. It is an aid for digestion and is an anti-ulcer remedy. It helps relieve the discomfort of menstrual cramps, and relieves morning sickness during pregnancy. As an anti-inflammatory a Camomile salve can be used to treat wounds and skin rashes including eczema. Camomile is included in many cosmetic preparations and is a good hair conditioner.



# EURO PLANTS



LATIN NAME: URTICA DIOICA  
NAME IN YOUR LANGUAGE: STINGING NETTLE

USE OF THE PLANT: The Stinging Nettle is a SUPERPLANT with many uses nutritionally and medically.  
High in trace elements and Vitamin D it can be made into soup, tea, and used like spinach.  
Arthritis can be treated with a daily cup of Nettle Tea.  
There are many benefits for women's health as the high iron content in the leaf supports the liver & female hormone system, & relieves PMS and menopause.  
Nettle root tea is good for treating the symptoms of Benign Prostate Cancer.

EURO

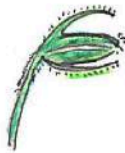
PLANTS



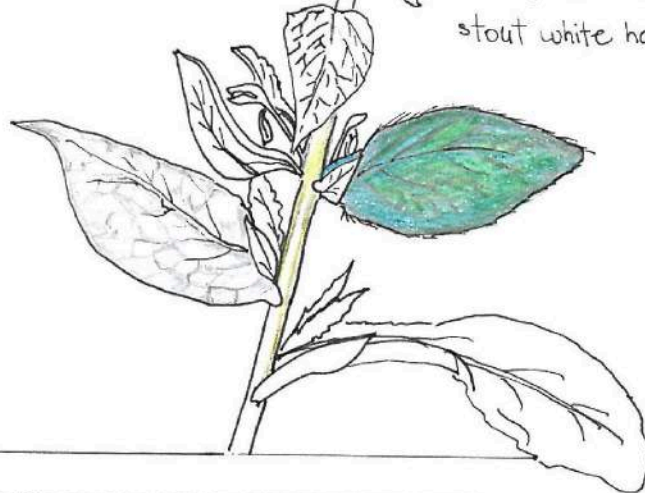
beautiful blue sepals



fruiting capsule



whole plant bristly  
stout white hairs



LATIN NAME: BORAGO OFFICINALIS

ENGLISH : BORAGE

USE OF THE PLANT: Effective in the treatment of inflammations of the kidney and bladder. Borage tea is used to ease rheumatism, and is good for asthma sufferers as it strengthens the lungs. Used for other respiratory infections such as bronchitis. Mildly laxative, it is good for ailments of the digestive system. Used to strengthen the heart and limbs. A jaundice remedy. Externally as an eyelotion & ringworm remedy.



# EURO PLANTS



**LATIN NAME:** *Cynara cardunculus* var. *scolymus*

**NAME IN YOUR LANGUAGE:** Globe Artichoke

**USE OF THE PLANT:** A welcome summer treat for food lovers. The health benefits are enormous, to aid digestion and gall bladder function. It helps reduce cholesterol levels to improve the health of the heart and arteries. The leaf extract has a bifidogenic effect on the beneficial gut bacteria and helps relieve symptoms of irritable bowel syndrome. It is known to have a beneficial effect with the relief of the nausea feeling of a hangover when you have taken too much wine!



# EURO PLANTS



## NAME OF THE RECEIPE

### Pantago or Plantain Cream (for bites and stings)

#### MATERIALS NEEDED:

- 4 tablespoons fresh plantain leaves,
- 150 ml boiling wáter
- 2 tablespoons olive oil + 2 tablespoons almond oil
- 1 teaspoon beeswax
- 2 teaspoons emulsifying wax
- 2 teaspoons glycerine
- 1 teaspoon Vitamin C powder

#### HOW TO DO IT:

Wash and chop or blitz the plantain leaves in a food processor. Put half into a bowl with boling wáter to infuse for 10 minutes.

Put the 2 oils into a saucepan, add the other half of plantain, heat gently to simmering point. Do not allow to boil. Once the simmering point is reached, remove from heat and allow to cool mínimun 10 minutes.

Strain the plantain/wáter infusión and keep the liquid. Strain the oil and remove plantain .

Heat the oil again, add the beeswax and emulsifying wax to melt until it reaches a foamy consistency.

Add the infused wáter to the pan and whisk until the mixture becomes like mayonaise in texture.

Add the glycerine, allow to cool a little before adding the Vitamin C poder.

Pour into sterilised pots, and seal.

USE as often as needed for the relief of bites and stings.

STORAGE – Keep in a refrigerator for up to 3 months.

NOTE – Helen UK used the cream as a facial moisturiser cream with beautiful success!





LATIN NAME: *Camellia sinensis*,  
NAME IN YOUR LANGUAGE: Tea

USE OF THE PLANT:

*Camellia Sinensis* (tea) is grown in Cornwall on the Tregothnan Estate. It grows well in the acidic soil and in dappled shade. Fresh green tea is simple to make - steam the leaves, then dry ready for use. Black tea is more complicated as it requires a fermentation process. All teas from *Camellia Sinensis* provide health and wellness benefits, and all are filled with powerful anti-oxidants, provide a boost of caffeine, offer nutrients, hydration, and of course delicious comfort.

FRANCE



# EURO PLANTS



**LATIN NAME:** *Melissa officinalis*

**NAME IN YOUR LANGUAGE:** La Mélisse

In english "Lemon balm", is a perennial herb from the mint family Lamiaceae, native to southern europe and the Mediterranean region. Its name come from the greek Melissophullon, which means "honey bee", during summer small white flowers full of nectar appear.

## USE OF THE PLANT:

**Culinary use:** Lemon balm is used as a flavouring (ice-cream, herbal teas), both hot and cold, also frequently paired with fruit dishes or candies. It can be used for fish and meat dishes or as a key ingredient in pesto.

**Traditional and alternative medicine:** it can be prescribed for internal (tea) or external (essential oil) application for the treatment of disorders of the gastro intestinal tract, nervous system, liver and bile. It is used as an anxiolytic, mild sedative, or calming agent, also efficient in case of insomnia. Lemon balm makes people sweating, useful for children and old people during hot period.

Its antibacterial properties have also been demonstrated scientifically. Extract of lemon balm was also found to have exceptionally high antioxidant activity.

The crushed leaves, when rubbed on the skin, are used as a repellent for mosquitos.

# EURO PLANTS



**LATIN NAME:** *Cymbopogon Citratus*

**NAME IN YOUR LANGUAGE:** Citronnelle

Cymbopogon, commonly known as lemongrass is a genus of about 45 species of grasses, (of which the type species is *Cymbopogon citratus*, a natural and soft tea anxiolytic native to warm temperate and tropical regions of the Old World and Oceania.

## USE OF THE PLANT:

Lemon grass is used as medicinal plant against infections such as influenza and pulmonary disease. It has been used by the colonist during epidemic yellow fever.

It is often used as a tea in African countries to avoid catching a cold and coughing.

In Africa it's used fresh or dry as an infusion because of its refreshing smell.

Lemongrass can also be used as a repellent for mosquitoes, it's usually planted in home gardens to ward off insect as mosquitoes and there are many bug repellent products containing lemon grass oil. Also it is used as an anti septic and for instance it is very beneficial for problematic skin with pimples. Its essential oil is commonly used against mental fatigue and for its calming effect on the nervous system.

## Culinary use

Lemon grass is commonly used to flavor meals, vegetables, fish, beef, crustacean and soup.



# EURO PLANTS



**LATIN NAME:** *Artemisia absinthium*  
**NAME IN YOUR LANGUAGE:** Absinthe

## USE OF THE PLANT:

In farming, wormwood may be planted on the edges of garden beds to prevent weeds from growing and to keep aphids away. Brew of wormwood kills aphids.

Wormwood flowers and leaves are also used for medical purposes. First they must be quickly dried either in shadow or in the oven at 35-40°C or in the microwave.

Then you can use it:

- As a wormer - hence its name- thanks to its disinfectant properties. Use 2 to 3 grams of wormwood powder to make a potion;
- against stomach diseases - deficiency in gastric juices ;
- to prompt periods;
- to facilitate the evacuation of bile towards the intestines.

Ratafia liquor: Macerate 40 g of wormwood leaves, 20 g of juniper berries, 5 g of cinnamon and 1 g of fresh stems of angelica in 1 litre of eau-de-vie (alcohol level: 60 °). Filter the liquid then add 33cl of water, 15g of orange blossom water and 250g of sugar.

But wormwood is mostly known in the absinthe, a highly-alcoholic green spirit which has been forbidden in several countries because of its toxicity.

Pregnant or breast-feeding women should not use wormwood.



# EURO PLANTS



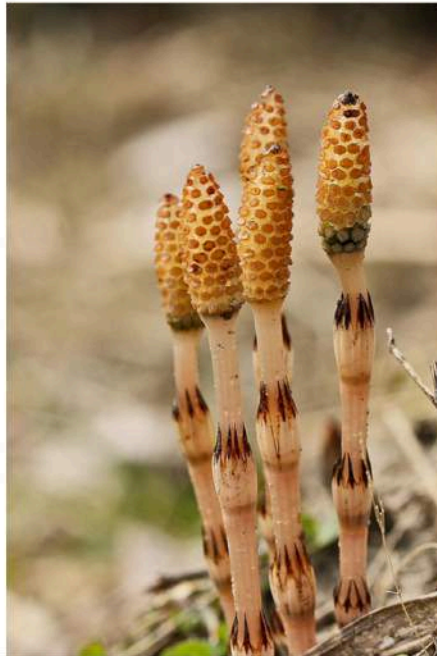
LATIN NAME: *Papaver rhoeas*

NAME IN YOUR LANGUAGE: Coquelicot

## USE OF THE PLANT:

We make herbal tea with its dry petals. This tea helps people to sleep and its soothing result is particularly effective for children - in the past we used to mix up poppy with gruel to make children sleep more easily. Poppy syrup also relieves cough and throat soreness thanks to its emollient and sedative properties. Although they are quite small, poppy seeds are used in pastry to make some kind of breads.

# EURO PLANTS



LATIN NAME: *Sphenophyta* ou *Equisetophyta* ou *Arthropophyta*  
NAME IN YOUR LANGUAGE: *Prêle*

## USE OF THE PLANT:

Horsetail is particularly rich in silica. In the past fresh horsetail was thus used to scrub pans and the scratchy dry horsetail allowed to finely sand metal or cabinet works. Nowadays some musicians still use this plant to sand the reeds of their wind instruments.

Silica is good for the skin and horsetail is also rich in mineral salts. That is why this plant is used in herbal tea and as compress to fight against wrinkles, acne and stretch marks. Mineral rich horsetail herb is useful in the event of fractures or decalcification due to aging. The sterile stems of horsetail are diuretic, homeostatic and antirheumatic.

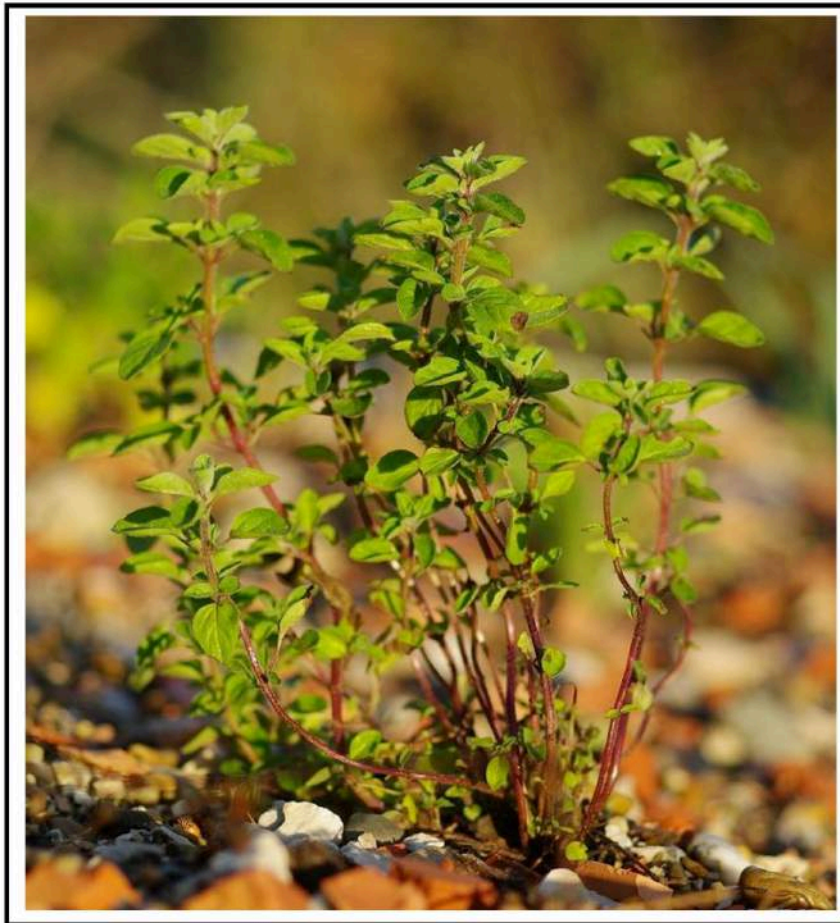
Horsetail can also be used in farming. Horsetail brew has a preventive and curative effect on diseases like mildew or apple scab.

To make a horsetail brew:

Boil 10 litres of water with 1 kg of stems cut in very small pieces. Let its temperature cool down for at least 12 hours. Dilute it to obtain 20% of this mix for 80% of water then spray it.

Moreover, if you find lots of horsetails on a ground you can plumb it to build a well. Indeed it means that water lies underneath the soil.

# EURO PLANTS



**LATIN NAME:** ORIGANUM MAJORANA

**FRENCH NAME:** MARJOLAINE (des jardins, officinale, à coquilles)

## USE OF THE PLANT:

Marjoram is an aromatic herb. Its leaves are used fresh or dry to flavour Mediterranean dishes, such as salads, meats, cooked vegetables or pizza.

This plant has also been widely used for centuries for its therapeutic properties. Natural antidepressant, antiseptic and digestive, it is helpful in curing many common diseases.

Symbol of love and happiness in the Antiquity, the flowers of marjoram can also be used as decoration and perfuming.



# EURO PLANTS



LATIN NAME: *Gentiana acaulis*

NAME IN YOUR LANGUAGE: *Gentiane acaule* or *Gentiane de Koch*

## USE OF THE PLANT:

This plant is famous for its purgative, digestive and tonic properties. Thus, purgative herbal teas made from *Gentiana aculis* flowers are recommended when autumn or winter are coming.

The former generations used to macerating its leaves in white wine to produce a tonic and invigorating pre-dinner wine.

# EURO PLANTS



**LATIN NAME:** urtica

**NAME IN YOUR LANGUAGE:** Ortie

Stinging nettle (*Urtica*) is a species of the family of Urticacées which groups around thirty species of herbaceous plants with hairy leaves. We find 11 in Europe among which 5 in France.

## USE OF THE PLANT:

The benefits of the stinging nettle are known since the Antiquity. It is one of the most effective healing plants. This plant is used under numerous forms (decoction, cataplasm, etc.) according to the wished effect: diuretic, antirheumatic, antiitch, etc

Associate with green clay in cataplasm it acts against the pains of arthritis.

The big stinging nettle is also very used in food, industrial purposes (for its fiber) and agricultural (as green and insecticidal manure).

Applies in lotion, the stinging nettle fights against the acné. In mouthwash it shows itself effective against inflammation of the gums pharyngitis. It's also an ally of the pregnant woman, the plant favoring the stimulation of the maternal milk. It is also used in the composition of products favorising the regrowth of hair.

The stinging nettle has sanitaries virtues

Naturally rich in vitamin A, B and C it is also strongly mineralized in iron, calcium, magnesium, potassium and phosphor. Thus is an excellent food complement in case of "slow down".



# EURO PLANTS



LATIN NAME: *artemisia*

NAME IN YOUR LANGUAGE : armoise

NAME IN ENGLISH : Mugwort

## USE OF THE PLANT:

The name of Mugwort comes from Artemisia goddess.

Women during ancient times used it in order to foster menstruation to come and also to lower their pain. That's why it is known as the "Uterus plant"

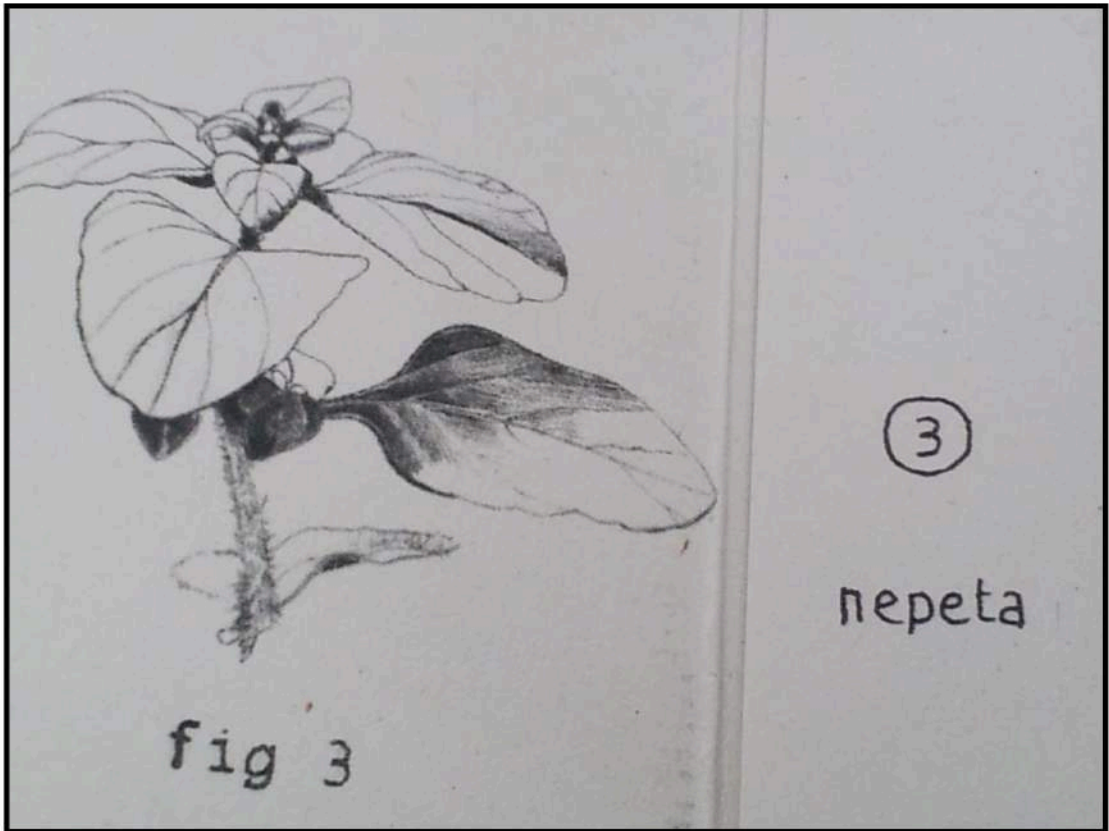
During middle age, Mugwort was used to tenderize white meat, such as goose.

We use it in the preparation of alcoholic drinks, it belongs to the recipe of some "Pastis" liquor and in white wine special preparation to add to meat sauce, its taste is quite bitter. In Morocco, it can be used with mint for tea.

In China, they make "moxa" (little sack) in order to warm the body points before acupuncture.



# EURO PLANTS



LATIN NAME: Calament Nepeta  
NAME IN YOUR LANGUAGE: Nepeta  
NAME IN ENGLISH: CALAMINT

USE OF THE PLANT: This is a sort of wild mint.  
The dried leaves are used as infusion for digestion.  
The plant was also used to treat pain and feminine problems.  
Today, the calament is especially used with pets, the reaction of which to the plant is always inverse of that of the human beings: it provokes at the domestic and wild cats an incredible state of excitement.  
We can make a north african dish "Batata fryou" with potatoes and tomatoes and fresh calament

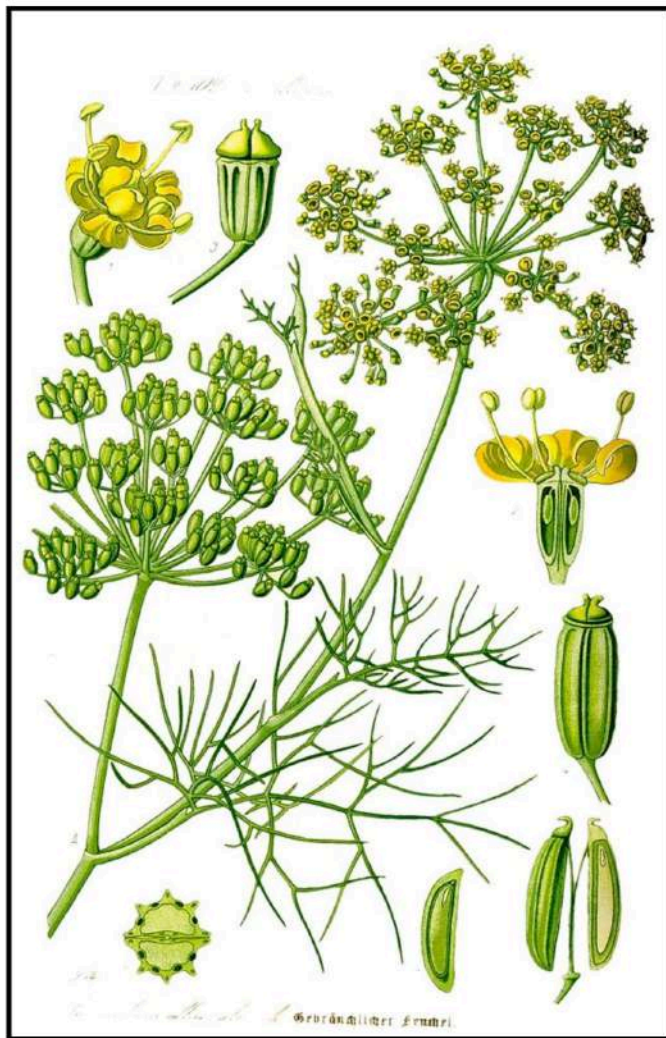
# EURO PLANTS



LATIN NAME: *ruta graveolens*  
 NAME IN YOUR LANGUAGE: Rue  
 NAME IN ENGLISH: Street

USE OF THE PLANT: this plant is associated with white magic.  
 Together with sage, lavender, absinthe, cinnamon and cloves; Street is one of the plants present in the "4 robbers" vinegar, which was used to protect people from plague.  
 In the North of Italy, we use it for preparing "ruta grapa" alcoholic beverage.  
 It has been known as abortive (which is not proven), so it has a bad reputation.  
 It is used as repulsive for insects and cats.  
 Once cut, you can also use street - mixed with caramel - in order to flavour to home-made lollipops.

# EURO PLANTS



**LATIN NAME:** fenouil foeniculum

**NAME IN YOUR LANGUAGE:** Fenouil

**NAME IN ENGLISH :** Fennel

**USE OF THE PLANT:** The seeds of the fennel plant are widely used in many of the culinary traditions of the world. Dried fennel seed is an aromatic, anise-flavoured spice, brown or green in colour when fresh, slowly turning a dull grey as the seed ages. For cooking, green seeds are optimal, we use a lot the dried branch to flavour fish dishes in oven. The leaves are delicately flavoured and similar in shape to those of dill. The bulb is a crisp vegetable that can be sautéed, stewed, braised, grilled, or eaten raw. They are used for garnishes and to add flavor to salads. They are also added to sauces and served with pudding. In Provence area, fennel seeds are used to give aroma to "Pastis" beverage (anis tasting liquor) because of its very good digestive properties.



GERMANY

# EURO PLANTS



LATIN NAME: VALERIANA OFFICINALIS L.

NAME IN YOUR LANGUAGE: VALERIAN

## USE OF THE PLANT:

- AS TEE (ROOTS), IT'S A SEDATIVE
- HELP AGAINST STOMACH ACHES, CONVULSIONS, SLIGHT HEART PROBLEMS AS WELL AS CONSTIPATION
- IT DEHYDRATES AND HELPS IN THE MENOPAUSE

# EURO PLANTS



LATIN NAME: ARTEMISIA VULGARIS L.

NAME IN YOUR LANGUAGE: MUGWORT

## USE OF THE PLANT:

- AS TEE ITS AN INTENSE CURE AGAINST SLACKNESS, STOMACH ACHE, BOWEL TROUBLES, MENSTRUATION PROBLEMS, CONVULSIONS, BLADDER TROUBLES, NERVOUS DISEAS AS WELL AS HEADACHE, SICKNESS AND EPILEPSY
- DONT TAKE DURING PREGNANCY
- AS SPICE ITS APPETISINGLY



# EURO PLANTS



LATIN NAME: *ALCHEMILLA VULGARIS* L. S. L. AGG.

NAME IN YOUR LANGUAGE: LADY'S MANTLE

## USE OF THE PLANT:

- AS TEA AGAINST SORE THROAT, STOMACH ACHE, INTESTINAL DISORDER, MENSTRUATION PROBLEMS AND COUGH
- AS INFUSION IT HELPS AGAINST SKIN IMPURITIES, SUPPURATING WOUNDS, INFLAMED EYES AND MUCOUS MEMBRANES
- IT CLEANS THE BLOOD

# EURO PLANTS



LATIN NAME: *SAMBUCUS NIGRA* L.

NAME IN YOUR LANGUAGE: ELDER

## USE OF THE PLANT:

- AS TEA AGAINST FEVERISH COLDS
- IT CLEANS BLOOD
- BOILED BERRIES ARE A PURGATIVE AND HELP AGAINST COUGH
- IT STRENGTHENS THE BODY'S DEFENCES



# EURO PLANTS



LATIN NAME: LAVANDULA ANGUSTIFOLIA

NAME IN YOUR LANGUAGE: LAVENDER

## USE OF THE PLANT:

- as tea against gastrointestinal complaints, to calm down and relax and against illnesses of liver and milt, vertigo, paralysis, neurasthenia, gout and rheumatism
- Lavender bath for a balanced blood pressure (protects from stroke)
- As oil against headache and pain of the limbs (external use of the oil!)



# EURO PLANTS



LATIN NAME: MELISSA OFFICINALIS L.

NAME IN YOUR LANGUAGE: BALM

## USE OF THE PLANT:

- as tea it calms down and has sleep-inducing effects
- against troubles with the stomach, it frees from convulsions and headache, helps with discomfort of liver and gall

# EURO PLANTS



LATIN NAME: CALENDULA OFFICINALIS L.

NAME IN YOUR LANGUAGE: POT MARIGOLD

## USE OF THE PLANT:

- as tea it frees from convulsions, helps with abdominal pain (women) and cleans the blood
- As cream or wet pack with tea against wounds, abscesses, inflammations, sprainings, verrucas as well as pains of joints and muscles



# EURO PLANTS



LATIN NAME: *SALVIA OFFICINALIS* L.

NAME IN YOUR LANGUAGE: SAGE

## USE OF THE PLANT:

- chewing of leaves strengthens the gingiva
- As tea against inflammation of mouth and throat, gastrointestinal complaints, sore throat plus against a strong perspiration
- For cleaning of wounds (external use)



# EURO PLANTS



LATIN NAME: *PLANTAGO LANCEOLATA* L.  
NAME: BUCKHORN PLANTAIN

## USE OF THE PLANT:

- as tea against cough, bladder trouble, kidney diseases as well as complaints during the menstruation
- tea helps against roundworms
- crushed leaves relieve the pain after insect bites
- has an antibiotic effect

# EURO PLANTS



LATIN NAME: Symphytum  
NAME IN English: Symphytum

## USE OF THE PLANT:

- external use: for bruises, strains, sprains
- analgesic and decongestant
- cosmetic products
- used in the garden as fertilizer for mulching and liquid manure

# EURO PLANTS



**LATIN NAME:** *Helichrysum italicum*

**NAME IN English:** curry plant

## USE OF THE PLANT:

- as tea (flowers) for cough ,
- external application to the skin, against bruising, eczema, blemishes, fungus, bruises, varicose veins, it has analgesic, fungicidal, wound healing and soothes the skin.
- as oil for bruises, sprains and bruises. Oil not take poisonous!
- For seasoning and cooking of rice and meat dishes (branches are removed before serving)



# EURO PLANTS



LATIN NAME: *Tagetes fillifolia*  
NAME IN English: LIQUORICE TAGETES

## USE OF THE PLANT:

- **AS TEA** NO MEDICINAL BENEFIT KNOWN, SO JUST LUXURY FOOD
- **FRESH PICKED** SUITABLE FOR:
  - SWEETS
  - SALADS

HUNGARY

# EURO PLANTS



**LATIN NAME:** *Agrimonia eupatoria*  
**ENGLISH NAME:** **Common Agrimony**  
**HUNGARIAN NAME:** **Aprobojtorjan**

**USE OF THE PLANT: Therapeutic effect:** Liver and bile regulator, rheumatism (bath), kidney stones and sand, laryngitis (potion), throat and mouth symptoms such as tumors, oral thrush, antibiotic, primarily diarrheal germs, such as *Shigella dysenteriae*, *S. flexneri*, *Staphylococcus aureus*, *S. albus*. Used also against pus formation, colitis (colitis), and TBC.

