

GYÓGYNÖVÉNYEK MAGYARORSZÁGON

MEDICINAL HERBS IN HUNGARY



2010-12

Elderberry - Fekete bodza - Sambucus nigra



Classification:

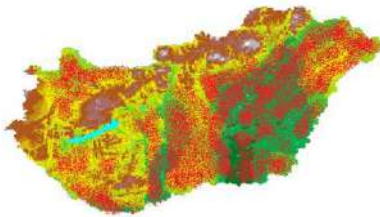
- Line: Magnoliophyta
- Class: Magnoliopsida
- Rate: Dipsacales
- Family: Adoxaceae
- Genus: Adoxaceae

Locality:

It can be found everywhere in [Europe](#). It is originated from [Hungary](#). It can effectively adapt to changes e.g. air pollution.

Elderberry is a typical plant of wet forests and hedges of roads.

You can see the locality on the map in red colour:



Description:

Elder or Elderberry is a genus of between 5-30 species of [fast-growing shrubs](#) or [small trees](#) (10 m tall) formerly treated in the honeysuckle family Caprifoliaceae, but now shown by genetic evidence to be correctly classified in the moschatel family Adoxaceae.

The leaves are opposite, pinnate, with 5-9 leaflets (rarely 3 or 11), each leaf 5-30 cm long, the leaflets with a serrated margin. They bear large clusters of small white or cream coloured flowers in the late spring, that are followed by clusters of small red, bluish or black (rarely yellow or white) berries. The berries are a very valuable food resource for many birds.

[Blooming time](#): June-July

[Growth time](#): August-September

Cultivation:

It is agrarian but also grown by in farms. Trees are rear in Hungary you can see them only in montains, near forest paths at sunny places. It likes eutrophic soil. It can be propagated by plant or seed.

Historical Background:

[Antient Greek and Roman](#) used it especially as durtic or against snake bites. In folkloric healing elderberry was the Chemist of the poor people. It was a saint plant of antient [Germans](#).

Fishermen usually made their needle of elderberry by which they could sew their nets. Musical instruments were also made of it. Elderberry was used in the folkloric believes for weather forecast: if you can find some flowers on the branch of elderberry after riping, long winter will come.

Drogs, ingredients and effects:

Bark: The Inner Bark should be collected in autumn, from young trees. It is best dried in a moderate sun-heat, being taken indoors at night. When ready for use, it is a light grey, soft and corky externally, with broad fissures; white and smooth on the inner surface. The taste of the bark is sweetish at first, then slightly bitter and nauseous. It is without odour.

Leaves: Elder leaves are used both fresh and dry.

Collect the leaves in June and July. Gather only in fine weather, in the morning, after the dew has been dried by the sun. Strip the leaves off singly, rejecting any that are stained or insect-eaten. Drying is then done in the usual manner.

Fruit: -vitamin C, -provitamin B, -vitamin A, sugar, apple acid, citric acid, minerals (kalium, phosphor, iron), flavonoids, volatile oil.

Medicinal Action and Uses:

- diuretic
- strong purgative
- renal dropsies
- cleaning blood
- reducing inflammation,
- reducing fever
- pain killer
- immunizing effect
- killing digestive problems

Each part of the plant is toxic except the flower and fruit.

Usage:

Flowers are used for making tea, jam, syrup, soup, cakes, salads, vinegar, wine, champagne, brandy, liquor, colouring materials, cosmetic creams, tonics and it is one of the ingredients of the original English ketchup.

Leaves are used for making tea, and colouring materials. It is also used in the medicine and food industry. You can find it in bio gardens.

It is not suggested:

Oldmen must not drink the tea every day because it can weaken heart

Lemon balm - *Melissa officinalis*

"The herb of peace"



Classification:

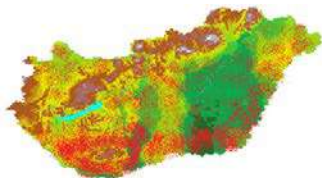
Line: Magnoliophyta
Class: Magnoliopsida
Rate: Lamiales
Family: Lamiaceae
Genus: *Melissa*

Location:

Derives from the Middle East, it likes Mediterranean climate. It appears sporadic in the wild, however they can be found in gardens in many places.

