



# Erasmus+

## Celery – Apium graveolens



### Celery facts

Celery can reach the height of 3.3 feet. Celery is also known as "bunch of celery" because it consists of 10 to 12 individual pale green stalks. They are succulent, crunchy and U shaped on the cross section. Stalks have rough texture due to series of parallel ribs. Each stalk ends with pinnate or bipinnate leaves that are serrated on the edges. Stalks and leaves are known as head of celery. Celery produces creamy-white flowers that are arranged in the terminal inflorescence known as umbels. Celery is usually propagated via miniature seed. One ounce of seeds is enough for the production of one acre of celery. Oil extracted from the seeds has application in pharmaceutical and perfume industry. Celery is used for cooking (makes the foods tastier). It is a very useful herbal plant. It can heal you when you are sick. It has beneficial effect on the human health. The season when you can plant it is in summer.



## Dill – Anethum graveolens



### Dill facts

Dill is an annual herb in the celery family. It grows up to 40–60 cm with slender hollow stems and alternate, finely divided, softly delicate leaves 10–20 cm. The flowers are white to yellow, in small umbels 2–9 cm diameter. The seeds are 4–5 mm long and 1 mm thick, and straight to slightly curved with a longitudinally ridged surface. Widely cultivated plant seasoning. Fresh leaves are added to salads, potatoes, eggs, cottage cheese, soups, crayfish, crabs, snails, and fish. The fernlike leaves of dill are aromatic and are used to flavour many foods such as (cured salmon) and other fish dishes, borscht and other soups, as well as pickles (where the dill flower is sometimes used). Dill is best when used fresh as it loses its flavour rapidly if dried; however, freeze-dried dill leaves retain their flavour relatively well for a few months. Annual plant, easy to grow. It requires sun and it has to be sheltered from the winds positions, moist soil – it cannot stand constant moisture. He likes good aerated ground, fertile and permeable. Seeds sown in spring directly into the ground, we can throughout the summer until autumn. It is a biblical plant. He was considered a magical plant. Formerly it was believed that it protects against lightning and bad dreams and its beams hung in homes.



## Sorrel – Rumex acetosa



### Sorrel facts

Common sorrel or garden sorrel, often simply called sorrel, is a perennial herb. It is a common plant in grassland habitats and is cultivated as a garden herb or leaf vegetable. Sorrel is a slender perennial plant about 60 centimetres high, with roots that run deep into the ground, as well as juicy stems and edible, arrow-shaped leaves. The leaves, when consumed raw, have a sour taste. Common sorrel has been cultivated for centuries. The leaves may be puréed in soups and sauces or added to salads; they have a flavour that is similar to kiwifruit or sour wild strawberries. It is also used in stews. In Hungary the plant and its leaves are known as sóská. Did you know? Rumex acetosa occurs in grassland habitats throughout Europe from the northern Mediterranean coast to the north of Scandinavia and in parts of Central Asia.



## Mint – Mentha



### Mint facts

The genus can be found across Europe, Africa, Asia, Australia, and North America. Mints are aromatic, almost exclusively perennial, rarely annual herbs. They have wide-spreading underground and overground stolons and erect, square, branched stems. The leaves are arranged in opposite pairs, often downy, and with a serrated margin. Leaf colours range from dark green and grey-green to purple, blue, and sometimes pale yellow. The flowers are white to purple. The fruit contains one to four seeds. Mentha genus grows best in wet environments and moist soils. Mints will grow 10–120 cm tall and can spread over an indeterminate area. Due to their tendency to spread unchecked, some mints are considered invasive. Fresh mint is usually preferred over dried mint when storage of the mint is not a problem. The leaves have a warm, fresh, aromatic, sweet flavour with a cool aftertaste, and are used in teas, beverages, jellies, syrups, candies, and ice creams. In Middle Eastern cuisine, mint is used on lamb dishes. Mint has got beneficial effects on human health. Originally it was used as a medicinal herb to treat stomach ache and chest pains. There are several uses in traditional medicine. We can plant mint in any season during the whole year. Pluto, God of underworld fell in love with a nymph (Minthe). Pluto's wife was jealous so she turned him into a plant. It is the origin of the plant's name.



## Tarragon – Artemisia dracuncululus



### Tarragon facts

Tarragon is one of the four fine herbs of French cooking. It is widespread in the wild across much of Eurasia and North America and is cultivated for culinary and medicinal purposes in many lands. Tarragon grows to 120–150 cm tall, with slender branched stems. French tarragon, however, seldom produces any flowers. Some tarragon plants produce seeds that are generally only sterile. It is particularly suitable for chicken, fish and egg dishes. The fresh, lightly bruised springs of tarragon are steeped in vinegar to produce tarragon vinegar. In Hungary a popular kind of chicken soup is flavoured with tarragon. Tarragon is a flavouring component. In Iran, tarragon is used as a side dish in sabzi khordan. It can be used raw and in a dried form. Tarragon has an aromatic property reminiscent of anise. It can be planted in spring (April is the best for planting it). It is also called as „the king of plants“.