**Forms of use:** outwardly and internally. Decoction for compressing and tea as a nice and tasty soft drink.



# EURO PLANTS



**LATIN NAME:** *Primula officinalis* Syn *Primula veris*

**ENGLISH NAME:** **Common cowslip**

**HUNGARIAN NAME:** **Orvosi kankalin**

**USE OF THE PLANT:** Curative effects of the Primrose species: the herb is collected, the rhizome is also usable, but the plant is destroyed permanently if this part is also harvested. Contains saponins, which are extracted by adding  $\text{NaHCO}_3$  to the potion. Alcohol extract (Tinctura Primulae) can also be prepared in 1 to 9 drug- alcohol proportions. Saponins are expectorants to treat cough, bronchitis and tracheitis. The flowers also contain bitter substances against anxiety, migraine and insomnia.

# EURO PLANTS



**LATIN NAME:** *Bellis prennis*

**ENGLISH NAME:** *Common Daisy*

**HUNGARIAN NAME:** *Százszorszép*

**USE OF THE PLANT:** It is a perennial plant. It has slight importance in herbal medicine, since it has much stronger competitors in this field.

**Therapeutic effect:** antitussive applied as tea, astringent effect, treating skin problems (acne) and arthritis (the inflammation of joints), etc.



# EURO PLANTS



**LATIN NAME:** *Linaria vulgaris*  
**ENGLISH NAME:** **Common Toadflax**  
**HUNGARIAN NAME:** *Gyujtovanyfu*

**USE OF THE PLANT:**

- hemorrhoids (poultice, unguent)
- bed wetting
- incontinency (urine indefensibility)
- purgation
- deworming
- eye inflammation (as poultice)
- swelling (ointment)



# EURO PLANTS



**LATIN NAME:** *Eryngium campestre* L.

**ENGLISH NAME:** Field Eryngo

**HUNGARIAN NAME:** Mezei iringo

**USE OF THE PLANT:** **Therapeutic effect:** Kidney and bladder disorders, gallstones, blood purifier. The E . planum is used as expectorant, antitussive, against bronchitis and even as cardiac sedative.

**Parts of application:** both the rhizomes and the parts above the ground.

**Forms of use:** As potion. (It should be boiled for a few minutes together with the more effective thyme).

# EURO PLANTS



**LATIN NAME:** *Linum usitatissimum*

**ENGLISH NAME:** Flax

**HUNGARIAN NAME:** Len

**USE OF THE PLANT:** Medicinal action and uses of flax seeds: essential fatty acids, mucolytic agents, purgation, against constipation, prevention of atherosclerosis, bronchitis, sore throat, dry skin, eczema, boil (also called furuncle, a deep folliculitis, pustulous infection of the hair follicle), oral infection, inhibition of blood clot formation, triglycerides (omega-3-alpha-linolenic acid).



# EURO PLANTS



**LATIN NAME:** *Digitalis purpurea*  
**ENGLISH NAME:** Foxglove  
**HUNGARIAN NAME:** Gyuszu virag

**USE OF THE PLANT:** The pharmaceutical industry uses the leaves, particularly the basal ones. Domestic use is strongly contraindicated! The foxglove contains different cardiotonics with the same physiological effects but different chemical formation. Several cardiac drugs are produced in the pharmaceutical industry using these compounds, therefore it is not surprising that the homemade products of this plant can be quite dangerous. Some types grow wild in Hungary, however large-scale cultivation is performed by pharmacology.



# EURO PLANTS



**LATIN NAME:** *Arctium Lappa*  
**ENGLISH NAME:** *Greater Burdock*  
**HUNGARIAN NAME:** *Nagybojtorján*

**USE OF THE PLANT:** **Therapeutic effect:** antibacterial, detoxifying, for digestive disorders and liver complaints, against rheumatism, gastric ulcers, skin diseases (eczema, psoriasis, acne). Strengthens hair follicles, triggers hair growth and has anti-dandruff effect. The leaf is alterative, diuretic, the seed is used against bile and kidney disorders and for epidermal regeneration.

**Parts of application:** Mostly the roots, sometimes the leaf and the seed.

**Forms of use:** outwardly for eczema and dandruff: the dried root soaked in oil, tea mixtre, potion for compressing and throat gargling, ointment.

# EURO PLANTS



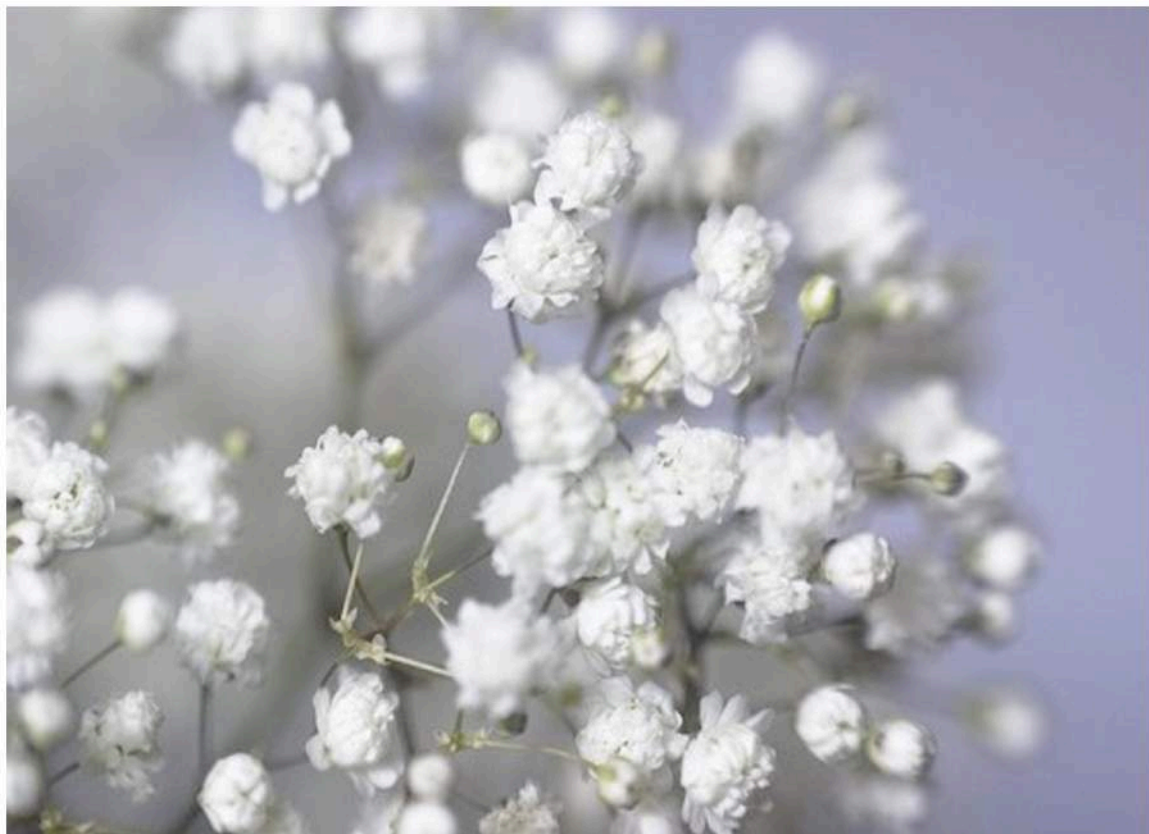
**LATIN NAME:** *Chelidonium majus*  
**ENGLISH NAME:** *Greater celandine*  
**HUNGARIAN NAME:** *Fecskefu*

**USE OF THE PLANT:** It is perennial and has strong medicinal effects. The whole part above the ground is used. It was well-known and used yet in antiquity. That time it was used to cure poor eyesight, rash, jaundice and liver disorders. Even after the medieval it had been still suggested for the treatment of glaucoma, however we no more use it to treat eye problems. Until the medieval, monks had used it to treat skin rashes, griping pain and as lotion for jaundice.

Today's use is limited to clear away warts, to facilitate the gallbladder and to treat gastritis and enteritis. Never make tea from it, only in mixtures, however it still requires the supervision of a physician. Don't use it for longer than 4 weeks. Its use is contraindicated for patients with hepatitis or cholecystitis.



# EURO PLANTS



**LATIN NAME:** *GYPSOPHILA PANICULATA* (BABY'S BREATH)

**NAME IN YOUR LANGUAGE:** Caryophyllaceae

## USE OF THE PLANT:

This graceful, filigree plant occurs in high abundance and forms characteristic part of a particular Hungarian lowland, namely Bugac. Nevertheless, it can be found in other sandy and dry regions as well, with warm and sunny weather. It is a popular ornamental garden subject for its tufty white flowers. Its root is marketed in Hungary under names such as "saponarie hunaricae" or "albae scrub". It is perennial.

**Use and therapeutic effects:** In respiratory diseases is used as expectorant. Its healing agent is very similar to that of the common soapwort (*Saponaria officinalis*) - another plant of the Caryophyllaceae family. It is used in nutrition and cosmetic industry and is the detergent of delicate fabrics. Because its intensive foaming property, it is used as a component of shaving foam and toothpaste. In floristries is used as a decoration element in flower bouquets.

**Part of use:** root

**Method of use:** infusion, alcoholic extract, bottle of medicine



# EURO PLANTS



**LATIN NAME:** *Papver rhoes*

**ENGLISH NAME:** *Red poppy*

**HUNGARIAN NAME:** *Pipacs*

## **USE OF THE PLANT:**

In the old times it was used as antitussive and expectorant in tea mixture or syrup. The potion of the plant was used as narcotic and anti-analgesic drug. Nowadays the petals can be used as a "makeup" for tea mixtures.



**LATIN NAME:** *Salvia officinalis*

**ENGLISH NAME:** *Sage*

**HUNGARIAN NAME:** *Zsálya*

**USE OF THE PLANT:** In antiquity it was known for its beneficial effect on memory and was used as spice and digestive. In the medieval even more of its sanative effects had been revealed, such as decreasing the intestinal gas, curing diarrhea, gingivitis, periodontal problems, menstrual symptoms, facilitating mothers' milk production, and was also used against dizziness, depression, insomnia, for its de-worming, anti-septic effect, for the initiation of childbirth process, reducing perspiration, as well as to cure snake bite. It is one of the so-called *panacea* agents in the medieval age

ITALY



# EURO PLANTS



**LATIN NAME:** *Stachys officinalis*  
**NAME IN YOUR LANGUAGE:** betony

## USE OF THE PLANT:

Once known as a remedy for all ills, it actually has properties vulnerary, astringent, healing, appetizing, sedative, tonic and sweat, it is useful in all those diseases that require the elimination of uric acid, for outdoor use in case of injury, bruises, abscesses, ulcers, sore throat and inflammation of the gums.

Use only on prescription in excess causes diarrhea and vomiting.

The dried leaves are an ingredient of tobacco and snuff, were once used to flavor drinks and tea-making facilities.

Even cultivated with pink or white flowers, like plant for borders..

# EURO PLANTS



**LATIN NAME:** *Crataegus monogyna*  
**NAME IN YOUR LANGUAGE:** Biancospino

## USE OF THE PLANT: cardiovascular action

The Hawthorn has a strong affinity towards the heart, mainly linked to the flavonoids and proantocianidoli.

Causes vasodilation of blood vessels and abdominal coronary especially those that carry blood to the heart, due to relaxation of the muscle cells of the blood vessel wall, with increased blood flow in these areas of the body. Reduces the heart rate and significantly potentiates the action of digitalis on the heart.

Furthermore flavonoids cause a dilation of blood vessels, which causes a decrease of blood pressure.

It's therefore very useful for angina pectoris, cardiac neuroses, in the states of hyperexcitability with arrhythmias and arterial hypertension, especially of nervous origin.

Recently we have made some clinical studies in patients with moderate heart failure and / or hypertension, which showed that the dry extract of hawthorn can effectively reduce the heart rate, swelling of the ankles and blood pressure, also highlighting a 'potentiating action of the contractile force of the heart and a significant reduction of symptoms suffered by these people, without the appearance of any side effects.

# EURO PLANTS



**LATIN NAME:** *Galanthus nivalis*

**NAME IN YOUR LANGUAGE:** Snowdrop

**USE OF THE PLANT:** His raw bulb promotes vomiting. If crushed and raw is applied topically in a poultice on boils, abscesses, whitlow, and, leading them to maturity. Being rich in active ingredients including galantamine must be very careful because excessive doses can cause serious toxic effects ... Nevertheless, the mother tincture prepared with fresh ilbulbo, it is useful to accelerate some of the scarring varicose ulcers.



# EURO PLANTS



**LATIN NAME:** *Anchusa italica*

**NAME IN YOUR LANGUAGE:** Alkanet

## USE OF THE PLANT:

The common name "ox tongue" is appropriate for both the form and the roughness of the leaves. While the botanical name of "anchusa" comes from the greek "ankousa", for the simple fact that in the past, its root was used as a red dye to dye cosmetics, because the word means "rouge". Its flowers are melliferous and is often grown in gardens as an ornamental. All the part of the plant contains two aclaoidi the cinoglossina and consolidina, also also contains tannin and mucilage, choline, potassium nitrate and allantoin. Its properties are those depurative, diuretic, bechiche, emollient, laxative, sudorifere. Le parts used are the flowers and leaves: the flowers are harvested during the flowering and the leaves soon after. Are dried in the shade and stored in paper bags. They are used in infusion

# EURO PLANTS



**LATIN NAME:** *Eryngium campestre*

**NAME IN YOUR LANGUAGE:** Walting street

**USE OF THE PLANT:** Diuretic properties, eupeptic, calagoghe, carminative, splenoprotective and slightly laxative. In the past, the roots were eaten as a vegetable because it is very meaty and tasty. The root is useful to eliminate the gravel, the chlorides of the blood and to reduce cellulite. It is harvested in the spring, before the buds, or in the fall when the plant is at rest, after having cut the diskette is dried in the sun and stored in a dry place. Contains bitter principles, inulin, saponin, tannic acid, sucrose, gum resin, traces of salts minarali and an ethereal oil.



# EURO PLANTS



LATIN NAME: *Matricaria recutita* - Asteraceae

NAME IN YOUR LANGUAGE: Camomilla

## USE OF THE PLANT

With the flowers of chamomile are preparing infusions notoriously used for their virtues mildly sedative. In fact, the plant has no active hypnotics, like most of the herbs which are used against insomnia, but on the contrary, mainly has antispasmodic properties, such as melissa, that produces a muscular relaxation, for the presence in his fitocomplesso flavonoids (eupatuletina, quercimetrina) and coumarins. These combinations of active ingredients chamomile make a great muscle relaxant, useful in case of intestinal cramps, indigestion, irritable bowel syndrome, muscle spasms and menstrual pain, but also in cases of nervous tension and stress, because it causes a feeling of pleasant relaxation with calming effect on the nerves and anxiety.



