







Some information to the calendar

<p>The name of herb in English/ Latin</p>	<p>Myrtus Communis / Myrtle</p>
<p>The photo of herb</p>	
<p>Illustration (painted by a student of a school)</p>	
<p>The short information</p>	<p>It is used in aromatherapy, in medicine, for the construction of soaps, as an antiseptic, for nose decongestion, against the cold, against infection of the sinuses of the nose and for culinary purposes.</p>
<p>Where is distributed (in which countries)</p>	<p>Native to the Mediterranean region in southern Europe.</p>
<p>Where it grows (meadows, forests ...)</p>	<p>It grows throughout the island</p>



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<p>The name of herb in English/ Latin</p>	<p>Xystaria / Cistus creticus L.</p>
<p>The photo of herb</p>	
<p>Illustration (painted by a student of a school)</p>	
<p>The short information</p>	<p>It is rich in vitamin C, and is a powerful antioxidant. Xystaria can be used to support the immune system, and to encourage skin, urinary tract, cardiovascular, and gastrointestinal health. It promotes throat and mouth hygiene and regulates inflammatory processes.</p>
<p>Where is distributed (in which countries)</p>	<p>Throughout Cyprus</p>
<p>Where it grows (meadows, forests ...)</p>	<p>Meadows and forests all over the island</p>



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<p>The name of herb in English/ Latin</p>	<p>Thyme / Thymus Capitatus</p>
<p>The photo of herb</p>	
<p>Illustration (painted by a student of a school)</p>	
<p>The short information</p>	<p>Prevents flu, anti-pyretic, facilitates digestion, calms the pain in the stomach and intestines, contains many important essential oils, which are found to have anti-septic and anti-fungal applications, lower heart rate.</p>
<p>Where is distributed (in which countries)</p>	<p>It thrives in hot conditions, loves full-sun, and doesn't need constant watering or attention - throughout the country.</p>
<p>Where it grows (meadows, forests ...)</p>	<p>The endemic species is common on the Troodos range and in the Akamas area growing on rocky hillsides, in cultivated land and under pine trees on igneous formations from 300 ft to 5000 ft.</p>

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<p>The name of herb in English/ Latin</p>	<p>Caper / Capparis Spinosa L.</p>
<p>The photo of herb</p>	
<p>Illustration (painted by a student of a school)</p>	
<p>The short information</p>	<p>Caperbushes are mainly used for their fruit, which are rich in micronutrients. <i>C. spinosa</i>, simply known as caper, yields fruit and more importantly flower buds, which are widely used pickled as a vegetable condiment. It stimulates the circulation and respiratory system. It stops diarrhea and spasms in the stomach and intestines. It can be used against wasp stings and snake bites.</p>
<p>Where is distributed (in which countries)</p>	<p>In Southern Europe</p>
<p>Where it grows (meadows, forests ...)</p>	<p>All over the island</p>

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The name of herb in English/ Latin	Tefkrión / <i>Teucrium Cyprium</i> Boiss
The photo of herb	
Illustration (painted by a student of a school)	
The short information	<p>Strongly aromatic subshrub. It is considered as quotient soil fertility.</p> <p>It contains massive amounts of aromatic essential oil. Tea from its flowers and leaves is used against stomachache. The name of the plant comes from the Tefkros, the founder of Salamis in Cyprus.</p>
Where is distributed (in which countries)	Endemic in Cyprus
Where it grows (meadows, forests ...)	Limited to the mountains of Troodos in stony soils.