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Did you know that...

**IN ADDITION TO THE
FLOWER OF THE
ELDELBERRY,CAN ITS
FRUIT ALSO BE USED?**

HERBS





The fruit can be used to make jam, syrup and compote.

The fruit jam has a kidney and lung cleansing effect.



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Did you know that...

**LEMONGRASS TEA IS
GOOD FOR MANY
THINGS?**



HERBS





Lemongrass is mainly used to make nerve strengthening and soothing teas.

Drink twice a day as an invigorating tea.

It has an antispasmodic effect and also improves your eye-sight.

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Did you know that...

**STINGING NETTLE
CAUSES BURNING PAIN
WHEN TOUCHED, BUT IT
IS BEST KNOWN FOR ITS
BLOOD PORIFYING
EFFECT?**

HERBS





Stinging nettle causes burning pain when touched, as it is covered with stinging hair everywhere.

Nevertheless, it is also known for its blood purifying effect and it is a very versatile herb.

Always collect its leaves and the top 5 cm stem before flowering (spring and autumn).



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Did you know that...

**THE BLACK NIGHTSHADE
IS COMMONLY KNOWN
AS ASSOLDERING
GRASS?**

HERBS





The black nightshade can be used to eliminate burises and heals bone fractures faster when smeared with tincture.

It is always collected in Spring.

We use the root and only externally. From the roots collected in March and April we can make paste or tincture to wrap the sore parts of the body.



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Did you know that...

**FRENCH LAVENDER HAS
A RELHEALING EFFECT?**

HERBS





Lavander is a cultivated plant with many known varieties. French lavender (*lavandula angustfolia*) has a rehealing effect.

This plant can be found at our school's garden.

The most famous lavender area in Hungary is the Tihany Peninsula, the best-known place to grow lavender, where it is mainly grown for its oil.



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Did you know that...

**ROSEHIP WAS ALSO
VALUED BY ANCIENT
PEOPLE NOT ONLY AS A
FRUIT BUT ALSO AS A
VARIETY OF EFFECTIVE
REMEDIES ESPECIALLY FOR
ATROPHIC DISEASES?**

HERBS





The hungarian scientist
Szentgyörgyi Albert showed the
presence of vitamin C in
peppers, and he received a Nobel
Prize for his discovery.

The true value of rosehip has
been explored by modern
science, showing that it
contains more vitamins than any
other wild or people-produced
fruits.



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Did you know that...

**HAWTHORN BELONGS TO
THE ROSE FAMILY?**

HERBS





Hawthorn is not only a fruit, but
also a circulatory, cardiovascular
medicine.

We consume its fruits(berries)
and flowering branches ends.



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Did you know that...

**YARROW FLOWERS AND
THEIR LEAVES ARE OFTEN
USED TO MAKE ESSENTIAL
OIL? WHAT IS IT?**

HERBS





Essential oils are concentrated hydrophobic liquid containing volatile(easily evaporated at normal temperatures)chemical compounds of plants.

Essential oils are generally extracted by distillation, often by using steam. Other processes include expression, solvent extraction, sfumatura, absolute oil extraction, resin tapping, wax embedding, and cold pressing.



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Did you know that...

**MISTLETOE IS A BLOOD
PRESSURE REGULAR?**

HERBS





We can make tea from Mistletoe.

You can make herbal tea by

Scald
Decoction
Soaking



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**THIS PLANT IS BEST
KNOWN FOR ITS
YELLOW FLOWER?
WHAT KIND OF PLANT
IS THIS?**



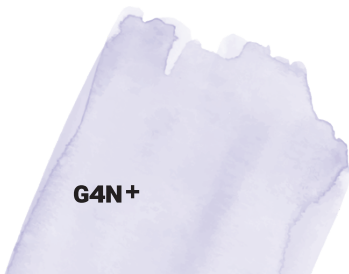
HERBS





latin name: *Calendula officinalis*
Hungarian name: Körömvirág
English name: calendula

Tea made from acacia flowers is
a blood purifier.



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**THIS PLANT IS
KNOWN TO ALL. IT
DO YOU KNOW WHAT
IT IS?**



HERBS





Latin name: *Rubus idaeus*
Hungarian name: Málna
English name: Raspberry

The tea made from its leaves
tastes similar to black tea.



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**THIS IS A VERY
WELL-KNOWN WIDELY
AND USED HERB,
WHICH CALLED
HUNGARICUM IN
EUROPE.**



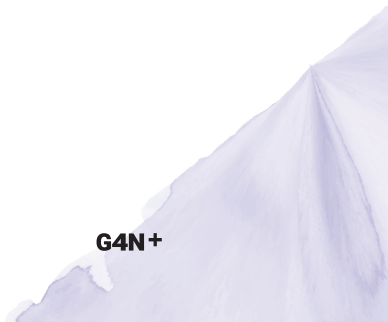
HERBS





Matricaria Chamomilla
Kamilla
Chamomile

It is used not only as medicine
but also in the cosmetic industry.



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**THIS PLANT IS NATIVE
IN THE
MEDITERRANEAN, BUT
IT GROWS IN
HUNGARY TOO
IT IS USED PRIMARILY
AS A SPICE.**



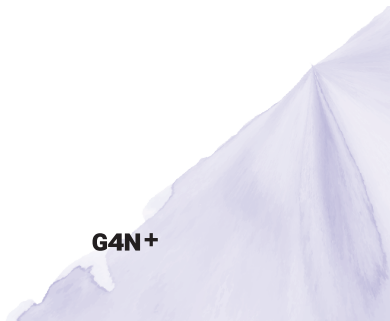
HERBS





Thymus serpyllum
Thyme
Kakukkfű

Garden thyme contains more
essential oil than the wild one.



