



Funded by the
Erasmus+ Programme
of the European Union

Erasmus + Project

“Healthy Herbs Outlook”

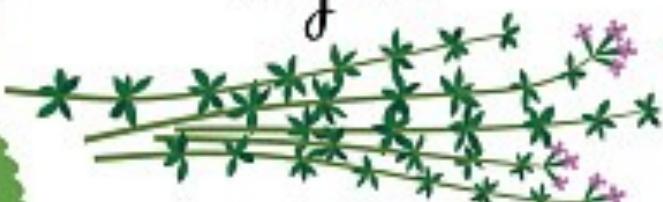
2015-1-RO01-KA219-015133_4



“Dictionary of the herbs”



Thyme



Melissa



Oregano



Parsley



Dill



Basil



Chives



Sage

“Nature does nothing in vain. Therefore, it is imperative for people to act in accordance with their nature and develop their latent talents, in order to be content and complete.” Aristotle

The nature gives us a great treasure - the herbs.

Beautiful plants and flowers as well as the weeds bring the different scents, flavour and healings effects to our lives. Running the Project “Healthy Herbs Outlook“ we try to motivate our students to get closer to the nature, to know and identify the herbs.

Carrying out the activities of the Project the students created this short "Dictionary of the herbs". The names of the herbs are arranged according the English alphabet. Therefore first of all you can find the names of the herbs in English and Latin illustrated with the pictures. Below there are also the charts containing the names of the herbs in Romanian, Polish, Lithuanian, Turkish and Greek languages.

We hope that this dictionary will help everyone who would like to get more familiar with the herbs.

A plant

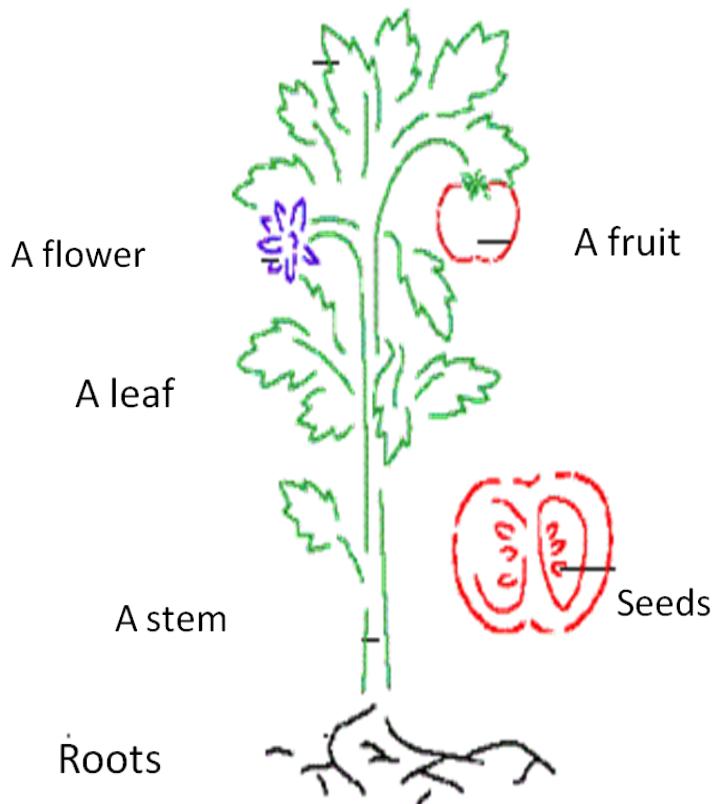
A plant is a living thing that has roots and grows on land or in water.

All plants make their own food taking energy from the sunlight.

Plants cannot move from place to place because most of them are rooted in the soil..



The main parts of a plant



A plant is made up of many different parts.

A herb



A herb is a plant or part of a plant valued for its medical, savory or aromatic qualities.

A plant or part of a plant means that a herb can be a single plant or the bark of a tree, leaves, roots, seeds, fruit, flowers or any other part of any plant.

A

Absinthe

Artemisia absinthium



//*Absinthium*// Absinthe wormwood// Wormwood

Aloe

Aloe vera



Anise

Pimpinella anisum



The apple tree



Malus domestica



Aspen



Populus tremula



Autumn crocus



Colchicum autumnale



Meadow saffron//Naked lady



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--------------------|-----------------------------|--------------------|-----------------|------------------|------------------------|----------------------------|
| Absinthe wormwood | <i>Artemisia absinthium</i> | Pelinul | Pelin otu | Bylica piolun | Αψιθιά | Pelynas |
| Aloe | <i>Aloe vera</i> | Aloe | Aloe | Aloes | Αλόη | Alavijas (alijošius) |
| Anise | <i>Pimpinella anisum</i> | Anason | Anason | Biedrzeniec anyż | Γλυκάνισος | Anyžius (anyžinė ožiažolė) |
| Apple (apple tree) | <i>Malus domestica</i> | Mărul | Elma ağaçısı | Jabłko | Μηλιά | Obelis |
| Aspen | <i>Populus tremula</i> | Plop tremurător | Titrek kavak | Osika | Λεύκη | Drebulė |
| Autumn crocus | <i>Colchicum autumnale</i> | Brândușa de toamnă | Sonbahar çiğdem | Zimowit jesienny | Κολχικό το φθινοπωρινό | Rudeninis vėlyvis |

