



Herbal Anthology

A brief selection of
Alpine Herbs



*Inter
Aktion*





The plants presented in
this booklet were picked
and identified together
with a herbalist during
the Erasmus+ Youth
Exchange "Think Global,
Eat Local!"

THINK GLOBAL EAT LOCAL!

Trofaiach, 3-12 of July 2021





Sambucus nigra



EN: Elderberry

SL: Črni bezeg

GR: Σαμπούκος

ES: Saúco

DE: Schwarzer Holunder



Properties and usages



FOOD AND MEDICINE

Flowers and fruits/berries are used for cooking.

Flowers are used in pancakes and syrups, while the fruits are used in confectionery like jams and cakes.

The flowers are used since the antiquity for medicinal purposes as lowering body temperature and inflammations in the form of tea (from dry ones).



The raw fruits/berries are poisonous!



Achillea millefolium



EN: Yarrow
SL: Navadni rman
GR: Αγριαψιθιά
ES: Flor de la
pluma/Milenrama
DE: Gemeine Schafgarbe



Properties and usages



MEDICINE

Yarrow has a good reputation as an anti-inflammatory and antiseptic and is widely used in herbal medicine.

Flowers and leaves can be used for tea.

It is particularly valuable for stopping the flow of blood, treating colds, fevers, treating wounds, kidney diseases and menstrual pain. Regulates high cholesterol and blood pressure.

The young leaves can be used in salads, even though they have a bitter taste.



Urtica dioica



EN: Stinging nettle
SL: Kopriva
GR: Tsouknides
ES: Ortiga verde
DE: Große Brennnessel



Properties and usages



MEDICINE

It is a valuable source of metals (iron, silicium, potassium, sulphur, manganese) and chlorophyll. Leaves contain vitamin C and A.

It is used widely as a medical herb in tea or ointments. Used for its antidiabetic and diuretic qualities.

Stinging nettle has been used for hundreds of years to treat painful muscles and joints, eczema, arthritis, gout, and anemia

It is very good for the hair and against dandruff.



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Urtica dioica



Properties and usages



Nettles are an excellent replacement of spinach, it can be used in soups and pies. Usually mixed with other herbs and green. It can also be used in preparing pesto in the place of basil. Very good in pancakes also. The young leaves are being used in cooking.

 It is recommended to use gloves when picking it up as its hairy parts sting the skin and cause a itchy and burning sensation.



Valeriana officinalis



EN: Valerian

SL: Baldrijan

GR: Βαλεριάνα

ES: Valeriana común

DE: Echter Baldrian



Properties and usages



MEDICINE

From roots we can make face water for stress, it has a relaxing and calming effect. It can be found in pharmacies in natural products as tea or supplements for insomnia.

Cats like it also, being a good replacement for catnip.



EN: St John's-wort

SL: Šentjanževka

GR: Βάλσαμο/Spathochorto

ES: Hierba de San Juan

DE: Echtes Johanniskraut



Hypericum Perforatum

Properties and usages



MEDICINE

It helps with cleaning your body from chemicals.

It can be used as a tea or oil.

It's good for lungs, heart, headache, insomnia, blood, joint pains and muscle pains. Also good for stress and anxiety. Nowadays is prescribed by the doctors as a anti-depressant.

In Create, the olive oil is flavored with it and used for soothing of wounds and burns.

ⓘ It is recommended to not be used on the skin when exposed to the sun.



Taraxacum officinale



EN: Dandelion
SL: Navadni regrat
GR: ραδίκι του βουνού
ES: Diente de león
DE: Löwenzahn



Properties and usages



MEDICINE

All parts of the plant are used: flowers, root and leaves. Helps with nerves and bladder problems, to eliminate gall bladder stones and kidney.

It is diuretic so it helps to eliminate water from your body. It contains a lot of minerals and vitamins (vitamin A,B,C, potassium and zinc).

From its roots and leaves you can make tea and from its flowers you can make tinctures.



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Taraxacum officinale

Properties and usages



FOOD

It is a valuable edible plant. In some Greek areas, its root (roasted and ground) was used for preparation of a coffee substitute.

Its young leaves are an excellent salad ingredient. It can also be boiled or cooked like other greens together with tomatoes or meat/fish. Its flowers are used in making beverages as syrup or juice together with lemon/orange juice.

You can also prepare jam or fake honey.



EN: Red clover
SL: Črna detelja
GR: κόκκινο τριφύλλι
ES: Trébol Rojo
DE: Wiesenklees



Trifolium pratense

Properties and usages



MEDICINE

It is used for tea.

It has a calming and anti-inflammatory properties, helps with nervous and hormonal system. It is recommended for women in menopause and for premenstrual syndromes. It is also recommended in healing skin diseases as eczemas or psoriasis. Used also to ease cough, asthma and bronchitis.



Tussilago farfara



EN: Coltsfoot

SL: Lapuh

GR: Βήχιο

ES: Tusilago/Pie de caballo

DE: Hulflattisch



Properties and usages



MEDICINE

Leaves have been used in traditional Austrian medicine internally (as tea or syrup) or externally (directly applied) for treatment of disorders of the respiratory tract, skin, locomotor system, viral infections, flu, colds, fever, rheumatism and gout.

- ⓘ Never ingest or use this plant without proper consultation with a qualified health professional.



Pteridophyta Filicophyta



EN: Fern

SL: Praprot

GR: Φτέρη

ES: Helecho

DE: Farne



Properties and usages



MEDICINE

Used against aching joints/bones

Can be put under the pillow for rheumatism. Can be used for people and animals.



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The information was taken from:

1. "Herbs in cooking" by Maria & Nikos Psilakis
2. www.ediblewildfood.com

Booklet created by the participants

**For more information check:
verein-interaktion.org**



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