## Thyme – Thymus vulgaris



### Thyme facts

Thyme is an evergreen herb with culinary, medicinal, and ornamental uses. The most common variety is Thymus vulgaris. Thyme is of the genus Thymus of the mint family (Lamiaceae), and a relative of the oregano genus Origanum. History Ancient Egyptians used thyme for embalming. The plants can take deep freezes and are found growing wild on mountain highlands. Along the Italian Riviera Thymus herba-barona (caraway thyme) is used both as a culinary herb and a ground cover, and has a very strong caraway scent due to the chemical carvone. Thymus praecox (mother of thyme, wild thyme), is cultivated as an ornamental plant. Thymus pseudolanuginosus (woolly thyme) is not a culinary herb, but is grown as a ground cover. We plant it in May to a sunny place when the weather is 15-18 degrees Celsius.



## Spinach – Spinacia oleracea



### Spinach facts

Spinach is an edible plant in the family Amaranthaceae native to central and western Asia. It is an annual plant (rarely biennial), which grows up to 30 cm tall. Spinach may survive over winter in temperate regions. The leaves are alternate, simple, from oval to triangular, and very variable in size from about 2–30 cm long and 1–15 cm broad, with larger leaves at the base of the plant and small leaves higher on the flowering stem. The flowers are yellow-green, 3–4 mm in diameter, maturing into a small, hard, dry, lumpy fruit cluster 5–10 mm across containing several seeds. In AD 827, the Saracens introduced spinach to Sicily. The first written evidence of spinach in the Mediterranean was recorded in the 10th-century. It arrived in Spain in the 12th century. The comics and cartoon character Popeye the Sailor Man has been portrayed since 1931 as having a strong affinity for spinach, becoming physically stronger after consuming it. This portrayal was based on faulty calculations of the iron content. Long known for its healthful attributes, this nutrient-rich leafy green contains no less than four Foundation Supplements. Thanks to its high levels of magnesium, manganese, silicon, and Vitamin K, spinach is a bone-smart alkalizing powerhouse.



## Radish – Raphanus sativus



### Radish facts

Radishes are fast-growing, annual, cool-season crops. The seed germinates in three to four days in moist conditions with soil temperatures between 18 and 29 degrees C. Best quality roots are obtained under moderate day lengths with air temperatures in the range between 20 and 18 degrees C. Under average conditions, the crop matures in 3–4 weeks, but in colder weather, 6–7 weeks may be required. First cultivated in China, radish crops spread through the Northern Hemisphere and into Europe in the 1500s. Radishes are members of the Brassicaceae (mustard or cabbage) family. The root is related to broccoli, cauliflower, and horseradish, among others. Calories: radishes are a great low-calorie snack; one cup of sliced radishes has only 19 calories. Radishes are related to wasabi, a type of horseradish, which in paste form is a staple condiment of Japanese cuisine. Radish Varieties: several varieties of radishes are available year-round. They vary in size, taste, and colour but share nutritional values.



## Basil - Basilus



### Basil facts

Basil is most commonly used fresh in cooked recipes. In general, it is added at the last moment, as cooking quickly destroys the flavour. The fresh herb can be kept for a short time in plastic bags in the refrigerator, or for a longer period in the freezer, after being blanched quickly in boiling water. The dried herb also loses most of its flavour, and what little flavour remains tastes very different, with a weak coumarin flavour, like hay. Basil is planted when the weather is warm, usually in late spring and summer. Basil is used for its medicinal properties in Ayurveda, the traditional medicinal system of India and Siddha medicine, a traditional Tamil system of medicine.



## Rosemary - Rosmarinus officinalis



### Rosemary facts

Rosemary is used as a decorative plant in gardens where it may have pest control effects. The leaves are used to flavour various foods, such as stuffing and roast meats. Rosemary also has a tendency to flower outside its normal flowering season; it has been known to flower as late as early December, and as early as mid-February. In Spain when you want to give someone a good luck rosemary branch is given. Wild Rosemary can be found along the sea cliff along the coast of Italy, Greece, Spain and France. Rosemary sprigs are traditionally scattered on the grave to show that the beloved family member would not be forgotten.