Habitat: fresh forests, scrubs, but mainly grown. In West Europe it can be found mainly at plantations, in Hungary it is naturalised. It can be found wild in the forests of North Transdanubia.

You can see the locality on the map in red colour.



Description:

It has pleasant scent remembering the scent of lemon. It is perennial, with the height of 30-70 cm, but it sometimes reaches the height of 150 cm.

Its roots are developed. They are long and thin. Its stem is divergent. Its leaves are bright and dark green, sharpened, oval shaped with the scent of lemon.

Pharmacists call the leaves used for medical purpose *Melissae folium*.

Its small, white or red, pink flowers bloom in tens or twenties.

Its crops are oval shaped, 1-1, 5 mm long, bright and dark, shortly after ripening they fall out.

Blooming time: the middle of July and September

Cultivation:

Unfortunately we can hardly find them in wild, for this reason we can't find the amount needed in the nature and we have to produce them. Calcareous, loose, deep soil is ideal for its growing.

We should find easy to warming, southern places. It likes warm, sunny places. They find penumbra hard to bear, and its sprouts turn to the sun.

The rare hairs on the leaves have light-gathering role. It needs long hours of sunshine. It bears drought well. It is planted in April or in May. We can grow it in pots or in balcony boxes or in the kitchen window.

Pharmacy uses its leaves that we can collect continuously. But we have to collect them at the beginning of blooming. We have to dry out the leaves and keep them in dry places prevented from sunlight. We can harvest them even three times a year.

Historical background:

Its homeland is Asia. It has been spread over South Europe by the Greeks and over West Europe by the Benedict's. In around 810 Great Alexander ordered its growing. We can still find this herb on farms.

We can hardly find lemon balm wild in Europe. The lemon balm used for medical purpose can be found mainly on plantations. The Spanish lemon balm contains the highest level of essential oils. The Latin name of the herb, *Melissa*, means "honey bee". This herb contains high level of nectar and for this reason bees like them very much.

Romans used them for skin diseases. In the 10th century the Arabic doctors realised that this herb is essential in curing nervous and restlessness. European people has been using it since 1500. They have been used in monasteries for heart problems. In the past Carmelite nuns used it in the form of distillation. It was first mentioned in 1775. Scientists have recognized the effectiveness of lemon balm and they have been still examining its possible uses. It was voted for the herb of the year in 1988.

Ingredients:

It contains high level of essential oils, tannin, flavonoids, proteins, fenol, resin, bitter substances and saponin.

Effects:

They can be used for many diseases as a medicinal herb.

- Its essential oils have bacteria, virus and antifungal effects. It slows down and hinders the reproduction of viruses; it is often used as diaphoretic and coughs remedy. It can be used for the treatment of Herpes Simplex.
- It has anti-inflammatory effect
- It has appetizing effect, stimulates digestion and bile function, and lowers cholesterol. It can be used in case of malaise and liver diseases.
- It has positive effect in case of heart diseases, for example it lowers blood pressure.
- It's antispasmodic and can be used against headache, migraine and asthma.
- It's effective against nervousness, tiredness, insomnia and anxiety.
- It eases pains caused by insect bites, injuries.

Usage:

Its leaves can be combined with other herbs. It gives pleasant taste and smell.

It can be used as tea, compress, massage oil, or even in aroma lamps or in pot-pourries.

Its seeds are used in pharmaceutical and liqueur industry. Its essential oils are utilized by perfumery industry. Since its strong scent keeps mosquito away it can be useful to place them in pots in the windows. Its fresh leaves can be used to flavour salads, sauces, fruit soups, fish, poultry and wild food. People on diet can use them. It can be the substitute of lemon.

It's not only a herb but it also contains high level of nectar.

Stinging nettle - Nagy csalán - *Urtica dioica*



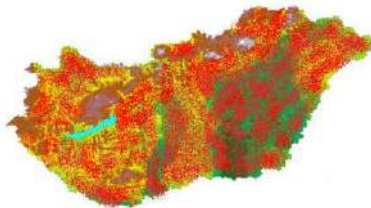
Classification:

- Line: Magnoliophyta
- Class: Magnoliopsida
- Rate: Rosales
- Family: Urticaceae
- Genus: *Urtica*

Locality:

It can be found everywhere in Europe and in the whole territory of Hungary. It likes wet places in forests as undergrowth. It also likes moor and valleys.

You can see the locality on the map in red colour:



Description:

A stinging nettle is a 50-150 cm tall plant. It has widely spreading rhizomes and stolons, which are bright yellow as are the roots. The soft green leaves are 3 to 15 cm (1 to 6 in) long and are borne oppositely on an erect wiry green stem. The leaves have a strongly serrated margin, a cordate base and an acuminate tip with a terminal leaf tooth longer than adjacent laterals. It bears small greenish or brownish numerous flowers in dense axillary inflorescences. The leaves and stems are very hairy with non-stinging hairs and also bear many stinging hairs (trichomes), whose tips come off when touched, transforming the hair into a needle that will inject several chemicals: acetylcholine, histamine, 5-HT or serotonin, and possibly formic acid.

The plant has got its name from expression 'uro' which means to burn.

Blooming time: May-October

Growth time: June-October

Leaves are collected in March-April. Roots are collected in Autumn or Spring.

Cultivation:

It is agrarian but also grown by in farms. It likes eutrophic soil. It can be propagated by climbing rhizoms or seed.

Historical background:

Nettle stems contain a bast fibre that has been **traditionally** used for the same purposes as linen and is produced by a similar retting process. Unlike cotton, nettles grow easily without pesticides. The fibres are coarser however. In recent years a German company has started to produce commercial nettle textiles. Nettles may be used as a dye-stuff, producing yellow from the roots, or yellowish green from the leaves.

Roman soldiers often flapped their body with nettle trout because they felt cold and nettle-sting had a warming effect. They also used it for joint aching. It has high mineral and vitamin content so they fed domestic animals with it as a fodder in the **1st world war**.

Efficient materials:

nettle hair acetil-kolin, szerotonin and hisztamin, ,

roots contain :drug, szterol, lignans, poliszacharid

leaves:flavonoids, cinnamon acid, minerals, ascorbin acid, formic acid

Medical uses:

Extracts can be used to treat arthritis, anemia, hay fever, kidney problems, and pain.

Nettle leaf is a herb that has a long tradition of use as an adjuvant remedy in the treatment of arthritis in Germany..

Internaly:

Urtication, or flogging with nettles, is the process of deliberately applying stinging nettles to the skin in order to provoke inflammation. An agent thus used is known as a rubefacient (something that causes redness). This is done as a folk remedy for rheumatism, providing temporary relief from pain. The counter-irritant action to which this is often attributed can be preserved by the preparation of an alcoholic tincture which can be applied as part of a topical preparation, but not as an infusion, which drastically reduces the irritant action.

Externaly:

Nettle is used in hair shampoos to control dandruff and is said to make hair more glossy, which is why some farmers include a handful of nettles with cattle feed. It is also thought nettles can ease eczema.

Tea:

Nettle root extracts have been extensively studied in human clinical trials as a treatment for symptoms of benign prostatic hyperplasia (BPH). These extracts have been shown to help relieve symptoms compared to placebo both by themselves and when combined with other herbal medicines..

Rose hip - csipkebogyó- *Cynosbati pseudofructus* (*Rosa canina* L.)-



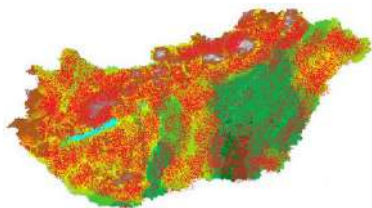
Classification:

- Line: angiosperms
- Class: dicotyledons
- Rate: Rosales
- Family: Rosaceae
- Genus: Rosa

Locality:

Everywhere in Europe. Undergrowth of oaks, common plants of forest bushes. It is found in edge of forests and in the mountains, hills and meadows. It is usually planted as hedgerow. Corp land: Hegyalja, Bükk, Mátra, Cserhát, Börzsöny, Pilis, Bakony, Balaton mountains and in other places of the country.

You can see the locality on the map in red colour:



Description:

It lives a long life (even if 100 years). It is 2-5 m tall but it rarely grows higher than 2,5 m. Its body, legs and leaves are covered with stings. Leaves have unpaired wings containing 5-7 smaller leaves. They are egg-shaped with saw-like hedges. They are bald and on their outer sides there is small hair running along the veins.

Its light pink flowers are smellless. Their diameter is 4-6 cm. They are only flowers, not compacted. They are located on the top of the lateral shoots. Sepals fall down before ripening. Ripe fruits are bright red. They are longish (1,5-2 cm). Their shape can be oval or rounded. There are hard seeds in each one.

Seeds are covered by stinging hair, so called 'prickly powder'. Fruits remain on the bush for a long time so they can serve as food for the birds.

Blooming time: May-July

Growth time: September-October

Cultivation:

It is agrarian but also grown in farms. It tolerates frost: -23°C is no problem for it. It doesn't like cold, solid soil but you can plant it almost everywhere. It likes dry, solid, calcareous soil. It is austere.

Historical background:

Rose hip symbolizes Moses's vocation in Bible. Nations in Antient Ages recognized that hip rose had got healing effects, especially for atrophy.

In the Middle Ages the burning rose hip bush was symbol of Virgine Mary.

Content:

Rose hips are particularly high in vitamin C content, one of the richest plant sources available. It has a 10 times higher vitamin c content then lemon has.

It contains ascorbin acid, vitamin A,B1, B2,C,H, K,P, pectines, citric acid.

The oil pressed from its seed contains retinol and fatty acids omega 3 and 6.

Effective for:

It is effective for cold influenza, tiredness, cathartic.

People in the Ancient Ages knew the medical properties of this herb.They knew that it was effective for the atrophical ailments. Vitamin C intensifies resistivity, flavonoids prevent inflammation, it has immunizing effects, pectines help with digestion.

Medical uses:

You can make tea of the berries it is effective for cold, gastro-enteritis and bronchitis or kidney problems. It also has a spice intensifier effect so you can find it in herb mixes and fruit teas as well. Rose hip has got an anti-oxidant effect.

Rose hip oil is effective for different skin problems like dermatitis and eczema.

During boiling it looses its vitamine C content above 60 C so you'd better to soak,dry or freeze it.

Eating raspingly:

Cut the end of the fruit, press the creamy meat carefully than it can be eaten.

You can make tea from the dried fruit.

Hawthorn - Crataegus



"The most beautiful white- dressed bride of the spring hillside"

Classification:

Line: *Magnoliophyta*

Class: *Magnoliopsida*

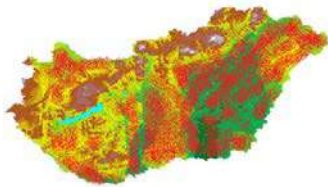
Rate: *Rosales*

Family: *Rosaceae*

Genus: *Crataegus*

Locality: It can be found everywhere in Europe and Hungary but originally it is a Northern European genus. You can find it almost in each part of the country especially in bushes, scrogs and oak forests. It is native to temperate regions of the Northern Hemisphere in Europe, Asia and North America.

You can see the locality on the map in red colour.



Description:

It belongs to the family of the rosaceous. It is a small tree, mostly growing to 10 metres tall, with thorny branches. The flowers are small with five petals. They have strong scent. The fruit, sometimes known as a "haw", is berry-like. It is red and it has a size of about 6- 10 mm.

Cultivation:

We can grow hawthorn in our garden, in any kind of soil.

Leaves can be harvested early in the spring and the hard, glowing red crops in October.

Historical background:

Hawthorn appeared first in the herb books in the Middle Ages. It was Henry VI, the French king who drank it regularly as syrup. They have been part of the Chinese cuisine.

Active ingredients found in hawthorn include tannins, flavonoids, flavone-C, triterpene acids and phenolic acids.

Several species of hawthorn have been used as herbal medicine as a mild sedative in promotion of sleep, and to cure gout and pleurisy.

During the First World War the dried fruit of hawthorn was used as substitute of coffee in the mornings.

Ingredients:

The flowers and the leaves of this herb can be used for medicinal purposes. It contains flavonoids, carotin, vitamins, saharin and protein.

Effects:

Several species of hawthorn have been used in traditional medicine, and there is evidence of benefit for an extract in treating chronic heart failure and to strengthen cardiovascular function.

Another use of this herb is as a mild sedative in promotion of sleep.

Active ingredients found in hawthorn lower blood pressure and heart rate during exercise.

Hawthorn should not be used during pregnancy.

The flowers, the leaves and the extract of hawthorn can be found as the ingredient of several pharmaceutical preparations.

Usage:

The flowers, the leaves and the extract of hawthorn can be found as the ingredient of several pharmaceutical preparations. The preparations made by hawthorn strengthen the cardiac muscle contraction and improve the blood supply of coronary and cardiac muscle.

Tea: Scald 1 spoon of dried hawthorn leaves with 2 dl hot water, and stir it after 15 minutes. 2-3 cups of tea is recommended.

Tincture: made from the flowers, the leaves and from the berries.

Tablets: he tablets made from hawthorn contains dried flowers, leaves and berries.

Spices: We can make jellies and sauces from them.

The tea mixtures have vasodilator effect and lower blood pressure. It helps to ease circulation problems and help to fight off arteriosclerosis. They can be used even for long periods by both the youth and the olds. Since they do not pile up in the body overdosing is impossible. They have no side effects.

In folk medicine the jam made from this herb is used for diarrhoea and as restorative.

The raw hawthorn mustn't be eaten before it is frostbitten!

Children, pregnant and nursing women mustn't use it!

Curiosity:

According to the ancient myths this herbs derives from a thunder. In Christian tradition hawthorn symbolize the virginity of Maria. According to the Celts hawthorn is the tree of winter and darkness. In Britain it is prohibited to bring this herb into the house as Jesus' crown of thorns was made by hawthorn. In accordance with another belief hawthorn brings luck to the owner of the house, good crop to the soil. If you sit under it at Midsummer' night you will be involved in magic. It is the sign of the end of winter, and the changing of seasons.

Gastronomy:

Hawthorn tea:



Preparation: daily dose: 3-5 gram

Drink it lukewarm, 2 or 3 cups a day. Prepare it in the morning and drink it throughout the day. It has sour taste; it's a perfect thirst-quenching tea.

Drink it at least for 6 weeks.

It lowers cholesterol.

Hawthorn jam and drink

Drink

Ingredients: 1 kg of frostbitten hawthorn berry, 20 dkg of cane or honey, preservative

Preparation: Put the cleaned berries in a bowl; pour it with the cane and the preservative. Mix it, cover it and leave it for 2-3 days. Mix it once a day. Drain the berries and pour the jam into bottles and cover them. We can eat it after two weeks.

It's effective for headache.

Jam



Ingredients:

1 kg of hawthorn berry, 40 dkg of cane, water, preservative

Before cooking squeeze the cleaned berries and pour some water till one third of it. Pour the cane onto it. Cook it. Strain it and and cook it for a while. Put some preservative on it.

Dandelion - *Taraxacum officinale*



Classification:

Line: *Magnoliophyta*

Class: *Magnoliopsida*

Rate: *Asterales*

Family: *Asteraceae*

Genus: *Taraxacum*

It can be found in lush meadows and pastures all around the world.

Description:

It belongs to the family of the Compositae. It is a perennial herb, 5-40 cm high. Its flowers are bright yellow and its leaves are fresh green. Its ingredient content is the highest at the period of blooming. It has fantastic adaptability, it can sprout anywhere.

Blooming time: April, May

Cultivation:

This is one of the most persistent and most prolific herbs. It can be found wild all around the world, but in some parts of Europe they are grown for medicinal purpose.

Ingredients:

This herb contains bitter substances, flavonoids, sterols, potassium salt, carotenoid and inulin. Dandelion has high potassium and boron content.

The leaves of dandelion contain Vitamin A, Vitamin D, and Vitamin C, different Vitamin B, iron, silicon, magnesium, zinc and manganese. