

Traditional European herbs...

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Johanniskraut

Name: St. John's wort

Effect : It is believed to be a medicinal herb with antidepressant activity although high quality clinical evidence for such effects is limited.

Plant family: Hypericaceae



Horseradish

- ▶ Name: Horseradish
- ▶ Latein name: *Armoracia rusticana*
- ▶ Familiy: cruciferous plant (Brassicaceae)
- ▶ Genus: *Armoracia*
- ▶ Flowering period: May-July
- ▶ Flower color: white
- ▶ Occurrence: Germany, Austria and Netherlands
- ▶ Utility: kitchen (e.g. Sauce...) household
- ▶ Effect: good blood circulation, better digestion
remedy against cold and bronchi symptoms
- ▶ Ingredients: vitamin C, mustard oil
- ▶ Preparation: 1. Peel root 2. Rub root on a cheese or vegetable grater





Stinging-nettle

► **Latin name :**
German name :
Family:

Urtica Dioica
Brennnessel
Nettle plants

facts:

- 30-150 centimeters high
- 70 centimeters deep
- 3-5 centimeters diameter
- the flowering time is from July to October
- the nettles are also used for tea
- Mostly the nettle leaves are used for tea.
- The occurrence is almost everywhere in the world.



The healing use of the nettles:

The leaves, the roots and the herbs are used for the healing. The ingredients of the leaves are slightly anti-inflammatory and diuretic.

- That is why they are often used in urinary tract diseases. Drugs with nettle extract are also used to treat rheumatism.

Wild garlic

Latin name : Allium ursinum

Family : Amaryllidaceae (same as onion, garlic and chives)

German name : Bärlauch

The occurrence is in mostly all parts of Europe and small parts of Asia especially in woods.

The natural height is 20 -30 centimeters

The flowering time is from April to May

In medicine the leaves of the wild garlic are used against gastrointestinal pain.

The healing effect is due to the numerous substances contained in it, mainly sulfur-containing essential oils, which have a positive effect on digestion, respiratory system, liver, bile, intestines, stomach pain and arteriosclerosis



In the kitchen the leaves are used to make pesto and the roots are used as an replacement for garlic. It tastes very bitter.

You can eat the closed blossom just like a healthy snack

The blossom :



The whole plant :



Harvest time :



Real hop

English name	:	Real hop
Latin name	:	<i>Humulus lupulus</i>
German name	:	Echter Hopfen
Plant family	:	Hemp plants (Cannabaceae)

You harvest the real hop from August till October.
Often the hop is pressed into little pellets so that it is more durable.

95% of the hop is used to make beer.
For beer you only use the blossoms which taste bitter.
That's why it tastes so bitter.
You can make a tea from the blossoms which helps to feel more calmed down.
1 to 2 teaspoons hop cones are doused with 150 millilitres of hot water, covered and saddled after 10 to 15 minutes.
You drink two to three cups a day and one cup before bed.
The tea also helps against sleep disorders.
You can use the young roots as baking, pan or cooking vegetables.
The young hop sprouts are very well suitable as a delicacy (hops asparagus) with a fine resinous taste, if they are cooked, either in steam or in salted water (2-4 minutes).