## Lemon balm – Melissa officinalis

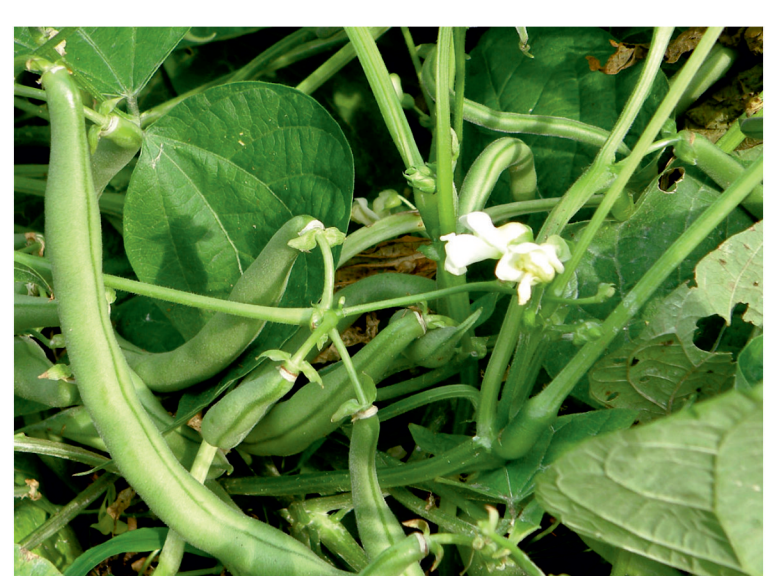


### Lemon balm facts

Lemon balm is grown for its aromatic heart-shaped and toothed leaves. When simply touched, pressed or bruised they release an intense lemon fragrance. Fresh leaves reveal a sweet lemon zest taste with a hint of mint. We use it to kill bacteria, we can make a cream with lemon balm which helps our lip-herpes to heal. You can add to fish and poultry dishes, herb sauces, salads to sweeten jam, jellies, fruit salads. If you're tired or you have insomnia you can use it because it will help you to fall asleep. Lemon balm is often used as a flavouring in ice cream and herbal teas both hot and cold, it's a good candle ingredient as well, it also gives a very special smell to perfumes. It grows in the summer (July and August). It grows almost everywhere except very poor or very dry soil. During summer months the plant matures and small white flowers full of nectar appear. This nectar is harvested by bees for honey making. Lemon balm honey produces citrus flavours with mint undertones, much like the leaves it is derived from. The extract of lemon balm has high antioxidant levels. Lemon balm has calming properties; thus it is used in herbal tea remedies and lemon balm oil is often used in aromatherapy. The name 'Melissa' means honey bee in Greek, 'officinalis' indicates that the plant is medicinal in nature. It belongs to the mint family.



## Beans – Phaseolus vulgaris



### Beans facts

Bean is a common name for large plant seeds of several genera of the family Fabaceae which are used for human or animal food. The term bean originally referred to the seed of the broad or fava bean, but was later expanded to include members of the New World genus Phaseolus, such as the common bean and the runner bean, and the related genus Vigna. The term is now applied generally to many other related plants such as soybeans, peas, chickpeas. Beans are one of the longest-cultivated plants. Broad beans, also called fava beans were gathered in Afghanistan and the Himalayan foothills. They were also grown in Thailand since the early seventh millennium BC, predating ceramics. In the second millennium BC the large-seeded broad beans appear in Europe. Some bean types include: broad bean or fava bean, Phaseolus, Vigna, Cicer arietinum (chickpea), Pisum sativum (pea), lentils, soybean



## Parsley – Petroselinum crispum



### Parsley facts

Parsley is the world's most popular herb. The plant was born in South-Europe. It is rich in vitamins. Parsley contains two types of unusual components that provide unique health benefits. Fresh parsley should be washed right before using since it is highly fragile. Medicinal Uses: Parsley is high in vitamin A and C, fibre, potassium, magnesium, calcium, niacin, riboflavin and iron. Parsley is often made into infusion or tea or combined with other herbs to promote health. The Ancient Romans loved parsley. In the first century AD, Pliny wrote that no salad or sauce should be served without parsley. The Greeks used parsley for funeral wreaths and in garlands for the winners of the Nemean and Isthmian sporting games. People who looked very sick and near death were often said to be "in need of parsley." Because of the difficulty in growing it, it is said that only witches or evil people can grow it. Parsley is a natural breath freshener. It reduces the odour of garlic breath when chewed fresh.



## Onion - Allium cepa



### Onion facts

The onion, also known as bulb onion or common onion, is a vegetable and is the most widely cultivated species of the genus Allium. In ancient Greece, athletes ate large quantities of onion because it was believed to lighten the balance of the blood. Roman gladiators were rubbed down with onions to firm up their muscles. In the Middle Ages, onions were such an important food that people would pay their rent with onions, and even give them as gifts. Doctors were known to prescribe onions to facilitate bowel movements and erections, and to relieve headaches, coughs, snakebite, and hair loss. Onions were taken by the first settlers to North America, where the Native Americans were already using wild onions in a number of ways, eating them raw or cooked in a variety of foods. Yellow or brown onions are full-flavoured and they can be a choice for everyday use. Yellow onions turn rich, dark brown when caramelized and give French onion soup its sweet flavour. The red onion is a good choice for fresh use when its colour livens up the dish; it is also used in grilling. White onions are the traditional onions used in classic Mexican cuisine.