B

Barberry



Berberis vulgaris



Common barberry

European barberry

Basil



Ocimum basilicum



Great basil

St. -Joseph's- wort

Bearberry



Arctostaphylos uva-ursi



Bilberry

Vaccinium myrtillus



Common bilberry

Birc



Bird cherry

Blue whortleberry

Betula



Prunus padus (Padus avium)



Hackberry//Hagberry//Mayday tree

Bittersweet

Solanum dulcamara



Bitter nightshade

Poison berry

Blackcurrant

Ribes nigrum



Black locust

Robinia pseudacacia



Bog bilberry

Vaccinium uliginosum



Bog blueberry

Northern bilberry

Bogbean//buckbean

Menyanthes trifoliata



Burdock//Greater burdock

Arctium lappa





| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--|---|-------------------|------------------------|---------------------|----------------|--------------------------|
| Barberry | <i>Berberis vulgaris</i> | Dracilă | Sarıçalı | Berberys | Βερβερίδα | Raugerškis (paprastasis) |
| Basil | <i>Ocimum basilicum</i> | Busuiocul | Fesleğen | Bazylia | Βασιλικός | Bazilikas |
| Bearberry | <i>Arctostaphylos uva-ursi</i> | Strugurii-ursului | Bataklık yaban mersini | Mącznica lekarska | Κουμαριά | Meškauogė (miltinė) |
| Bilberry | <i>Vaccinium myrtillus</i> | Afinul | Yabanmersini | Borówka amerykańska | Βατόμουρο | Mélynė |
| Birch | <i>Betula</i> | Mesteacăn | Huş ağacı | Brzoza | Μπετούλα | Beržas |
| Bird cherry (European bird cherry) | <i>Prunus padus</i> (<i>Padus avium</i>) | Mălin | Kuş kirazı | Czeremcha zwyczajna | Κεράσι πουλιών | Ieva (paprastoji) |
| Bittersweet (bitter nightshade, poison berry) | <i>Solanum dulcamara</i> | Lăsnicior | Zehirli dut | Bitter | Σολανό Στύφρο | Karklavijas |

| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|---|------------------------------|--------------|----------------|---------------------|--------------------------|--------------------------------|
| Black currant | <i>Ribes nigrum</i> | Coacăz negru | Frenk üzümü | Porzeczka czarna | Φραγκος τάφυλο | Juodasis serbentas |
| Black locust | <i>Robinia pseudacacia</i> | Salcâmul | Yalancı akasya | Robinia akacjowa | Ψευδοακ ακία Ρομπίνια | Baltažiedė robinija |
| Blueberry (Bog bilberry, bog blueberry) | <i>Vaccinium uliginosum</i> | Afină | Yaban mersini | Jagoda | Μύρτιλλο | Vaivoras (šilauogė, girtuoklė) |
| Buckbean (bogbean) | <i>Menyanthes trifoliata</i> | Trifoiște | Su yoncası | Bobrek trójlistkowy | Μηνυανθέα | Pupalaiškis (trilapis) |
| Burdock (Greater burdock) | <i>Arctium lappa</i> | Brusturele | Dulavratotu | Łopian | Αρτιο, κολλιτσίδα | Didžioji varnalėša |



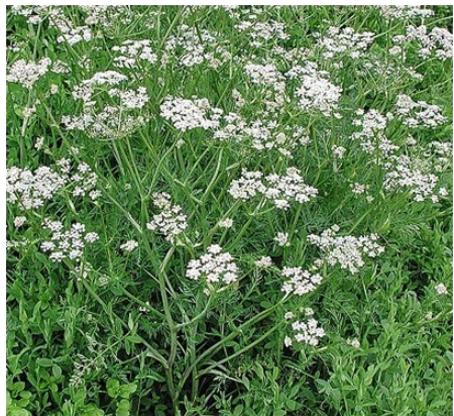
C

Calamus//Sweet flag//Beewort



Acorus calamus

Caraway



Carum carvi

Castorbean//Castor-oil-plant



Ricinus communis

Chamomile



Matricaria chamommilla//Matricaria recutita

Chestnut//horse-chestnut//Conker tree



Aesculus hippocastanum

Chocory//common chicory



Cichorium intybus

Cinquefoil



Potentilla

Clover//trifoli

The white clover

The red clover

Trifolium



Comfrey//True comfrey//Boneset



Symphytum officinale

Coriander//cilantro



Coriandrum sativum



Cornflower



Centaurea cyanus

Cranberry//small cranberry



Vaccinium oxycoccus



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|---|-------------------------------|--------------|-------------------|-------------------|-------------------------------|------------------------|
| Caraway | <i>Carum carvi</i> | Chimen | Kimyon | Kminek | Κιούμελ | Kmynas |
| Castorbean (castor- oil-plant) | <i>Ricinus communis</i> | Ricinul | Hint yağı bitkisi | Rącznik pospolity | Ρίκινος, ρετσινολαδιά | Ricinmedis |
| Calamus (sweet flag, beewort) | <i>Acorus calamus</i> | Obligeană | Hint kamışı | Tatarak | Ακορος, κάλαμος | Ajeras (balinis) |
| Chamomile | <i>Matricaria chamomilla</i> | Mușetelul | Sarı papatya | Rumianek | Χαμομήλι | Ramunėlė |
| Chestnut (Horse-chestnut) | <i>Aesculus hippocastanum</i> | Castană | Kestane | Kasztan | Καστανιά | Kaštonas (paprastasis) |
| Chicory | <i>Cichorium intybus</i> | Cicoare | Hindiba | Cykoria podróžnik | Κιχόριο | Paprastoji trūkažolė |
| Cinquefoil | <i>Potentilla</i> | Scrântitoare | Beşparmakotu | Pięciornik | Πεντάφυλλο | Sidabražolė |
| Clover (trefoil) | <i>Trifolium</i> | Trifoi | Yonca | Koniczyna | Τριφύλλι | Dobilas |
| Comfrey (boneset) | <i>Symphytum officinale</i> | Tătăneasă | Comfrey | Żywokost | Σύμφυτο | Taukė (kaulažolė) |
| Coriander | <i>Coriandrum sativum</i> | Coriandru | Kişniş | Kolendra siewna | Κόλιαντρος | Kalendra |
| Cornflower blue cornflower, bluebottle) | <i>Centaurea cyanus</i> | Albastrea | Peygamberç içeği | Chaber bławatek | Θερμόχορτο, Κενταύρια η κυανή | Rugiagėlė |
| Cranberry (small cranberry, common cranberry) | <i>Vaccinium oxycoccus</i> | Merișorul | Kızılıcık | Żurawina | Φίγη | Spanguolė |

D

Dandelion



Taraxacum officinale

Deadly nightshade//belladonna



Atropa belladonna

Dewberry//European dewberry



Rubus caesius

Dill



Anethum graveolens

Dog rose



Rosa canina



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--------------------------------|-----------------------------|-----------|-------------|---------------------------------|---------------------|-----------------------|
| Dandelion | <i>Taraxacum officinale</i> | Păpădia | Karahindiba | Mniszek | Πικροράδικο | Pienė (kiaulpienė) |
| Deadly nightshade (belladonna) | <i>Atropa belladonna</i> | Mătrăguna | Güzelavrato | Pokrzyk wilcza jagoda | Μπελλαντόνα | Vaistinė šunvyšnė |
| Dewberry (European dewberry) | <i>Rubus caesius</i> | Mărăcine | Bögörtlen | Jeżyna sinojagodowa , popielica | Βάτος η γαλάτια | Gervuogė |
| Dill | <i>Anethum graveolens</i> | Mărar | Dereotu | Koper | Άνιθος | Krapas |
| Dog-rose (Brier) | <i>Rosa canina</i> | Măceşul | Kuş burnu | Psia róża (glogów) | Αγριοτριαντ αφυλλιά | Paprastasis erškėtis |

E

Elderberry//elder//black elder



Sambucus nigra



Elecampane//horse-heal



Inula helenium

Eucalyptus



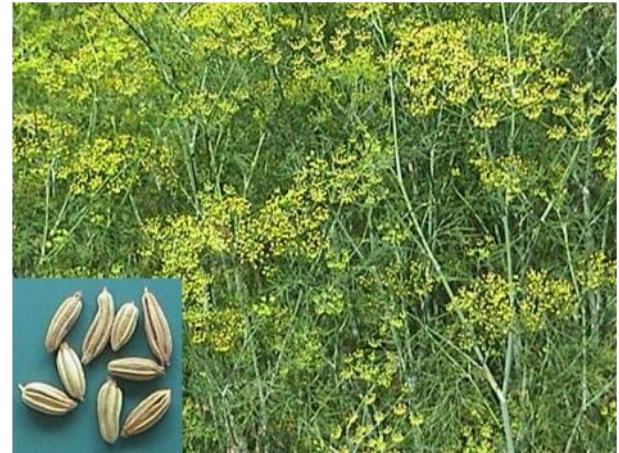
Eucalyptus



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--|---|----------------|-----------|--------------------------------|------------|--------------------------|
| Edelberry (elder, black elder, European elder) | Sambucus nigra | Socul | Dut | Bez (czarny, europejski) | Σαμπούκος | Juodauogis šeivamedis |
| Elecampane (horse -heal) | Inula helenium | Iarbă- mare | Andız otu | Oman wielki | Τνουλα | Debesylas (didysis) |
| Eucalyptus | Eucalyptus globulus; Eucalyptus amygdalina | Eucaliptul | Okaliptüs | Eukaliptus | Ευκάλυπτος | Eukaliptas |

F

Fennel



Foeniculum vulgare

Fern



Dryopteris

Field bindweed



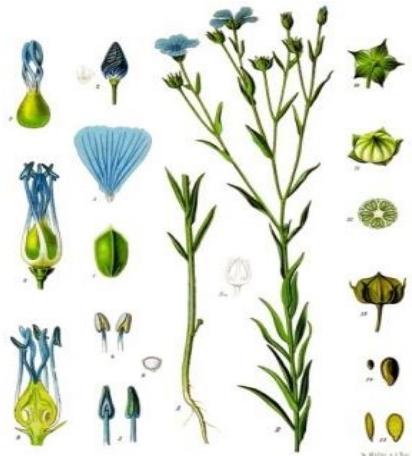
Convolvulus arvensis



Field pansy

Viola arvensis

Flax//common flax//linseed



Linum usitatissimum

Forget-me-not



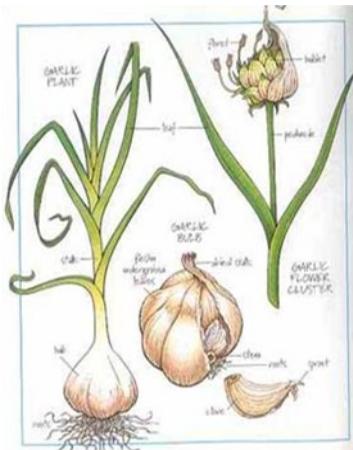
Myosotis



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|----------------|-----------------------------|-------------------|-----------------|----------------------|------------------------------|-------------------|
| Fennel | <i>Foeniculum vulgare</i> | Fenicul | Rezene | Koper włoski | Μάραθος | Pankolis |
| Fern | <i>Dryopteris</i> | Feriga | Eğreltiotu | Paproć | Φτέρη | Papartis |
| Field bindweed | <i>Convolvulus arvensis</i> | Volbura | Tarla sarmaşığı | Powój polny | Περικοκλάδα | Dirvinis vijoklis |
| Field pansy | <i>Viola arvensis</i> | Trei frați pătați | Hercai menekşe | Bratek polny | Πανσές/ βιολέτα | Dirvinė našlaitė |
| Flax | <i>Linum usitatissimum</i> | Inul | Keten | Len | Λινάρι | Linas |
| Forget-me-not | <i>Myosotis</i> | Nu-mă-uita | Unutma beni | Niezapominajka polna | Μη μου άπτου, μη με λησμόνει | Neužmirštuolė |

G

Garlic



Allium sativum

Ginger



Zingiber officinale

Ginkgo//Maidenhair tree



Ginkgo biloba

Goat willow// Pussy willow// Great sallow



Gooseberry



Salix caprea



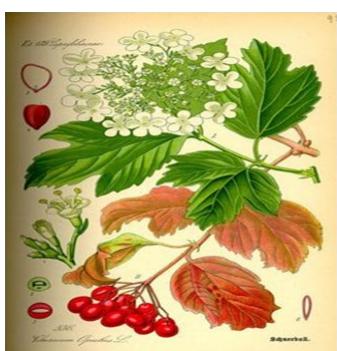
Grossularia reclinata



Chelidonium majus



Guelder rose// Snowball tree//Water elder//
European cranberrybush



Viburnum opulus





| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--|------------------------------|--------------|---------------|--|-----------|-----------------------|
| Garlic | <i>Allium sativum</i> | Usturoiul | Sarımsak | Czosnek | Σκόρδο | Česnakas |
| Ginger | <i>Zingiber officinale</i> | Ghimbirul | Zencefil | Imbir | Τσίνζερ | Imbieras |
| Ginkgo (maidenhair tree) | <i>Ginkgo biloba</i> | Ginkgobiloba | Mabet ağacı | Milorząb | Γκίγκο | Ginkmedis |
| Goat willow (pussy willow, great sallow) | <i>Salix caprea</i> | Salcie | Keçi söğüdü | Kozie wierzby (wierzby kotki, wielki ziemisty) | Ιτιά | Blindē |
| Gooseberry | <i>Grossularia reclinata</i> | Agrışă | Bektaşı üzümü | Agrest | | Agrastas |
| The greater celandine | <i>Chelidonium majus</i> | Rostopasca | Kırlangışotu | Glistnik | Χελιδόνιο | Ugniažolė |
| Guelder rose (snowball tree) | <i>Viburnum opulus</i> | Călin | Gilaburu | Lebiodka | Βιβούρβο | Putinas (paprastasis) |

H

Crataegus



Hawthorn// Thornapple



Heartsease// Johnny Jump up



Viola tricolor



Hibiscus//Rose mallow



Hibiscus

Hop//Common hop



Humulus lupulus

COMMON HOP
Humulus lupulus L.
NETTLE FAMILY

Horsetail//Field horsetail//Common horsetail



Equisetum arvense



Hyssop



Hyssopus officinalis



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|---|-----------------------------|-------------------|----------------|---------------------|----------------|------------------------------|
| Hawthorn (thornapple, May-tree, Whitethorn, Hawberry) | <i>Crataegus</i> | Păducelul | Aliç | Głóg | Κράτεγος | Gudobelė |
| Heartsease (heart's ease, heart's delight) | <i>Viola tricolor</i> | Trei frați pătați | Hercai menekşe | fiołek t rójbarwny | Τρίχρωμη βιόλα | Trispalvė našlaitė |
| Hibiscus (Rose mallow) | <i>Hibiscus</i> | Hibiscus | Hibiscus | Ketmia róza chińska | Υβίσκος | Kinrožė |
| Hop (common hop) | <i>Humulus lupulus</i> | Hamei | Şerbetçi otu | Chmiel zwyczajny | | Apynys |
| Horsetail | <i>Equisetum arvense</i> | Coada calului | At kuyruğu | Skrzyp | Εκουισέτο | Dirvinis asiūklis |
| Hyssop | <i>Hyssopus officinalis</i> | Isop | Zufa Otu | Hyzop lekarski | Ύσσωπος | Juozažolė (vaistinis Isopas) |

Iceland moss



Cetraria islandica

Ivy



Hedera helix

J



Juniper



Juniperus

K

Knotgrass//Common knotgrass//
Birdweed// Pigweed// Low grass



Polygonum aviculare

Key lime



Citrus aurantifolia



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--|----------------------------|--------------|----------------|--------------------|-------------------|--|
| Iceland moss | <i>Cetraria islandica</i> | | İzlanda Yosunu | Pluwnica islandzka | Ισλανδική λειχήνα | Islandinė kerpena |
| Ivy (common ivy, English ivy, European ivy) | <i>Hedera helix</i> | Iedera | Sarmaşık | Bluszcz | Κισσός | Gebenė |
| Juniper | <i>Juniperus</i> | Jneapăń | Ardıç | Jalowiec | Γιουνίπερος | Kadagys |
| Key lime | <i>Citrus aurantifolia</i> | Lämäie verde | Misket Limonu | Limonka | Κίτρο | Žalioji citrina (Rūgščiavaisis citrinmedis) |
| Knotgrass (birdweed, pigweed, low-grass) | <i>Polygonum aviculare</i> | Troscot | Çoban değneği | Rdest | Πολυκόμπι | Takažolė |

L



Lady's Bedstraw// Yellow bedstraw



Galium verum

Lady's mantle // Common lady's mantle//Dewcup



Alchemilla vulgaris

Laurel// Bay laurel//Bay tree// Sweet bay



Laurus nobilis

Lavender// True lavender//English lavender



Lavandula angustifolia



The lemon



Citrus limon

Lemon balm// Common balm// Balm// Balm mint)



Melissa officinalis



Lily of the Valley

Convallaria majalis

Linden// Lime tree



Tilia

Lingonberry// Cowberry



Vaccinium vitis-idaea



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--|------------------------|-------------|-----------------|--------------------|----------------------------------|---------------------|
| Lady's Bedstraw (Yellow bedstraw) | Galium verum | Sânzienele | Yoğurt Otu | Przytulia właściwa | Γάλιο | Tikrasis lipikas |
| Lady's mantle (common lady's mantle) | Alchemilla vulgaris | Crețișoară | Aslanpençesi | Przywrotnik | Λεοντόπόδι | Rasakila (šlaitinė) |
| Laurel (Bay laurel, sweet laurel, bay tree) | Laurus nobilis | Dafinul | Akdeniz defnesi | Wawrzyn szlachetny | Δάφνη | Lauras |
| Lavender (True lavender, English lavender) | Lavandula angustifolia | Levăntica | Lavanta | Lawenda | Λεβάντα | Levanda |
| Lemon | Citrus limon | Lamâiul | Limon | Cytryna | Λεμόνι | Citrina |
| Lemon balm (common balm, balm, balm mint) | Melissa officinalis | Roinița | Limon Otu | Melisa lekarska | Μελισσόχορτο | Melisa |
| Lily of the Valley | Convallaria majalis | Lăcrămioara | Müge | Konwalia majowa | Κονβαλλαρία | Pakalnutė |
| Linden | Tilia | Tei | Ihlamur | Lipa | Φλαμούρι, Φασκόμηλο, Τηλιά | Liepa |
| Lingonberry (cowberry) | Vaccinium vitis-idaea | Merișor | Kekreyemiş | Borówka brusznica | Κόκκινο μύρτιλο | Bruknė |

M

Mandragora



Mandrake

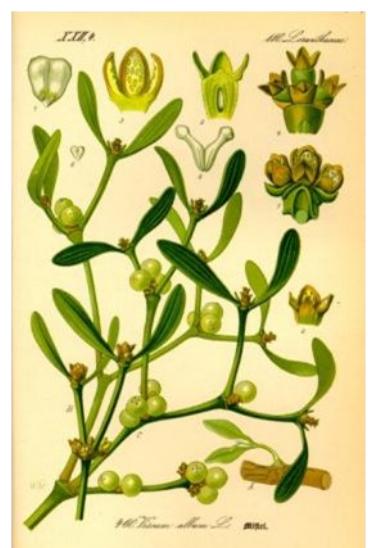


Marigold//Pot marigold//Common marigold



Calendula officinalis

Mistletoe// Common mistletoe// European mistletoe



Viscum album

Motherwort// Lion's ear// Lion's tail// Throw-wort



Leonurus cardiaca

Mountain Everlasting // Catsfoot// Cudweed



Antennaria dioica

Mountain pine// Creeping pine//



Pinus mugo

White mulberry



Morus alba



Black mulberry// Blackberry



Morus nigra



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--|---|------------------|----------------|-------------------|---|--------------------|
| Mandrake | <i>Mandragora</i> | Mătrăguna | Adamotu | Mandragora | Μανδραγόρας | Mandragora |
| Marigold (Pot marigold, common marigold) | <i>Calendula officinalis</i> | Galbenele | Kadife çiçeği | Aksamitka | Καλέντουλα | Medetka |
| Mistletoe (Common mistletoou, European mistletoou) | <i>Viscum album</i> | Vâscul | Ökseotu | Jemioła | Ίξος | Paprastasis amalas |
| Motherwort (Throw-wort, Lion's ear, lion's tail) | <i>Leonurus cardiaca</i> | Talpa-gâștei | Sığırkuyruğu | Serdecznik Polny | Δεσποινοχαραπα ναγιόχορτο, δρόγη | Sukatžolė |
| Mountain Everlasting (catsfoot, cudweed, stoloniferous pussytoes) | <i>Antennaria dioica</i> | Parpian | Kedi Ayağı Otu | Ukwadwupienny | Απεναρία | Katpėdė |
| Mountain pine (Creeping pine) | <i>Pinus mugo</i> | Jneapān | Dağ çamı | Kosodrzewina | βουνόπευκο | Kalninė pušis |
| Mulberry White mulberry Black mulberry | <i>Morus alba</i> <i>Morus nigra</i> | Dudul | Dut | Morwa | Μουριά | Šilkmedis |

N

Nasturtium//Garden nasturtium//Indian cress//
Monks cress



Tropaeolum majus

Nettle//Common nettle//Stinging nettle



Urtica dioica

Norway spruce



Picea abies



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|---|-------------------------|----------|--------------|--------------|--------------|---------------------|
| Nasturtium (Garden nasturtium, Indian cress, Monks cress) | Tropaeolum majus | Călțunaș | Latin Çiçeği | Rukiew wodna | Ινδοκάρδα μο | Nasturte (didžioji) |
| Norway spruce | Picea abies | Bradul | | Jodła | | Eglė (paprastoji) |
| Nettle (common nettle, stinging nettle) | Urtica dioica | Urzica | İsırgan Otu | Pokrzywa | Τσουκίνα | Dilgėlė |

O



Oak// Pedunculate oak



Quercus robur

Oats// Wild Oats



Avena sativa

Olive// Wild olive// African olive// Iron tree



Olea europaea

Oregano// Wild marjoram



Pl. 259. *Origanum vulgare*. *Origanum vulgare* L.



Origanum vulgare



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|---|-------------------------|----------|-------------|--------------------|--------------------|--------------------------|
| Oak (Pedunculate oak) | <i>Quercus robur</i> | Stejar | Saphı Meşe | Dąb | Ρουπακοβελα νιδιά, | Ažuolas (paprastasis) |
| Oats (Wild Oats) | <i>Avena sativa</i> | Ovăzul | Beyaz yulaf | Owies zwyczajny | Αγρικρίθαρο | Aviča |
| Olive (Wild olive, African olive, Iron tree, Brown olive) | <i>Olea europaea</i> | Măslinul | Zeytin | Oliwka | Ελιά | Alyvuogė |
| Oregano (Wild marjoram) | <i>Origanum vulgare</i> | Oregano | Oregano | Lebiodka pospolita | Πίγανη | Raudonėlis (paprastasis) |

P



Parsley// Garden parsley



Petroselinum sativum

Patience dock //Garden patience// Herb patience



Rumex patientia



Peony//Common peony// Garden peony



Paeonia officinalis

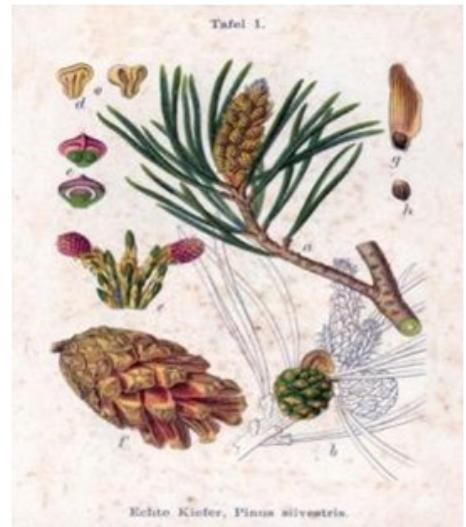
Peppermint



Metha piperita



Pine// Scots pine



Pinus sylvestris

Plantain// Broadleaf plantain// Greater plantain//



Plantago major



Plantain//Narrowleaf plantain// ribwort plantain



Plantago lanceolata

Pomegranate



Punica granatum



Poppy// Common poppy// Red poppy// Field poppy// Corn poppy// Corn rose



Papaver rhoeas

Primrose// Cowslip// Cowslip primrose



Primula veris



Pumpkin// Summer squash



Cucurbita pepo

Purple coneflower// Eastern purple coneflower



Echinacea purpurea

| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--|-----------------------------|-------------------|--------------|----------------------|---|-------------------------|
| Parsley (Garden parsley) | Petroselinum sativum | Pătrunjel | Maydanoz | Pietruszka zwyczajna | Μαϊντανός ή Πετροσέλινο | Petražolė |
| Patience dock (garden patience, herb patience) | Rumex patientia | Ştevia | Evelik | Szczaw żółty | Λάπαθο, ολοπ αθιά, αγριολάπαθος | Rūgštynė (špinatinė) |
| Peony (Common peony, Garden peony, European Peony) | Paeonia officinalis | Bujorul de munte | Şakayık | Piwonia Europejska | Παιώνια η φαρμακευτική | Bijūnas |
| Peppermint (menta) | Metha piperita | Izma buna (Menta) | Bahçe nanesi | Mięta | Μέντα η πιπερώδης, φ λισκούνι, Μέντα πράσινη | Pipirmėtė |
| Pine (common scotchs pine, Scots pine) | Pinus sylvestris | Pin | Çam | Sosna | Βασικό πεύκο | Pušis |
| Plantain (greatleaf plantain, broadleaf plantain, greater plantain) | Plantago major | Pătlagina | Sinirotu | Babka lancetowata | Πλανταγκό το μείζον | Gyslotis (plačiaalapis) |



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|---|--|-------------------|-------------------------|----------------------|-----------------------|------------------------|
| Plantain (Narrowleaf plantain, English plantain, Ribwort plantain) | <i>Plantago lanceolata</i> | Pătlagina | Dar yapraklı sinirli ot | Banan rajski | Πεντάνευρο πλανταγκό | Gyslotis (siauralapis) |
| Pomegranate | <i>Punica granatum</i> | Rodia | Nar | Granat właściwy | Родіа | Granatmedis |
| Poppy (Common poppy, Field poppy, corn poppy, Red poppy, Corn rose) | <i>Papaver rhoeas</i> | Macul de câmp | Haşhaş | Mak polny | Παπαρούνα | Aguona |
| Primrose (cowslip) | <i>Primula veris</i> (= <i>officinalis</i>); <i>Primula elatior</i> | Ciuboțica cucului | Çuhaçıçegi | Pierwiosnek lekarski | Πρίμουλα ή πασχαλούδα | Raktažolė |
| Pumpkin (Summer squash) | <i>Cucurbita pepo</i> | Dovleacul | Kabak | Dynia zwyczajna | Κολοκύθι | Moliūgas |
| Purple coneflower (eastern purple coneflower) | <i>Echinacea purpurea</i> | Mărítă-mă-mamă | Kirpi otu | Jeżówka purpurowa | Εχινάκια | Ežiuolė (rausvažiedė) |

R

Ramsons// Wild garlic// Bucrams// Bear's garlic



Allium ursinum

Raspberry



Rubus idaeus

Rhododendron



Rosemary



Rosmarinus officinalis

Rowan// Mountain ash// Witchwood



Sorbus aucuparia

Rue// Common rue// Herb-of-grace



Ruta graveolens



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--|--|------------------|-----------------|---------------------|------------------------|-----------------------|
| Ramsons (Wild garlic, Bucrams, Bear's garlic) | <i>Allium ursinum</i> | Leurda | Yabanî sarımsak | Czosnek niedźwiedzi | Άγριο σκόρδο | Meškinis česnakas |
| Raspberry | <i>Rubus idaeus</i> | Zmeur | Ahududu | Malina | Σμέουρα ,βάτος η ιδαία | Avietė |
| Rhododendron (Rhodies) Rhododendron myrtifolium | <i>Rhododendron</i> <i>Rhododendron myrtifolium</i> | Bujorul de munte | Ormangü lü | Różanecznik | Ροδόδεντρο | Rododendras |
| Rosemary | <i>Rosmarinus officinalis</i> | Rozmarin | Biberiye | Rozmaryn lekarski | Δενδρολίβανο | Rozmarinas (kvapasis) |
| Rowan (Mountain ash, Witchwood) | <i>Sorbus aucuparia</i> | Scoruş-demunte | Üvez ağacı | Jarząb pospolity | Αγριοσορβιά | Šermukšnis |
| Rue (Common rue, Herb -of - grace) | <i>Ruta graveolens</i> | Virnanț | Sedef otu | Ruta zwyczajna | Απήγανος | Rūta (žalioji) |

S



Sage// Garden sage// Common sage



Salvia officinalis

Saffron crocus// Autumn crocus



Crocus sativus



Sea-buckthorn// Common sea-buckthorn



Hippophae rhamnoides



Sesame



Sesamum indicum



Shepherd's purse



Capsella bursa-pastoris

Silver fir// European silver fir



Abies alba

Silver linden// Silver lime



Tilia tomentosa

Sorrel// Garden sorrel//Common



Rumex acetosa

St. John's wort// Perforate St. John's wort



Hypericum perforatum

Sundew// Common sundew// Round leaved sundew



Drosera rotundifolia



Helianthus annuus

Sun spurge



Euphorbia helioscopia

| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--|--------------------------------|--------------------|----------------|------------------------|---------------------------|----------------------------|
| Sage (Garden sage, Common sage) | <i>Salvia officinalis</i> | Salvia | Adaçayı | Szalwia lekarska | Φασκομηλιά | Šalavijas |
| Saffron crocus (Autumn crocus) | <i>Crocus sativus</i> | Şofran | Safran | Szafran uprawny | Κρόκος | Daržinis krokas |
| Sea-buckthorn (Common sea-buckthorn) | <i>Hippophae rhamnoides</i> | Cătina albă | Yalancı içde | Rokitnik zwyczajny | Ιπποφαές | Šaltalankis (dygliuotasis) |
| Sesame | <i>Sesamum indicum</i> | Susan | Susam | Sezam indyjski | Σουσάμι | Indinis sezamas |
| Shepherd's purse | <i>Capsella bursa-pastoris</i> | Traista ciobanului | Çobançantası | Tasznik pospolity | Καπσέλα, αγριοκαρδ αμούλα | Trikertė žvaginė |
| Silver fir (European silver fir) | <i>Abies alba</i> | Brad | Gümüş köknar | Jodla srebrna | Λευκή ελάτη | Europinis kēnis |
| Silver linden (Silver lime) | <i>Tilia tomentosa</i> | Teiul | Gümüşi İhlamur | Srebna lipa | Φιλουριά | Sidabrinė liepa |
| Sorrel (Garden sorrel, Common sorrel) | <i>Rumex acetosa</i> | Măcrişul | Kuzukulağı | Szczaw Polny | Ξινολάπαθο | Rūgštynė (valgomoji) |
| St. John's wort | <i>Hypericum perforatum</i> | Sunătoarea | Sarı kantaron | Dziurawiec Zwyczajny | Υπερικό, σ παθόχορτο | Jonažolė (paprastoji) |
| Sundew (Common sundew, Round leaved sundew, Dew plant) | <i>Drosera rotundifolia</i> | Roua-cerului | Güneş Gülleri | Rosiczka Okrągłolistna | Δροσερά η στρογγυλό φυλος | Saulašėrė (apskritala pė) |
| Sunflower (The common sunflower) | <i>Helianthus annuus</i> | Floarea soarelui | Ayçiçeği | Slonecznik Zwyczajny | Ηλίανθος | Saulėgrąža (paprastoji) |
| Sun Spurge | <i>Euphorbia helioscopia</i> | | Sarı Sütleğen | Wilczomlec z Obrotny | Ευφορβία η ηλιοσκόπια | Karpažolė (dirvinė) |

T



Artemisia dracunculus

Tarragon



Thymus vulgaris



Three-lobe Beggarticks// Three-part Beggarticks// Trifid Bur-marigold



Bidens tripartita



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|--|------------------------------|-----------|-------------------------|-------------------------|---------------------------|-------------------------------------|
| Tarragon | <i>Artemisia dracunculus</i> | Tarhonul | Tarhun | Bylica Draganek | Αρτεμισία | Vaistinis kietis (peletrūnas) |
| Thyme | <i>Thymus vulgaris</i> | Cimbrișor | Kekik | Macierzanka Tymianek | Θύμος ο κοινός, θυμάρι | Čiobrelis |
| Three-lobe Beggarticks (Three-part Beggarticks, Trifid Bur- marigold) | <i>Bidens tripartita</i> | | Üç Bölümlü İkidiş | Uczep Trójlistkowy | Τριμερή μπίντενς | Lakišius (triskiautis) |

Unspotted lungwort//Saffolk lungwort

U



Pulmonaria obscura

V

Valerian



Valeriana officinalis

W



Watercress



Nasturtium officinale

White nettle//White dead -nettle



Lamium album



Wild strawberry// Wooland strawberry



Fragaria vesca

Y



Yarrow// Common yarrow



Achillea millefolium

**Yellow sweet clover// Yellow melilot//
Ribbed melilot**



Melilotus officinalis



| English | Latin | Romanian | Turkish | Polish | Greek | Lithuanian |
|---------------------------------------|-------------------------------|-------------------|-----------------|--------------------|-----------------------|-----------------------|
| Unspotted lungwort (Saffolk lungwort) | Pulmonaria obscura | | Ciğerotu | Miodunka Ćma | Αμόλυντο, πουλμονάρια | Tamsioji plautė |
| Valerian | Valeriana officinalis | Valeriană | Kedi Otu | Kozłek Lekarski | Βαλεριάνα | Valerijonas |
| Watercress | Nasturtium officinale. | Năsturelul | Su teresi | Rukiew Wodna | Νεροκάρδα μο | Paprastasis rēžiukas |
| White nettle (white dead-nettle) | Lamium album | Sugel-alb | Beyaz balhbaba | Jasnota Biała | Λάμιο, λαβρόχορτο | Baltažiedė notrelė |
| Wild strawberry | Fragaria vesca | Fragul | Yabani çilek | Poziomka Pospolita | Αγριοφράσια | Žemuogė |
| Yarrow (milfoil, bloodwort) | Achillea millefolium | Coada șoricelului | Civanperçemi | Krwawnik Pospolity | Αχιλλέα, Χιλιόφυλλο | Kraujažolė |
| Yellow sweet clover | Melilotus officinalis | Sulfina | Sarı Taşyoncası | Nostrzyk Żółty | Μελίλιτος | Geltonžiedis barkūnas |

- “This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained there in.”