# EURO PLANTS



**LATIN NAME:** *Scolymus hispanicus*

**NAME IN YOUR LANGUAGE:** Cardogna Comune

## USE OF THE PLANT:

Its roots have food value similar to that of salsify, the latter is grown for its large, fleshy taproot, blackish on the outside, with white flesh. It's a very popular food in various Italian regions has digestive, depurative and diuretic. It is prepared generally boiled, seasoned sour and fried or boiled, but the best way is to just boil and season with olive oil. Although the cooking water must be used because all the properties of the plants they go by boiling. The root is harvested in the spring, before it develops the floral scape. Its flowers instead you can use in place of common saffron is collected in full bloom and dried in the sun, are kept in glass jars; prior to use are reduced to dust

# EURO PLANTS



**LATIN NAME:** *Daucus carota*

**NAME IN YOUR LANGUAGE:** Wild Carrot

**USE OF THE PLANT:** Wild carrot root is used, the collection of the first year in the spring, and seeds, harvested when fully ripe. The root and seeds contain roughly the same therapeutic properties: minerals, pectin, carbohydrates, pro-vitamin A, B and C. The properties of the root are those of being a good diuretic, which serves to remove the urea and uric acid, to calm visceral spasm, for favorable menstruation and prevent pain, also serves as a blood cleanser and as a cholesterol lowering. The seeds are used as stomachal, carminative, antiprostati, bactericides, urinary antiseptics, hypotensive, mineral



# EURO PLANTS



LATIN NAME: *Foeniculum Vulgare* Miller  
NAME IN YOUR LANGUAGE: finocchio

**USE OF THE PLANT :** It is an emmenagogue, diuretic, carminative, anti-emetic, aromatic, antispasmodic, anti-inflammatory, liver. It is used for people who have digestive problems, bloating, vomiting, and early feeding air to reduce colic in children. It is known that an herbal tea made from the seeds of this plant is very effective in the treatment of abdominal bloating from aerophagia.

Also fights the fermentation in the large intestine and then decreases intestinal gas. So it may be helpful in reducing the painful component of irritable bowel syndrome. [1] At high doses (concentrated in the essential oil extracted from the seeds), the active ingredients contained in it can have hallucinogenic effects.



# EURO PLANTS



LATIN NAME: *Gentiana* L.

NAME IN YOUR LANGUAGE: Genziana

USE OF THE PLANT: This plant has a pronounced bitter taste and is used mainly to stimulate gastric secretions. Has also Tonica action on the liver and on cistefelia as well as on the whole organism.

# EURO PLANTS



**LATIN NAME:** Wall lettuce

**NAME IN YOUR LANGUAGE:** *Mycelis Muralis*

**USE OF THE PLANT:** Plant nutrient, from the therapeutic point of view is effective against intestinal irritation, refreshing useful to the affection of the chapel, and especially against insomnia especially if consumed in the evening, in salads, mixed with other vegetables or even alone seasoned with olive oil and salt. It 'a sweet taste and especially pleasing to the palate. It is harvested before flowering being careful not to completely eradicate the plant but be gentle with the plants, so we can go back and fill our basket of wild vegetables.



# EURO PLANTS

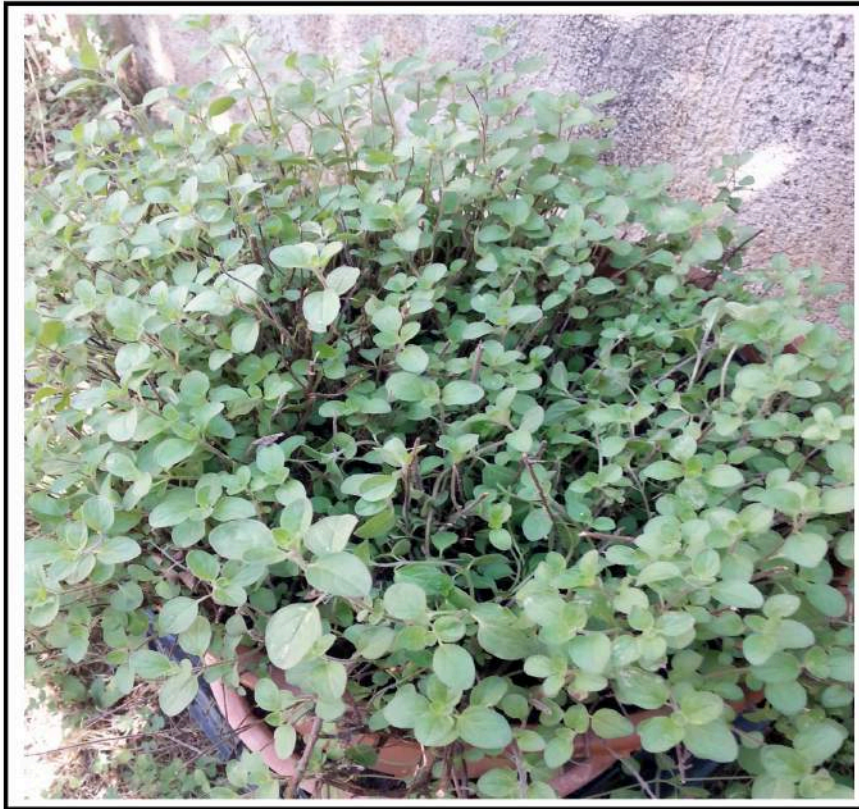


LATIN NAME: *Lavandula Spica* L.  
NAME IN YOUR LANGUAGE: Lavanda

USE OF THE PLANT: The stems are used as a mild sedative but especially in outdoor applications or baths and packs, they have a mild repellent effect on insects. Lavender oil is part of the composition of several anti-rheumatic preparations, but the increased consumption of lavender essence belongs without doubt to the industries of cosmetics and detergents. Dried flowers are used to scent clothes and ward off moths.



# EURO PLANTS



**LATIN NAME:** *Origanum majorana* L.

**NAME IN YOUR LANGUAGE:** Maggiorana, Persia

## **USE OF THE PLANT:**

### **Collection and Storage**

Collect the leaves and flowering ends at the beginning of flowering. Making dry in shady and breezy place.

### **Use in the kitchen and therapeutic properties**

Very used in cooking to flavor stewed meat, mushrooms, vegetables, sauces, salads, tomatoes, etc.. Enters into the composition of vermouth and liqueurs made from herbs.

The scent of marjoram is sweeter than oregano and spicy, this is much more fresh and pungent.

Therapeutic properties: sedative, antispasmodic, tonic-stimulant, diaphoretic. For outdoor use, is used for clutches antirheumatic

# EURO PLANTS



LATIN NAME: *Urtica dioica* L.

NAME IN YOUR LANGUAGE: Ortica

USE OF THE PLANT: It is used to treat urinary tract infections, respiratory tract, the gastro-intestinal catarrh and as an adjunct in the treatment of diabetes. Favors the metabolic exchanges, stimulates the activity of the endocrine glands and the production of red blood cells



# EURO PLANTS



**LATIN NAME:** *Cirsium eriophorum*

**NAME IN YOUR LANGUAGE:** Cardo Scardaccio

**USE OF THE PLANT:** When there were no artichokes were used as food, thistle flower heads of this quite large and very valuable to our organization, but being very thorny, it was hard to touch with bare hands and even the glove did not yet exist! The collection was made avvalogendo hands with a rag and then with a knife were eliminated thorns. If the artichokes (heads) are very bad for the liver, because they are rich in iron and other harmful substances, the Wooly Thistle are very useful to detoxify and to facilitate its function. The flower heads (small artichokes) are harvested when they are still in bud, they deprive themselves of the plugs and can be eaten like artichokes



# EURO PLANTS



LATIN NAME: *Rosa canina* - Rosaceae

NAME IN YOUR LANGUAGE: Rosa Canina

**USE OF THE PLANT:** The young shoots of *gemmoderivato* has immunomodulatory properties, that regulates the body's immune response, giving the prepared effective action against all forms of allergy. In particular, its intake enhances the immune response in the respiratory tract in patients with allergic tendency and children.

The anti-inflammatory properties is an important therapeutic use in acute inflammation involving alterations of the nasal membranes, eyes and upper respiratory tract resulting in the production of phlegm. For these properties, the dog rose is not only an excellent remedy for the prevention and treatment of allergic rhinitis, conjunctivitis and asthma due to contact with pollen, but is recommended in diseases of childhood such as tonsillitis, the nasopharyngitis, ear infections, coughs and colds of infectious origin

# EURO PLANTS



LATIN NAME: *Rosmarinus officinalis*  
NAME IN YOUR LANGUAGE: rosmarino

## USE OF THE PLANT:

These leaves or the essence of rosemary are part of the composition of numerous antirheumatic products such as alcohol (spiritus rosemary) and the liniment opodeldoc (linimentum saponato-camphoratum) that have highly rubefacient effects on the skin. An infusion of rosemary calms the nerves, especially during menopause and causes a stimulating effect. It 'also a diuretic and calogogo, lowers blood pressure and improves digestion. In large doses rosemary is especially toxic for pregnant women



# EURO PLANTS



**LATIN NAME:** *Salvia officinalis*

**NAME IN YOUR LANGUAGE:** Salvia

**USE OF THE PLANT:** The Salvia is used to combat stomach or intestine, since it reduces the inflammatory processes; is effective against diarrhea, tympanitis, inflammation of the tympanic membrane and excessive perspiration night.



# EURO PLANTS



LATIN NAME: *Sambucus nigra*

NAME IN YOUR LANGUAGE: Sambuco

## USE OF THE PLANT:

Elder flowers are used in herbal medicine for their diaphoretic action.

With flowers you can make a syrup, then diluted with water, getting a refreshing drink, which is widely used in the Tyrol and in the Nordic countries. From flowers yields an extract that is used for the production of sambuca liqueur to which he gave the name, but that, in the current recipe is mainly based sull'anice.

At Palazzo Adriano (PA), fresh flowers are used for the construction of a typical bread, called in dialect "Pani cu Savucu" bread with the Elder.

With the fruit of *S. nigra* and *S. racemosa* you can make a jam, of which not to abuse, for its laxative properties..

# EURO PLANTS



**LATIN NAME:** *Polygonatum multiflorum*

**NAME IN YOUR LANGUAGE:** Salomon's seal

**USE OF THE PLANT:** The rhizome is the only part used in herbal medicine and in past centuries was considered a real panacea, it was used mostly against bruises and hematomas but also against the erisila (acute infectious disease of the skin). It contains saponins which are responsible for the antedemico and antiecchimotoico, then tannins and mucilage that are considered astringent and anti-inflammatory. Today it is no longer used because it is slightly toxic, but in some areas of the country continues to use the poultice for haemorrhoids, in furunculosi, in sunburn and burns, but also to relieve joint pain caused by arthritis, rheumatism and gout. The rizzoma is collected when the plant is at rest, ie, in the autumn, is thoroughly washed, cut into small pieces and it is dried in the sun, is kept in paper bags in a dry place



# EURO PLANTS



LATIN NAME: *Melampyrum arvense*  
NAME IN YOUR LANGUAGE: Field Cow-Weat

## USE OF THE PLANT:

Of this plant so nice, but just as damaging and enemy of the farmer, we use only the seeds, harvested in summer, from August to September. They fight with a stick, sifted, storing it in a place asiutto in a glass vase. Contain glycosides, resins, acids, tannins, mucilage and gum. They are topical emollient, astringent and protective skin especially against sunburn, boils, abscesses and inflammation of hair follicles, etc..



# EURO PLANTS



LATIN NAME: *Taraxacum officinale*

NAME IN YOUR LANGUAGE: Dente di Leone o soffione

## USE OF THE PLANT:

### Dandelion

Beyond the universally known diuretic, dandelion - and in particular its rhizome and root - increase the production of bile and its flow from the liver to the intestine (chologogue and cholaretic properties defined respectively). Its extracts are commonly used as purifying, decongesting and detoxifying the liver. Dandelion are also attributed to anti-inflammatory, hypoglycemic, stimulating pancreatic activity and hypo-colesterolemizzanti (promotes the biliary elimination of excess cholesterol and reduces the absorption due to the richness in soluble fiber and phytosterols).

Like all composite, dandelion root is rich in inulin, a soluble fiber with prebiotic effects, useful for improving bowel function and select an enteric flora symbiont.





**LATIN NAME:** Verbasco o Tasso Barbasso

**NAME IN YOUR LANGUAGE:** Verbasco o Tasso Barbasso or cartigenica del pastore

**USE OF THE PLANT:** Mullein or Barbasso rate. It 'a biennial plant in the first year form the rosette of leaves while the second inflorescence (yellow flowers). The leaves are covered with a layer of whitish.

The Mullein, *Verbascum thapsus* or also known as mullein, is a herbaceous plant with many healing properties that belongs to the family *Scrophulariaceae*. The mullein plant is considered as a bitter herb herbarium, cooling, mucilaginous, decongestant, expectorant, antiseptic, diuretic, analgesic. It is useful in coughs, catarrh, whooping cough, bronchitis, laryngitis, urinary tract infections and diarrhea. The flowers and leaves of mullein are also used for their sedative properties, emollient and soothing. For external use, the leaves are in fact used for decoctions detergents on sores and wounds, for poultices on boils, burns, hemorrhoids and chilblains



# EURO PLANTS



LATIN NAME: *Viscum album*

NAME IN YOUR LANGUAGE: Vischio

## USE OF THE PLANT:

Mistletoe: all the virtues phytotherapeutic

In herbal medicine is used especially young branches and leaves to prepare herbal teas and liquid extracts with activities hypotensive, diuretic and antispasmodic.

Mistletoe is one of the plants most effective against the 'high blood pressure, also used as a regulator of the cardiovascular system: the substances in mistletoe in fact seem to be a stimulus to the parasympathetic system and decrease peripheral resistance vessels causing vasodilation.

For these properties the mistletoe is also used as an adjuvant in the case of atherosclerosis, angina and for improving cerebral circulation. Furthermore the mistletoe is also important in the case of arthritis, because it increases the diuresis and thus promotes the excretion of urea. Applied topically also has anti-inflammatory action relieves rheumatism and acute attacks of sciatica.



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SPAIN

# EURO PLANTS



LATIN NAME: Aloe Vera / Aloe barbadensis

NAME IN YOUR LANGUAGE: Aloe Vera

## USE OF THE PLANT:

For any skin disorder, skin spots, skin cancer, wounds, warts, hives, acne, psoriasis, insect bites, jellyfish, nettles and many more uses.

Cosmetics, hair. Oral hygiene. Afta. Burns Scars Cuts and wounds Hemorrhoids Acne Psoriasis Vaginal Infections Headaches Muscle Pain Arthritis and rheumatism Ulcers Preventive Tonsils, throat, eyes and ears Warts and Corns Diabetes Osteoporosis Hypertension Arteriosclerosis insect bites

# EURO PLANTS



LATIN NAME: *Cichorium intybus* L.

NAME IN YOUR LANGUAGE: Camarrotja, Achicoria

## USE OF THE PLANT:

It is a wild species can be eaten. Its culinary uses are many: raw salad with fennel, boiled with oil, lemon and salt and boiled with other wild plants.