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**THIS ONE IS A
WIDESPREAD PLANT
THAT OPENS IN EARLY
SPRING.**



HERBS





latin name: taraxacum officinale
Hungarian name: gyermekláncfű
English name: dandelion

The leaves and roots of this plant
help with excellent liver function.





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**IT IS THIS A SINGLE
OR POSSIBLY A
PERENNIAL PLANT
BELONGING TO THE
FAMILY OF
MALVACEAE. HAVE
YOU TASTED ITS
FRUIT?**



HERBS



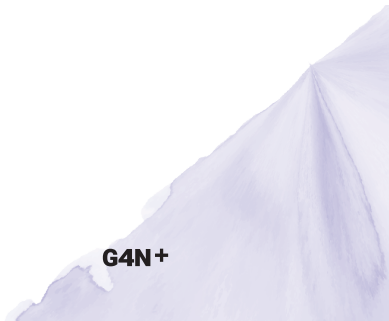


Malva neglecta

Papsajt

It is primarily known for its anti
-catarrhal effect.

It can also be used for making
salads.





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**THIS PLANT IS ONE OF
THE COUGH-TEAS. IT IS
MUCOLITIC,
ANTITUSSIVE AND
BACTERICIDAL. DO
YOU KNOW WHAT IT
IS?**



HERBS





Plantago lanceolata
Lándzsás útifű
Spear plantain

We can make syrup out of it and
taste with sugar.



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**ONE OF THE MOST
VALUABLE HERBS. DO
YOU KNOW WHAT IT
IS?**



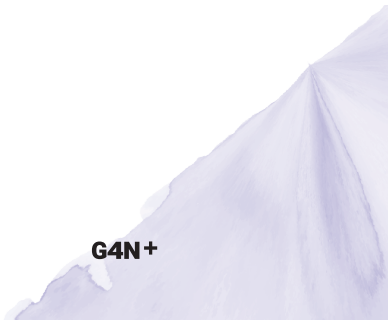
HERBS





Latin name: Capsella bursa
pastora medic
Hungarian name: Pásztortáska
English name: cassweed

This plant has a stimulating
effect on blood circulation.



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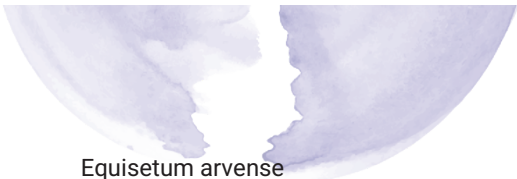


**THIS PLANT IS
NON-FLOWERING. IT
GROWS ON DAMP
MEADOWS. DO YOU
RECOGNIZE IT?**



HERBS





Equisetum arvense

Zsurló

Horseshoe

It should not be confused with
the swamp horseshoe because it
is toxic.

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**IT IS LAXATIVE,
APPETITE
STIMULANT,
SEDATIV,
ANTISPASMODI
C AND BILE
STIMULANT. IT
IS USED IN THE
LIQUER
INDUSTRY. DO
YOU KNOW
WHAT IT IS?**



HERBS





Latin name: *Mentha crispa*
Hungarian name: Fodormenta
English name: Spearmint.



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**THIS PLANT IS
PERENNIA, GROWS IN
MANY DRY PLACES.DO
YOU RECOGNIZE IT?**



HERBS





latin name: *Linaria vulgaris*

Hungarian name: Gyújtóványfű

English name: Flammable grass

It does not taste good. But it has
a nice haling effect.

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**EVERYONE KNOWS
THIS FRAGRANT
PERENNIAL. THE
FLOWER OF THIS
PLANT IS EDIBLE.**



HERBS





latin name: viola odorata

Hungarian name: ibolya

English name:violet

We make tea from the violet
leaves by cooking and flavoring it
with honey.

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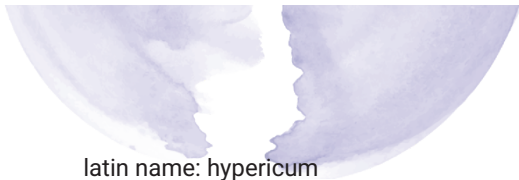


**THIS HERB IS KNOWN
TO EVERYONE FOR ITS
ANTI-DEPRESSANT
EFFECTS.**



HERBS





latin name: hypericum

perforatum

Hungarian name: orbáncfű

English name: St. John's wort

St. John's wort is an excellent
immune booster.



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**THIS HERB IS KNOWN
TO EVERYONE AS A
SPICE.**



HERBS





latin name: origanum vulgare

Hungarian name: szurokfű

English name: oregano

It has a antitussive effect.



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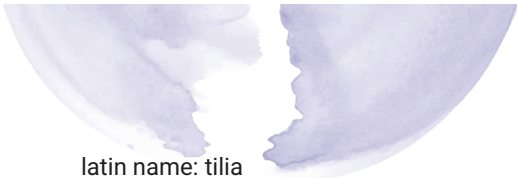


**THIS HERB IS VERY
POPULAR WITH BEES
WHEN FLOWERING, ITS
TEA IS USED FOR
COLDS.**



HERBS





latin name: *tilia*
parvifolia/grandifolia ehrh
Hungarian name: hársfa
English name: linden

It has a antitussive effect.



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