In any case the leaves are harvested during the autumn, winter and part of spring until flowering. Once past the summer, fall mid root is harvested, dried, ground and roasted to make a coffee substitute called chicory.



# EURO PLANTS



LATINE NAME: *Thymus moroderi*

NAME IN YOUR LANGUAGE: Cantueso

## USE OF THE PLANT:

Southeast Iberian endemic plant, is a type of thyme, widely used as medicinal. Is used in infusion, has digestive properties, tranquilizers, diuretic and liver. The consumption of this plant raises blood pressure, so it must be taken with moderation.

# EURO PLANTS



**LATIN NAME:** Stevia

**NAME IN YOUR LANGUAGE:** Estevia

## **USE OF THE PLANT:**

Is a natural sweetener with no calories. It also provides great benefits in the treatment of diseases such as hypertension and obesity.

Regulates glucose levels in the blood which is a great benefit for diabetics.

Reduce food cravings so it's ideal ally for weight loss, Improves gastrointestinal functions, help lower blood pressure, used as a treatment for spots and pimples.

Also can be used as a sweetener in cookies, baked goods, soft drinks and in the preparation of any food.



# EURO PLANTS



LATIN NAME: *Aloysia triphylla*

NAME IN YOUR LANGUAGE: Hierba Luisa

## USE OF THE PLANT:

Is take as infusion for its pleasant taste, by relaxing nerves, digestive and stomach, for colds, for headache and as refreshing.



# EURO PLANTS



LATIN NAME: *Malva sylvestris* L.

NAME IN YOUR LANGUAGE: Malva silvestre

## USE OF THE PLANT:

Plant that is present in almost every territory humanized, in ditches and wetlands. From Mallow uses the flower, fruit and leaf.

- Flower: boiled and taken to go to the bathroom and for stomachaches, also used in infusion for colds and flu.
- The fruit: also called small bread, eaten when is green.
- The leaf: is boiled and the resulting liquid is used to clean the intestinal transit.

# EURO PLANTS



LATIN NAME: *Inula viscosa*

NAME IN YOUR LANGUAGE: Olivarda, pegamoscas

## USE OF THE PLANT:

It hangs upside down for alighting on it flies, then gets into a bag to pass flies this bag and removed from the room. It can be used also as a treatment to lower cholesterol level, this will take two infusions per day for two weeks, once before breakfast and once before sleep

# EURO PLANTS



LATIN NAME: *Hypericum ericoides* L.

NAME IN YOUR LANGUAGE: Pinillo de oro

## USE OF THE PLANT:

Prepare a alcoholaturo: fresh plant, collected from the rocks of the area of the Sierra de Elche, macerated in alcohol in the darkness .. With this alcohol rubs are made contused or bruised areas to relieve pain and prevent bruising. The maceration in some cases is usually 9 days, after which the plant is removed, however other people leave the plant in alcohol until it is spent



# EURO PLANTS



LATIN NAME: *Rosmarinus officinalis*  
NAME IN YOUR LANGUAGE: Romero

## USE OF THE PLANT:

Alcohol rosemary is used to soothe cramps, backache, muscle pains, bumps and bruises. The dried leaves are used in tea to reduce mucus, stomach pain and gain energy. The plant can be use rubbed into the skin to remove itching and cure colds.

# EURO PLANTS



LATIN NAME: *Salvia officinalis*  
NAME IN YOUR LANGUAGE: Salvia

## USE OF THE PLANT:

It makes the blood more fluid, improving circulation and lowering blood pressure.  
Cleans the blood, gallbladder and the body in general.

It can be taken in infusion to reduce menstrual pain, to aid digestion and to cure urinary infections



# EURO PLANTS



LATIN NAME: Viola Tricolor

NAME IN YOUR LANGUAGE: Pensamiento

## USE OF THE PLANT:

Viola derives from Greek ion is violet tricolor is also the name of the Trinity is, related to the Trinity. The thought has been traditionally used as an expectorant, diuretic and anti-inflammatory. But its most popular use is as a flower plant, filling colorful planters and pots winter and spring, very economically.



# EURO PLANTS



NOMBRE CIENTIFICO: *Taraxacum officinale*  
NOMBRE EN ESPAÑOL: Diente de León

## USO DE LA PLANTA:

The leaves have nutrients, Vitamin A, B, C and D, calcium, iron, zinc, boron, sodium, potassium. To make the blood stronger, remedy/helps with diabetes, helps digestive transit...

# EUROPLANTS DICTIONARY

Name of plant in Latin	Family	Hungarian	French	Italian	English	Spanish	German	Czech
Achillea collina	Asteraceae	Cickafark	Milfoil	Millefoglie	Milfoil	Milefolio	Schafgarbe	heřřček
Aesculus hippocastanum	Hippocastaneaceae	Vadgesztenye	Marronnier d'inde	Castagna	Chestnut	Castaño	Kastanie	Kařtan
Agastache foeniculum	Lamiaceae	Anizsidsóp	Fenouil	Anice menta	Anise hyssop	Hisopo de anis	Duftnessel	
Agrimonia eupatoria	Rosaceae	Közönséges párlófű	Aigremoine eupatoire	Agrimonia	Common agrimony	Agrimonia eupatoria	Gemeine Odermennig	Repík lékařský
Ajuga reptans	Lamiaceae	Ostorindás ínfű	Bugle rampante	Bugola	Blue bugle	Consuelda media	Kriechende Günsel	Zběhovce plazivý
Alchemilla xanthochlora		Réti palásfű	Alchémilles		Lady's mantle	Alchemilla	Frauenmantel	Kontryhel
Allium cepa	Alliaceae	Vöröshagyma	L'oignon	Cipolla	Onion	Cebolla	Zwiebel	Cibule
Allium sativum	Alliaceae	Fokhagyma	Ail	Aglio	Gralic	Ajo	Knoblauch	Cesnek
Allium schoenoprasum	Alliaceae	Metélohagyma	Ciboulette	Erba Cipollina	Chive	Cebollino	Schnittlauch	Pazitka
Althea officinalis		Orvosi ziliz	Guimauve officinale	Altea comune	Marsh mallow	Malvavisco	Echte Eibisch	Proskurník lékařský
Anethum graveolens	Apiaceae	Kerti kapor	Aneth	Aneto	Fennel	Eneldo	Dill	Kopr
Anthemis nobilis	Asteraceae	Római kamilla	Camomille	Camomilla romana	Chamomile	Camomila	Kamille	Heřmáněk
Armoracia lapatifolia	Brassicaceae	Közönséges tormai	Ustéri	Comune di rafano	Horseradish	Rábano picante	Meerrettich	Křen
Aronia		Fekete berkenye	Aronia	Aronia	Chokeberries	Aronia	Apfelbeeren	černý jeřáb
Artemisia absintium	Asteraceae	Fehér üröm	Absinthe	Assenzio romano	Absinthe	Absenta	Absinth	Absint
Artemisia annua	Asteraceae	Egynyári üröm	Armoise annuelle	Annuale assenzio	Wormwood	Ajenjo	Wermut	Pelyněk
Artemisia dracunculus	Asteraceae	Tárkony	Estragon	Dragoncello	Estragon	Estragón	Estragon	Estragon
Artemisia vulgaris	Asteraceae	Fekete üröm	Armoise annuelle	Artemisia	Artemisia	Artemisia	Beifuß	Artemisia
Atropa belladonna	Solanaceae	Nadragulya	Belle Dame	Belladonna	Deadly Nightshade	Belladona	Schwarze Tollkirsche	Rulík zlomocný



Ballota nigra	Lamiaceae	Peszterce	Ballote noire	Marrubio selvatico	Black horehound	Marrubio fétido	Schwarznesse	černý jablečník obecný
Beta vulgaris		Cékla	Betteraves	Barbabietola rossa	Beetroot	Remolacha	Rote Bete	červená řepa
Betula pendula	Betulaceae	Közönséges nyír	Bouleau verruqueux	Betulla	Birch	Abedul	Birke	Bříza
Borago officinalis	Boraginaceae	Kerti borágó	Bourrache	Borragine	Borage	Borraja	Borretsch	Brutnák lékařský
Brassica juncea	Boraginaceae	Szareptai mustár	Moutarde brune	Senape		Mostaza	Senf	Hořčice
Brassica nigra	Boraginaceae	Fekete mustár	Moutarde noire	Senape nera	Charlock	Mostaza negra	Senf Schwarzen	Hořčice černá
Calendula officinalis	Asteraceae	Kerti körömvirág	Souci officinal	Giardino calendula	Marigold	Caléndula	Ringelblume	Měsíček
Capsella bursa-pastoris	Boraginaceae	Pásztortáska	Capselle bourse-á pasteur	Borsa del pasture	Shepherd's purse	la Bolsa de pastor	Hirtentäschel	Kokoška pastuší
Capsicum annum		Paprika	Paprika	Pepe	Paprika	Pimentón	Paprika	Paprika
Carthamus tinctorius	Asteraceae	Sáfrányos szeklice	Carthame	Cartamo	Safflower	Cártamo	Färberdistel	Světlice barvířská
Carum carvi var. annua	Apiaceae	Egyéves konyhakömény	Un an de carvi	Un anno di cumino	One year of Cumin	Un ano de Comino	Ein Jahr Kummel	Do jednoho roku Kmin
Carum carvi var. biennis	Apiaceae	Kétéves konyhakömény	Biennale de carvi	Biennale di cumino	Biennial Cumin	Bienal de Comino	Zweijährig Kummel	Dwoulety Kmin
Centaurea cyanus	Asteraceae	Kék búzavirág	Bleuet des champs	Bluette	Cornflower	Aciano	Kornblume	Chrpa
Cerasus avium		Cseresznye	Merisier	Ciliegio	Wild cherry	Cerezo dulce	Vogel-Kirsche	Třešeň ptačí
Cerasus vulgaris		Meggy	Cerisier acide	Visciola	Sour cherry	Guindo	Sauerkirsche	Víšeň obecná
Chelidonium majus	Papaveraceae	Vérehulló fecskefű	Grande Chélidoine	Celidonia	Tetterwort	Celidonia mayor	Schöllkraut	Vlaštovičník větší
Chrysanthemum parthenium	Asteraceae	őszai margitvirág	Pyrèthre doré	Partenio	Feverfew	Matricaria	Mutterkraut	Kopretiny řimbaby
Cichorium intybus	Asteraceae	Mezei katáng	Chicorée sauvage	Cicoria selvatica	Succory	Achicoria	Zichorie	Cikorka
Cnicus benedictus	Asteraceae	Benedekfű	Chardon benit	Cardo santo	Blessed Thistle	Cardo bendito	Mariendistel	Bodlak
Convallaria majalis	Convallariaceae	Gyöngyvirág	Muguet	Mughetto	Lily of the valley	Lirio del valle	Maiglöckchen	Konvalinka vonna

Coriandrum sativum	Apiaceae	Koriander	Coriandre	Coriandolo	Coriander	Coriandro	Koriander	Koriandr
Corylus avellana	Corylaceae	Közönséges mogyoró	Noisetier	Nocciolo	Hazel	Avellano	Hasel	Ořechová
Crataegus monogyna		Egybibés galagonya	Aubépine monogyne	Biancospino	Common hawthorn	Majuelo	Eingriffelige Weißdorn	Hloh
Cucurbita pepo var. styriaca	Cucurbitaceae	Maghénélküli tök	Graines de citrouille	Semi di zucca sgusciati	Pumpkin Seeds	Semillas de calabaza	Kürbiskerne	Dýňová semena
Cydonia oblonga		Birs	Cognassier	Cotogno	Quince	Membrillero	Quitte	Kdouloň obecná
Cynara scolymus	Asteraceae	Articsóka	Artichaut	Carciofo	Artichoke	Alcachofa	Artischocke	Artyčok
Daucus carota	Apiaceae	Sárgarépa	Carottes	Carote	Carrots	Zanahorias	Karotte	Mrkev
Digitalis purpurea	Scrophulariaceae	Piros gyűszűvirág	Digitale pourpre	Digitale purpurea	Purple foxglove	Dedalera	Rote Fingerhut	Náprstník červený
Dracocephalum moldavica	Lamiaceae	Moldvai sárkányfű		Melissa moldavica	Moldavian dragonhead		Türkische Drachenkopf	
Echinacea angustifolia	Asteraceae	Keskenylevelű kasvirág	Échinacée	di Echinacea	Coneflower	Equinácea	Sonnenhut	Třapatky
Echinacea purpurea	Asteraceae	Bíbor kasvirág	Violette	Viola	Violet	Violeta	Veilchen	Fialový
Equisetum arvense	Equisetaceae	Mezel zsurló	Prêle des champs	Equiseto dei campi	Field horsetail	Cola de caballo	Ackerschachtelhalm	Přeslička rolní
Eruca sativa	Boraginaceae	rukkola (borsmustár)	Ruquette	Rucola	Arugula	Rúcula	Rucola	Rukolou
Fagopyrum esculentum	Polygonaceae	Közönséges pohánka	Sarrasin	Grano Saraceno	Buckwheat	Alforfón	Echte Buchweizen	Pohanka Obecná
Fagopyrum tataricum	Polygonaceae	Tatár pohánka	Sarrasin de Tartarie	Grano saraceno tartaria	Buckwheat			Pohanka tatarská
Filipendula ulmaria		Réti legyezőfű	Reine-des-prés	Olmaria	Meadowsweet	Ulmaria	Echte Mädesüß	Tužebník jilmový
Frangula alnus	Rhamnaceae	Közönséges kutyabenge	Bourdaïne	Comune fragola	Alder buckthorn	Arraclán	Faulbaum	Krušina olšová
Fraxinus excelsior		Magas kőris	Frêne élevé	Frassino maggiore	Ash	Fresno norteño	Gemeine Esche	Janas ztepilý
Fumaria officinalis	Fumariaceae	Orvosi füstike	Fumeterre	Fumaria	Fumitory	Fumaria	Erdrauch	Fumaria
Galega officinalis	Fabaceae	Orvosi kecskeruta	Vivace vigoureuse		Goat's rue	Galega	Geißraute	

Galium odoratum	Rubiaceae	Szagos müge	Aspérule odorante	Asperula	Woodruff	Galium odoratum	Waldmeister	Svível vonný
Genista tinctoria	Fabaceae	Festő rekettye	Genêt des teinturiers	Ginestra minore	Dyer's broom	Genista tinctoria	Färber-Ginster	
Geum urbanum		gyömbérgyökér	Benoîte commune	Radice di zenzero	Wood avens	Cariofilada	Echte Nelkenwurz	Kuklik městský
Glycyrrhiza glabra	Fabaceae	Igazi édesgyökér	Réglisse	Liquirizia	Licorice	Regaliz	Lakritze	Lékořice lysá
Gypsophila paniculata	Caryophyllaceae	Buglyos fátylvirág	Gypsophile	Gypsophila	Baby's breath	Nube	Rispige Gipskraut	Latnatý
Hedera helix	Araliaceae	Borostyán	Lierre	Ambra	Ivy	Hiedra	Efeu	Břečťan
Helianthus annuus	Asteraceae	Napraforgó	Tournesol	Girasole	Sunflower	Girasol	Sonnenblume	Slunečnice
Helianthus tuberosus	Asteraceae	Csicsóka	Topinambour	Patata americana	Sweet potato	Batata	Süßkartoffel	Sladký brambor
Hippophaë rhamnoides	Eleagnaceae	Homoktővis	Argousier	Olivello Spinoso	Seabuckthorn	Espino amarillo	Sanddorn	Rakytíkový
Humulus lupulus	Cannabaceae	Kömló	Houblon	Luppolo	Hop	Lúpulo	Hopfen	Chmel
Hypericum perforatum	Hypericaceae	Közönséges orbáncfű	Millepertuis perforé	Erba di san giovanni	St John's wort	Hipérico	Echte Johanniskraut	Třezalka tečkovaná
Hyssopus officinalis	Lamiaceae	Izsóp	L'Hysope	Issopo	Hyssop	Hisopo	Ysop	Yzop lékařský
Iris germanica	Iridaceae	Kék nőszírom	L'iris	Giaggiolo	Iris	Iris	Schwertlilien	Kosatec
Juglans regia	Juglandaceae	Közönséges dió	Noyer	Noce bianco	English walnut	Nogal común	Echte Walnuss	Ořešák královský
Juniperus communis	Cupressaceae	Közönséges boróka	Genievre	Ginepro nero	Juniper black	Juniper negro	Juniper schwarz	Juniper černá
Lamium album	Lamiaceae	Fehér árvacsalán	Lamier blanc	Falsa ortica bianca	White nettle	Ortiga blanca	Weißes Taubnessel	Hluchavka bílá
Laurus nobilis		Babér	Laurier	Laurus	Laurus	Laurus	Lorbeeren	Vavřín
Lavandula angustifolia	Lamiaceae	Valódi levendula	Lavande vraie	Lavanda vera	True lavender	Lavanda fina	Echte Lavendel	Levandule lékařská
Leonurus cardiaca	Lamiaceae	Szúrós gyöngyajak	Agripaume	Cardiaca	Motherwort	Leonurus cardiaca	Echte Herzgespann	Srdečník obecný
Levisticum officinale	Apiaceae	Lestyán	Lovage	Levistico	Lovage	Levístico	Liebstockel	Libeček



Linum perenne		évelő len	Lin vivace	Perenne lino	Blue flax	Lino de azul	Ausdauernde Lein	Modrý len
Linum usitatissimum	Linaceae	Len	Lin	Lino	Common flax	Linaza	Gemeiner Lein	Len setý
Lupinus albus		csillagfűrt	Lupin blanc	Lupino bianco	White lupin	Altramuz blanco	Weiße Lupine	Lupina bílá
Majorana hortensis	Lamiaceae	Kerti majoranna	Marjolaine	Maggiorana	Marjoram	Mayorana	Majoran	Majoránka zahradní
Malus domestica		Alma	Pommier domestique	Melo	Apple	Manzano	Kulturapfel	Jabłoń domáci
Malva sylvestris	Malvaceae	Erdei mályva	Mauve des bois	Foresta malva	High mallow	Malva común	Wilde Malve	Sléz lesní
Malvaceae Alcea rosea var. nigra		Fekete mályvárózsa	Rose trémière	Malvarosa nera	Common hollyhock	Malva real	Stockrose	Topolovka
Marrubium peregrium	Lamiaceae	Fehér pemetfű	Marrube blanche	Marrubio bianco	White horehound	El marrubio blanco	Ungarische Andorn	Bílý jablečník obecný
Melilotus officinalis	Fabaceae	Orvosi somkoró	Mélilot jaune	Cumarigenina	Yellow sweet clover	Trébol de olor amarillo	Gewöhnlicher Steinklee	Komonice lékařská
Melissa officinalis	Lamiaceae	Citromfű	Mélisse officinale	Melissa	Lemon balm	Citronela	Zitronenmelisse	Meduňka lékařská
Mentha piperita	Lamiaceae	Borsosmenta	Menthe poivrée	Mentha piperita	Peppermint	Mentha piperita	Pfefferminze	Máta peprná
Mentha spicata var. crispata	Lamiaceae	Fodormenta	Menthe en épi	Mentha verde	Spearmint	Hierbabuena	Grüne Minze	Máta klasnatá
Nepeta cataria	Lamiaceae	Illatos macskamenta	Cataire	Gattaia	Catnip	Gatera	Echte Katzenminze	Santa kočičí
Ocimum basilicum	Lamiaceae	Kerti bazsalikom	Basilic	Basilico	Basil	Albahaca	Basilikum	Bazalka pravá
Oenothera erythrosepala	Onagraceae	Vöröslő ligetszépe	Oenothera glazioviana	Enagra di Lamarck	Large-flowered evening primrose		Rotkelchige Nachtkerze	
Ononis spinosa	Fabaceae	Tóvises iglice	Bugrane épineuse	Arrestabue	Spiny restharrow	Asnillo	Dornige Hauhechel	Jehlice trnitá
Origanum vulgare	Lamiaceae	Szuropfű	Origan	Origano	Oregano	Orégano	Oregano	Dobromysl obecná
Paeonia officinalis		Bazsarózsa	Pivoine officinale	Peonia	European peony	Peonia	Gemeine Pfingstrose	Pivoňka lékařská
Papaver rhoeas		Pipacs	Coquelicot	Papavero	Corn poppy	Amapola silvestre	Klatschmohn	Mák vlčí
Petroselinum crispum	Apiaceae	Petrezselyem	Persil	Prezzemolo	Parsley	Perejil	Petersilie	Petržel

Phaseolus vulgaris	Fabaceae	Bab	Haricot	Fagiolo	String bean	Haba	Gartenbohne	Fazol obecný
Pimpinella anisum	Apiaceae	Anizs	Anis	Anice	Anise	Anís	Anis	Anýz
Pinus sylvestris	Pinaceae	Erdei fenyő	Pin sylvestre	Pino	Scots pine	Pino serrano	Waldkiefer	Borovice lesní
Plantago lanceolata	Plantaginaceae	Lándzsás útifű	Plantain lancéolé	Piantaggine	Ribwort plantain	Llantén menor	Spitzwegerich	Jitrocel kopinatý
Populus nigra	Salicaceae	Fekete nyár	Peuplier noir	Pioppo nero	Black poplar	álamo negro	Schwarz-Pappel	Topol černý
Populus nigra	Salicaceae	Fekete nyár	Peuplier noir	Pioppo nero	Black poplar	álamo negro	Schwarz-Pappel	Topol černý
Potentilla anserina		Libapimpó	Potentille	Cinquefoglia	Cinquefoils	Potentilla	Fingerkräuter	Mochna
Prunus domestica		Szilva	Prunier	Prugna	Plum	Ciruelo	Pflaume	Slivoň švestka
Prunus laurocerasus		borostyánmeggy	Laurier-cerise	Lauroceraso	Cherry laurel	Laurel cerezo	Lorbeerkirsche	
Prunus spinosa		Kökény	Prunellier	Prugnolo selvatico	Blackthorn	Endrino	Schlehdorn	Trnka obecná
Quercus petraea	Fagaceae	Kocsánytalan tölgy	Chene rouvre	Rovere	Cornish oak	Roble albar	Traubeneiche	Dub zimní
Quercus robu	Fagaceae	Kocsányos tölgy	Chêne pédonculé	Albero	Pedunculate oak	Roble carvalho	Stieleiche	Křemelák
Raphanus sativus	Boraginaceae	hónapos retek	Radis serpent	Ravanello	Radish	Rábano	Rettich	ředkev
Raphanus sativus L. var. niger	Boraginaceae	fekete retek	Radis noir	Ravanello nero	Dark radish	Rabano negro	Rettich Schwarzen	ředkev černá
Rheum officinale		Rebarbara	Rhubarbe	Rabarbaro	Rhubarb	Ruibarbo	Rhabarber	Reveň
Ribes nigrum	Grossulariaceae	Fekete ribiszke	Cassissier	Ribes nero	Blackcurrant	Grosellero negro	Schwarze Johannisbeere	Černý rybíz
Ricinus communis	Euphorbiaceae	Ricinus	Ricin cummun	Ricino	Castor oil plant	Ricino	Wunderbaum	Skočec obecný
Robinia pseudo-acacia	Fabaceae	Akác	Robinier faux acacias	Acacia	Black locust	Robinia	Gewöhnliche Robinie	Trnovník akát
Rosa canina		Vadrózsa	Rosier des Chiens	Rosa canina	Dog rose	Rosal silvestre	Hunds-Rose	Růže šípková
Rosmarinus officinalis	Lamiaceae	Rozmaring	Romarin	Rosmarino	Rosemary	Romero	Rosmarin	Rozmarýn lékařský

Rubia tinctorum		Festő buzér	Garance des teinturiers		Dyer's madder	Rubia roja	Färberkrapp	
Rubus idaeus		Málna	Framboisier	Lampone	Raspberry	Frambuesa	Himbeere	Ostružiník maliník
Rumex acetosa		Mezei sóska	Petite oseille	Campo acetosa	Red sorrel	Acederilla	Kleine Sauerampfer	šťovík
Rumex crispus		Fodros sóska	Oseille crépue	Arriciata acetosa	Curly dock	Rumex crispus	Krauser Ampfer	šťovík
Ruta graveolens	Rutaceae	Kerti ruta	Rue des jardins	Ruta comune	Rue	Ruda	Weinraute	Routa vonná
Salix alba	Salicaceae	Fehér fűz	Saule blanc	Salice bianco	White willow	Sauce blanco	Silber-Weide	Vrba bílá
Salvia officinalis	Lamiaceae	Orvosi zsálya	Sauge	Salvia	Salvia	Salvia	Salbei	Šalvěj
Salvia pratensis	Lamiaceae	Mezei zýalya	Sauge des prés	Salvia Prato	Meadow sage	Salvia pratensis	Wiesensalbei	Šalvěj luční
Salvia sclarea	Lamiaceae	Muskotályzsály	Sauge sclarée	Erba moscatella	Clary sage	Salvia sclarea	Muskatellersalbei	
Sambucus nigra	Caprifoliaceae	Fekete bodza	Surreau noir	Sambuco nero	Black elderberry	Saúco negro	Schwarzer Holunder	Black černý bez
Satureia montana	Lamiaceae	Hegyi peresztlény (évelő borsfű)		Santoreggia montana	Winter savory	Ajedrea	Winter-Bohnenkraut	Cubrica
Satureja hortensis	Lamiaceae	Borsfű		Santoreggia annua	Summer savory	Ajedrea de jardín	Sommer-Bohnenkraut	Saturejka zahradní
Sedum acre		borsos varjúháj	Orpin âcre	Borracina acre	goldmoss stonecrop	Pampajarito	Scharfe Mauerpfeffer	Rozchodník ostrý
Sempervivum tectorum	Crassulaceae	Kővirőzsa	Joubarbe des toits	Sempervivum	Houseleeks	Sempervivum	Hauswurz	Netřesk
Sinapis alba	Boraginaceae	Fehér mustár	Mouarde blanche	Senape bianca	White Charlok	Mostaza bianca	Weißer Senf	Hořčice bílá
Solanum tuberosum		Burgonya	Patate	Patata	Potato	Patata	Kartoffel	Lilek brambor
Solidago virgaurea	Asteraceae	Közönséges aranyvessző	Herbe des juifs	Verga d'oro comune	Common goldenrod	Vara de oro Común	Gemeinsame Goldrute	Společný zlatobýl
Sophora japonica	Fabaceae	Japánakác	Pagode japonaise	Sophora japonica	Pagoda Tree	Sófora	Japanische Schnurbaum	Jerlín japonský
Sorbus		Madárberkenye	Sorbier	Sorbo	Whitebeam	Sorbus	Mehlbeeren	Jeřáb
Symphytum officinale	Boraginaceae	Fekete nadálytő	Consoude	Consolida	Comfrey	Consuelda	Beinwell	Kostival



Tanacetum vulgare	Asteraceae	Gilisztalúzó varádics	Tanaisie commune	Tanaceto comune	Common tansy	Tanaceto común	Gemeinsame Rainfarn	Společný vratič
Taraxacum officinale	Asteraceae	Pongyola pitypang	Pissenlit	Dente di leone	Dandelion	Diente de león	Löwenzahn	Pampeliška
Thymus serpyllum	Lamiaceae	Mezei kakukkfű	Serpolet	Serpillo	Breckland thyme	Serpol	Sand-Thymian	Matefídouška obecná
Thymus vulgaris	Lamiaceae	Kerti kakukkfű	Thym cultivé	Timo comune	Garden thyme	Tomillo	Echter Thymian	Tymián obecný
Tilia cordata	Tiliaceae	Kislevelű hárs	Tilleul à petites feuilles	Tiglio selvatico	Small-leaved Lime	Tilo norteoño	Winterlinde	Lípa malolistá
Trapeolum maius		Sarkantyúka	Grande Capucine	Nasturzio	Garden nasturtium	Capuchina	Große Kapuzinerkresse	Lichořeřišnice větší
Trigonella foenum graecum	Fabaceae	Görögszéna	Trigonelle fenugrec	Fieno greco	Fenugreek	Fenogreco	Bockshornklee	Pískavice řecké seno
Urtica dioica	Urticaceae	Nagy csalán	Grande ortie	Ortica	Stinging nettle	Ortiga mayor	Große Brennnessel	Kopřiva dvoudomá
Valeriana officinalis	Valerianaceae	Macskagyökér	Valériane	Valeriana	Valerians	Valeriana	Baldriane	Kozlík
Valerianella olitoria		galambbegy saláta	Mâche	Alerianella olitoria	Corn salad	Canónigo	Gewöhnliche Feldsalat	Kozlíček polní
Verbascum phlomoides		Szöszös ökörfarkkóró	Molène	Verbascum	Mullein	Verbascum	Königskerzen	Divizna
Verbena officinalis	Lamiaceae	Közönséges vassű	Verbena	Verbena	Verbena	Verbena	Verbenen	Verbena
Zea mays	Poaceae	Kukorica	Maïs	Mais	Corn	Maíz	Kukuruz	Kukuřice setá

# RECEPIES IN PARTNER COUNTRIES

# EURO PLANTS



## NAME OF THE RECEIPE

### **Hydrolates from the Austrian plant "Masterwort"**

**MATERIALS NEEDED:** *Peucedanum ostruthium*, syn. *Imperatoria ostruthium*:

Masterwort, which is also called the queen of mountain plants qualifies as magic bullet in the alps. It's used as a first-aid-measure in case of imminent poisoning. Stomachic, good for liver and bile. In time of plague and other epidemics people protected themselves with masterwort. Tincture and hard liquor made from masterwort relieves complaints of old age. Wine made from masterwort (Hildegard von Bingen) has antipyretic effects. Infusion of the roots can help during hayfever- and infection seasons.

## HOW TO DO IT

Hydrolates have been created in course of the distillation of essential oils, probably since ancient times. A hydrolate contains water-soluble components of the plants which are transported by the steam of the distillation process, condensed in the dome of the distillery, cooled and bottled. The essential oil remains in the Hydrolate.

Various parts of the plant can be distilled - flowers, herbs, leaves, needles,...  
Particullary good hydrolates are enriched with several distillations.



# EURO PLANTS



## NAME OF THE RECEIPE

### **Making pickles**

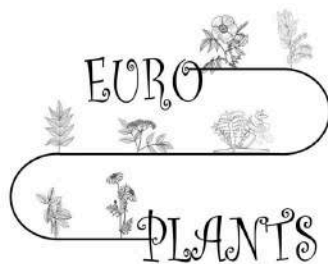
#### MATERIALS NEEDED:

- locally grown seasonal vegetables (carrots, zucchinis, boiled beetroot,...)
- vinegar, salt, sugar, spices (pepper, mustardseed,...)
- saucepan (the vegetables should be covered)
- clean jars

#### HOW TO DO IT

- Take locally grown seasonal vegetables (carrots, zucchinis, boiled beetroot,...).
- Put water and vinegar (4:1), salt, sugar, spices (pepper, mustardseed,...) according to taste and the chopped vegetables into a saucepan (vegetables should be covered),
- bring them to a boil and cook until the vegetables are not hard, but still firm („al dente“).
- Fill hot into clean jars and close immediatley.
- Revers the jars to cool down.

If you pickle fruits exclude the vinegar and take more sugar!



NAME OF THE RECEIPE

## „Simple Cream“

### MATERIALS NEEDED:

You will need only a few ingredients!!

**Aqua phase:** 100 gr distilled water or any hydrolate (rosewater, neroliwater...)

**Oil phase:** 35 gr Sweet almond oil (or apricot cernel oil) 10 gr Shea butter (unrefined is the best choice) 10 gr Lamecream (natural emulsifier, you can also use other emulsifiers)

**Active ingredient phase:** 10 drops extract (in our case from lime blossom, soothing effect on skin) 10 - 15 drops ParabenK (preservative for durability up to 3 month) \*

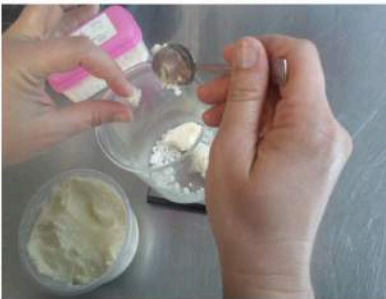
All ingredients need to be weight exactly.

Put the waterphase in one heat  
resistant glass jar. ...

100 gr destilled water or any  
hydrolate (rosewater, neroliwater...)

...and the oil phase in a second one.

10 gr Lamecream (natural emulsifier,  
you can also use other emulsifiers)



Fill all the different kind  
of oil and fat together in the jar.  
35 gr Sweet almond  
oil (or apricot cernel oil)

10 gr Shea butter  
(unrefined is the best choice)



Put the two jars in a water bath.

The water is supposed to simmer slowly, don't let it get too hot.

Wait until the oil phase is melted completely. The water phase should meanwhile have nearly the same temperature as the oil phase. (the best temperature is about 70°)

Add the water phase slowly to the oil phase while stirring with a glass stirrer.



And now you're the human blender.

Don't stop stirring!

Stir as long as the formula gets  
white and creamy.

When the cream is handwarm, please add  
the active ingredients and the preservative.

Stir as long as the cream gets „cold“.

And now - you´re ready !

Fill your lovely cream in a jar and enjoy!!

Don't forget to label it with name and date.

If you don't want to preserve chemically, you can leave it, the cream is then durable for 1-2 weeks by storing it in the fridge. You can also preserve by adding a little bit of alcohol like vodka)

This is a very simple cream for allround usage. There are lots of recipes available in the internet or in books for all kind of skin types. Feel free to experiment and be inspired by your senses. If you like an ingredient, it will be good for your skin too. It's up to you to test the best combination of oils, waxes and active ingredients. You can also use some special oils as active ingredient (such as calendula oil, argan oil, evening primrose oil....).

Essential oils are a good way to scent your cosmetics. And they can also have an influence to your skin. But be careful, some people can react with skin irritations to essential oils (for example chamomille).



# EURO PLANTS



## NAME OF THE RECEIPE

risotto with nettles

## MATERIALS NEEDED:

for 4 people  
200 g rice  
200 grams of fresh nettle leaves (collected in spring)  
1/2 onion  
1 bcchiere of white wine  
olive oil  
broth (chicken or vegetable)

## HOW TO DO IT

put in a pot a bit 'of olive oil and toast the rice over high heat for a few minutes, add the wine (still on high heat) when it has dried add the broth, the nettle-made pieces, salt and saffron, bring to boil and when it boils, lower the heat and let thicken any liquid.  
Just before the fire spegnre add the Parmesan.  
Finally Bon appetit

# EURO PLANTS



## NAME OF THE RECIPE

Batata fryou

## MATERIALS NEEDED

olive oil, calament nepeta 20 leaves, garlic 1kg of potatoes, 1 coffee spoon of paprika , one pinch of chili salt and pepper.

## HOW TO DO IT

Take a big pot put 4 spoon of olive oil and 4 cloves of garlic crushed then put it one kilo of potatoes peel and cut in slice, 1 spoon of paprika 10 leaves of calament nepeta cuted, and one pinch of chili, add salt and pepper .

Let it cook as soon as potatoes are more tender;

Then put water and cook 30 minuts with cover.

Just at the end put more ten leaves of nepeta.

# EURO PLANTS



NAME OF THE RECEIPE  
Natural plants soap

## MATERIALS NEEDED:

- 900ml water
- 295g caustic soda (make sure you buy pure sodium hydroxide and not something caustic soda based, that might include other ingredients)
- 615g coconut oil (or vegetable fat)
- 800ml sunflower oil
- 800ml olive oil
- Plants



## HOW TO DO IT

### Step One: Mix The Caustic Soda In The Water

Pour 900ml of water into the bucket. Making sure to wear your apron, rubber gloves and goggles, carefully whisk the 295g of caustic soda into the water and watch as the chemical reactions cause it to heat up. (Make sure you add the soda to the water, NOT the other way round.) Once this reaction is happening, it's time to add the oils.



### Step Two: Prepare The Oils

Jenny buys coconut oil in massive slabs, but you can buy it in specialist shops and online. An easy alternative is vegetable fat that you can get in the supermarket.

Put the 615g of coconut oil into a large pan on a low heat and it will melt very quickly. To this, add 800mls of sunflower oil and the same again of a good quality olive oil. (I'd normally have olive oil on a salad, but it's been used as a moisturiser on skin for thousands of years. And if it's good enough for the ancients, then it's good enough for me.)



### Step Three: Mix Everything Together

When all the oil has melted together, pour it into the bucket with the caustic soda and water.

You'll need to stir it now, for around 40 minutes. You're looking for a change of colour and texture in your mixture.

40 minutes? That'll give you a bit of time to make the big decision on what flavour of soaps you want to make!



#### Step Four: Choose Your Flavours

Once the mixture has started to change colour and texture, it's time to add the lovely bits.

The delicious scents come from the essential oils - and there are so many flavours to choose from. From fresh fruity scents such as orange or grapefruit to the more Christmassy scents of frankincense or myrrh. I made three flavours: a zingy lime and parsley, a fresh lemongrass, oats, and honey, and a festive cinnamon and orange. So first, I divided my base soap mixture into three mixing bowls.

To the first bowl, I added a handful of parsley, then measured 20g of lime essence into the mix.

To the second, a handful of porridge oats, a glug of honey and some lemongrass essence.

To the third, I added cinnamon and orange essence, as well as some fresh orange zest.



#### Step Five: Transfer To The Moulds

Now you just need to transfer your mixtures to the moulds to set. I'm using simple plastic tubs that you'll probably have in your kitchen cupboard - but you can essentially use any manner of plastic containers you like.

Once mine were in the moulds, I added some thin slices of (real) orange to my cinnamon and orange soap, which will look lovely and decorative when it sets.

Then my tubs of loveliness were wrapped in a blanket for 24 hours to slowly cool down and set.



#### Step Six: Dry Out The Soaps

Once the soaps have cooled down and set, take them out the moulds and leave them to dry in a cupboard for six weeks so the caustic soda dissolves and the soap won't have any harmful effects on your skin.



### **Step Seven: Add The Final Decorations**

Finally, when the six weeks are up, you can divide the soaps up and decorate them. The blocks can be cut into smaller slices and wrapped with ribbons and bows. I also used a couple of different shaped pastry cutters, which you can buy in any cook shop, to make pretty, shaped soaps which I finished off with dried rosebuds.

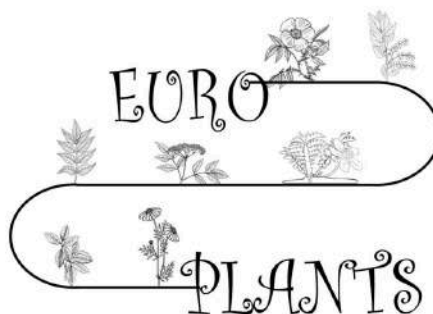


### **Step Eight: Give Your Soaps As Presents**

Everyone loves to get smellies, so if you're looking to steer clear of big brands in favour of homespun gifts worth giving, these soaps are perfect.



LOCAL  
REGIONAL  
AND NATIONAL  
EUROPLANTS  
NETWORK  
IN  
PARTNER  
COUNTRIES



## **LOCAL, REGIONAL AND NATIONAL NETWORK SPAIN**

Please add details of your network of relevant organisations or training providers at a local, regional and national level,  
Thank you!

Partner (Name)	Data (email, phone, address)	Info + Activities	local/ regional/ national/
Centro Social El Altet	C/ Valencia, 22 bajo 03195  <i>El Altet</i> (Elche)  <i>Teléfono: 96 665 82 66</i>	Activities for the community Trainings, workshops Events during the year Music school, gymnastix, yoga, dances.	Local
Margallo Ecologistas	Pàgines web   <a href="http://www.margallo.org">www.margallo.org</a>   <a href="http://www.ecologistesenaccio.org/elx">www.ecologistesenaccio.org/elx</a>  E-mail   <a href="mailto:elx@ecologistesenaccio.org">elx@ecologistesenaccio.org</a>  Facebook   Pàgina del Facebook de Margalló Ecologistes en Acció d'Elx  Direcció   C/ Solars, 40 – 03203 Elx	Margalló is the environmental group Elche. It belongs to the confederation 'Ecologists in Action', in which there are more than 300 environmental groups. Forms part of a social ecology, who understand that environmental problems are rooted in a model of production and consumption increasingly globalized, which also derive other social problems, and to be transformed if it is to avoid the ecological crisis.  This makes awareness campaigns, public complaints or legal actions against those that harm the environment, while produces concrete and feasible in each of the areas in which it operates alternatives.	Local/Regional

Huerto de la Cuerna	Asociación de Vecinos "Barrio Obrero " de Altabix C/ Bernabé del Campo Latorre, nº 26 ELCHE rayuela68@gmail.com ; marilo.anton@gmail.com	It is a space to share from children to retirees with common ecological and social purposes as awareness of the environment and preservation thereof, to promote values such as sharing and the virtue of patience, good food and connection with the land.  The Garden of Huerto de la Cuerna have about 1300 square meters with 23 plots and the possible extension to three more plots and a new garden in the Raval neighborhood. The extensions are awaiting some funds in Participatory Budgeting, reports Eugenia Tena, Bachelor of Environmental Science and coordinator of the plots in the Garden of the University Miguel Hernández (UMH).	Local/Regional
Marilo Anton Bolaños	marilo.anton@gmail.com	Course "Edible Balcony" the course "Introduction to organic farming" Delivery of educational talks and workshops on biodiversity educational lectures and workshop on recycling Monitor environment	Local
Instituto No 15	Av. de Sant Andreu, 20 Elche Alicante 03294 España <a href="mailto:03015075@edu.gva.es">03015075@edu.gva.es</a>	High school from 14 till 17 years old, around 500 people) from all the rural areas, contact person (Santiago Sempere), teacher of the urban garden in the high school	Local



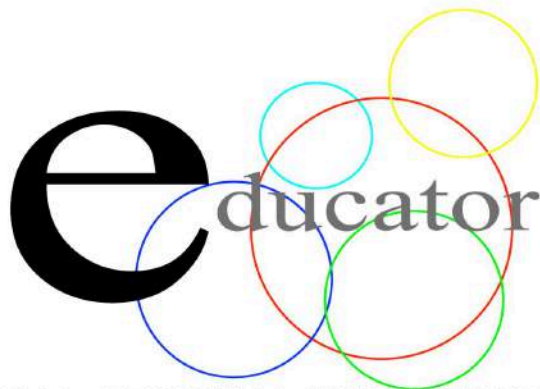
<p>Viveros Ilicitanos – Viveili</p>	<p>Partida de Algorós, P. 1 - N° 15 - 03293 ELCHE (Alicante) - Teléfono: 966 630 427 - Fax: 966 631 051</p>	<p>Nurseries Ilicitanos is a company dedicated 80 production, recovery and marketing of ornamental plants , trees , palm trees , Mediterranean plants and others; Currently this activity represents the main business line of our company but in the course of our history, go after acquiring the necessary knowledge, have been diversifying our business into new business opportunities such as</p> <p>Export and import of plant at European and international level .</p> <p>Technical advice, management and implementation of projects for major works councils gardening and irrigation , landscaping and cabinetry construction and landscaping companies .</p> <p>Maintenance of green areas and / or landscaped public and private entities.</p> <p>Development of land for major works , performing own work deforestation , reforestation , transplantation, preparation of slopes with hydroseeding or placement of organic blankets .</p>	<p>Local</p>
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## **LOCAL, REGIONAL AND NATIONAL NETWORK UK**

Please add details of your network of relevant organisations or training providers at a local, regional and national level, together with any vocational training opportunities identified (accredited and non-accredited),  
Thank you!

Name	Type of Organisation	Local, Regional, National, e-learning	Summary of what is offered	Contact Details
King Fishers	Pre- school	local	'Nature School' with children. The activities will be nettle related - making nettle pesto possibly. Also Helen M will help with planting the Camomile Lawn/bench.	01752 822392
Eden Project	Education	local	<p>*running transformational social and environmental projects on our doorstep and around the world</p> <p>*creating unforgettable learning experiences for students</p> <p>*doing valuable research into plants</p>	01726 811911



## **LOCAL, REGIONAL AND NATIONAL NETWORK CZECH REPUBLIC**

Please add details of your network of relevant organisations or training providers at a local, regional and national level,  
Thank you!

Partner (Name)	Data (email, phone, address)	Info + Activities	local/ regional/ national/
<b>Garden centrum Černá louka</b>	<a href="mailto:Garden.centrum@seznam.cz">Garden.centrum@seznam.cz</a>	<p>Implementation of the gardens from A to Z</p> <p>Visualize your future garden in high quality 3D display</p> <p>Ornamental ponds, including cleaning zones, streams and waterfalls turf</p> <p>Flower beds, gravel garden, supply stones</p> <p>Irrigation systems (Claber, Rainbird) Removal of seeding trees</p> <p>Landscaping of public areas</p> <p>Maintenance of greenery</p> <p>Regular comprehensive garden maintenance</p> <p>transport</p> <p>Traditional workshops with plants</p>	Local
<b>The Citizen Association Perseus</b>	<p>Chelčického 531/3 702 00 Moravská Ostrava</p> <p>Tel.: +420 777 890 275 Email: <a href="mailto:produkce@ekofestival.cz">produkce@ekofestival.cz</a></p>	<p>Ecological Trade we will teach the visitors how to make an ecological bag out of the recycled waste - or a musical instrument out of plants – and also some decorative buckles and accessories. These workshop should address not only nursery and elementary school children, but also the whole families. And as it will be almost Christmas time, we will also try to produce some Christmas ornaments,” says the director.</p>	Local



Domov Pro Seniory Sluníčko	<a href="mailto:oravova@domovslunicko.cz">oravova@domovslunicko.cz</a>  <b>Mgr. Veronika Samcová</b> +420 725 482 800  Syllabova 2886/19 703 00 Ostrava- Vítkovice	<p>The Organization corresponds to the nature of services and the needs of users for which they are intended. The entire complex consists of two buildings connected two-storey neck . In it there is a reception area with seating, a café with a shop which users are available 7 days a week , multi-purpose hall that can be turned into a wide range of diverse activation activities.</p> <p>Users can combine studios , conservatories, library , gym , meeting rooms and corners in individual sections .</p> <p>The object of Home Sun is located in landscaped gardens, with which users can use for active recreation , local transportation easily accessible from all parts of the city of Ostrava.</p> <p>During the year we organize different garden and traditions workshop with the users.</p> <p>Also we realize with them sport, music, leisure time.</p>	Local
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Dětský klub Radoníček	<p>Kontakt: radonicek@gmail.com</p> <p>Další kontakty najdete v záložce Náš team. <a href="http://www.webnode.cz">http://www.webnode.cz</a></p>	<p>Kids club Radoníček was due to the needs of mothers and their children to meet together and find an alternative form for kindergarten , which is missing in our community . Our goal is to make us feel good at all ages outdoor enthusiasts, and social activities. For children we offer a rich program in the city and in the countryside by the river Odra. Chemo children to recognize nature and learn everything you need to enter elementary school. Part of our program is also aimed at teaching English vocabulary and ability to communicate . For parents, the club is a meeting place and help with the care of their children ( eg, when they need to watch and there is a grandmother or other close person ) . This list does not end our activities . We prepare foreign language teaching , tutoring for school children , Christmas fair , the singing of carols, workshops, leisure activities, enviromental walks, nature activities (childrens + parents)</p>	Local
Herbarium	<p>Hlavní třída 841/60 70800 Ostrava, Poruba</p> <ul style="list-style-type: none"> <li>• • +420 732 324 540Mobil</li> <li>• • <a href="mailto:herbarium@email.cz">herbarium@email.c z</a></li> </ul>	<p>Sales of bulk herbs in weight. Production of herbal mixtures according to traditional recipes. Offer spices and mixtures of spices without salt.</p>	Local

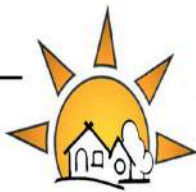
<p>U BYLINÁŘE</p>	<p>Bozděchova 1848/4 Ostrava, 702 00</p> <p>Otevírací doba: pondělí - pátek 8 - 17 hodin</p> <p>tel. 602 14 77 20</p>	<p>History drugstore U herbalist goes back to 1946 , when it was opened shop with herbs in Sýkorova bridge. In 1950 the shop was refocused on drugstore without a focus on herbs and became part of the chemist's shop network ( nationalized ) . Despite these efforts did not merge with the crowd and the shop is still among the people called Herbs for Sýkorova bridge. Smiling blonde mistress Marie Valíčková , which began work in a drugstore since 1959 , leading drugstore in the spirit of herbs. Along with her husband, Mr. Ladislav Valíček here handing out advice and smiles until 1985.</p> <p>Ostrava After 1989, the desire for the restoration of spouses Valíčkových drugstore huge and pensioners have decided to open a drugstore U herbalists . We managed to February 17, 1992 , this time in the street Bozdechova No.4 ( u Vitkovice House of Culture ) . The shop immediately won the sympathy of customers who appreciate the diversity of herbs and teas, but also a willingness to help and advise . In their footsteps today are walking their daughter , Mrs. Ivana Valíčková , who gives advice and smiles to everyone who shops herbalists U -profile .</p>	<p>Regional</p>
<p>Amaluska</p>	<p>Kpt. Jaroše 693 74245 Fulnek</p> <p>Kontakt+420 774 603 161Mobil <a href="mailto:info@amaluska.cz">info@amaluska.cz</a>Email</p>	<p>We organize creative formation, scrapbooking or folding tea bags related to different topics as environment, plants and herbals, etc. We are producing greeting cards, wedding announcements, company PF. Sell aids and tools, paper, cardboard, construction paper, flowers, ornaments and decorations. You can find us adhesives, photo albums, books, jewelry and stationery.</p>	<p>Regional</p>



Local network for the project Europlants in local level AUSTRIA

Partner (Name)	Data (email, phone, address)	Info + Activities	local/ regional/ national/
<b>Elisabeth Senn</b>	elisabeth.senn.architektur arch.in.di.in a-6020 innsbruck templstrasse 2 f+f +43 (0)512 585404 mob +43 (0)699 17585404 <a href="mailto:office.senn@aon.at">office.senn@aon.at</a> <a href="http://www.sennarchitektur.at">www.sennarchitektur.at</a>	Permaculture garden Innsbruck, producing hydrolates, architect, hiking- guide, herbage-educationalist	local / regional
<b>Network Community gardening</b>	<a href="mailto:gemeinschaftsgaerten.tirol@gmail.com">gemeinschaftsgaerten.tirol@gmail.com</a> Tel. +43 (0)664 88467006 <a href="http://www.gartenpolylog.org">www.gartenpolylog.org</a>	network community gardening – establish places and courses to meet people from community gardens and exchange experiences	regional / national
<b>TEH Verein</b>	TEH® Verein – Traditionelle Europäische Heilkunde A-5091 Unken 38 <a href="mailto:alteheilkunde@teh.at">alteheilkunde@teh.at</a> <a href="http://www.teh.at">www.teh.at</a>	Collection, documentation, education and communication of old, regional knowledge on plant - health maintenance	regional / national

Verein zur Förderung  
innovativer Wohn- und Lebensformen

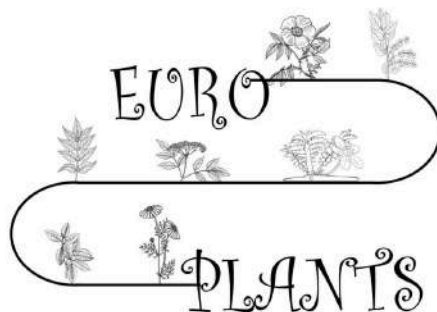


Local network for the project Europlants in local  
level in GERMANY

Partner (Name)	Data (email, phone, address)	Info + Activities	local/ regional/ national/
<b>Integrationsgarten am Schlaatz</b>	Schilfhof 25 14478 Potsdam  Carla Villwock 0049 (0)331- 291570	<ul style="list-style-type: none"> <li>- visited during the meeting in June 2013</li> <li>- making different workshops with childrens</li> </ul>	local
<b>Freigarten Potsdam</b>	Friedrich Engels Str. 22 14473 Potsdam  Alexa Junge	<ul style="list-style-type: none"> <li>- creating garden activities together</li> <li>- workshops</li> <li>- events like Nachbarschaftsbrunch</li> </ul>	local
<b>Stadtteilnetzwerk Potsdam West e.V. N.N. (Neue Nachbarschaft)</b>	Geschwister Scholl Str. 51 14469 Potsdam  Daniel Zeller	<ul style="list-style-type: none"> <li>- creating workshops together</li> <li>- quartier conference</li> </ul>	local
<b>ANU Brandenburg e.V.</b>	Lindenstr. 34 14467 Potsdam  Doreen Gierke	<ul style="list-style-type: none"> <li>- share informations about different activities</li> <li>- take part at activities</li> </ul>	regional
<b>Freie Schule Potsdam</b>	Bisamkiez 28 14471 Potsdam	<ul style="list-style-type: none"> <li>- working together with childrens</li> <li>-</li> </ul>	local
<b>Anstiftung Ertomis</b>	Stiftungsgemeinschaft anstiftung & ertomis gemeinnützige GmbH Daiserstr. 15, Rgb. 81371 München	<ul style="list-style-type: none"> <li>- creating a network plan about</li> <li>- website with a lot of informations</li> </ul>	national
<b>Transition Town Group Potsdam</b>	n.n.	- install a Transition Town group in Potsdam	Regional/local



KÖZÉP-DUNÁNTÚLI SZÖVETSÉG AZ IFJÚSÁGÉRT



## Local network for the project Europlants in local level in HUNGARY

Partner (Name)	Data (email, phone, address)	Info + Activities	local/ regional/ national/
<b>Nők a Balatonért Egyesület (NABE)</b>	nabeelnok@nabe.hu + 36 87 446 607 8229-Csopak, Kőkorsó utca 2. www.nabe.hu	Ladies for the lake Balaton are working for save the good quality of water of the most biggest Hungarian lake. They edit book about Balaton flora and fauna.	regional
<b>Együtt a Jövőért Halimbán (EJHA)</b>	info@ejhaegyesulet.hu + 36 88 237 067 8452-Halimba, Petőfi u. 22.	EJHA Association is a local association in Halimba. In this small village there is Medicinal Garden. The association working/helping the development of this Garden. In the garden they are collecting different plants medicinal they dry them.	local
<b>"Fekete Sereg" Ifjúsági Egyesület</b>	feketesereg2010@gmail.com + 36 88 264 157 8291-Nagyvázsony, Petőfi u. 2. www.fekete-sereg.hu	Youth Association working for youngsters with fewer opportunities. They have also a small garden they would like to learn working with children in medicinal garden.	local
<b>Diagonál Magyarország</b>	karitahun@vazsonykom.hu + 36 88 264 157 8291-Nagyvázsony, Petőfi u. 2.	Diagonal Hungary is a National Association youthworker. Every second year they are organizing Kadarka Events in February. The goal of this event invite of winery owner and share their experiences how they are working with this special grape Kadarka.	national
<b>Pangea Kulturális és Környezetvédelmi Egyesület</b>	rita@pangea.hu + 36 20 772 79 88 8426-Pénzesgyőr, Béke u. 57	Pangea is Cultural and Environmental Association. They have also a medicinal garden in Bakony hill. They are organising youth camp for children to teach them how they can work in Medicinal Garden.	national



## LOCAL, REGIONAL AND NATIONAL NETWORK

Partner (Name)	Data (email, phone, address)	Info + Activities	local/ regional/ national/
<b>Cosmos Kolej</b>	Marseille (13015) <a href="http://www.cosmoskolej.org">www.cosmoskolej.org</a> Contact: <a href="mailto:dreinosa@cosmos-kolej.org">dreinosa@cosmos-kolej.org</a>	Cultural organisation creating links in a popular neighbourhood between its population and arts and crafts. They have gardening and cooking activities using plants.	Local
<b>Les jardins de l'espérance</b>	La Ciotat Contact : <a href="mailto:contact@jardinesperance.org">contact@jardinesperance.org</a> <a href="http://www.jardinesperance.org">www.jardinesperance.org</a>	NGO working in non-formal education using the garden as a tool : plants discovery workshops, dying with plants... with various target groups : disabled people, adults and children.	Local
<b>Collectif SAFI</b>	Marseille Contact : Dalila or Estelle Pierson (below)	NGO created in order to sensitize population to local plants and their uses : workshops, cooking sessions, walks.	Local
<b>Les marcheurs cueilleurs</b>	Marseille Contact : Estelle Pierson <a href="mailto:estellepierson@gmail.com">estellepierson@gmail.com</a>	Informal group organising walks around Marseille and its area to sensitize population to local plants and their uses	Local
<b>Distillerie Aroma Plantes</b>	Sault <a href="mailto:info@aromaplantes.com">info@aromaplantes.com</a>	Plants (lavender) distillery Training provider (soap-making)	Local
<b>Jardin du centre d'animation de Font Obscure</b>	Marseille (13014) <a href="mailto:yo.benady430@gmail.com">yo.benady430@gmail.com</a>	Community garden led by the municipality that gathers several NGOs and inhabitants for agricultural, social and pedagogical activities.	Local
<b>Jardin partagé de Font-Vert</b>	Marseille (13014) Maison des Familles et des Associations	Community garden in creation by the inhabitants and supported by a social centre	Local

<b>Réseau des jardins solidaires Méditerranées</b>	Charleval <a href="mailto:contact@reseaujsm.org">contact@reseaujsm.org</a> <a href="http://www.reseaujsm.org/">http://www.reseaujsm.org/</a>	Regional network of community gardens Training provider	Regional
<b>Le jardin dans tous ses Etats</b>	National <a href="http://jardins-partages.org/">http://jardins-partages.org/</a>	National network of community gardens	National
<b>L'équitable café</b>	Marseille (13001) <a href="mailto:programmation@equitablecafe.org">programmation@equitablecafe.org</a> <a href="http://lecafe.org">lecafe.org</a>	Café offering local and home made products, some of them based on plants	Local
<b>Le Père Blaize</b>	Marseille (13001) Contact : <a href="mailto:contact@pereblaize.fr">contact@pereblaize.fr</a> <a href="http://www.pereblaize.fr">http://www.pereblaize.fr</a>	Familial herbal shop	Local

# Partners

**Asociación USIT - ES-SPAIN**



**KC English - GB-UNITED KINGDOM**



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Wohn- und Lebensformen eV. - DE-  
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**Pistes Solidaires - FR-FRANCE**

pistes solidaires

**Közép-dunántúli Szövetség az Ifjúságért  
(KÖSZI) - HU-HUNGARY**



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**Educator o.s. - CZ-CZECH REPUBLIC**



**Tiroler Bildungsforum - AT-AUSTRIA**









# Lifelong Learning Programme

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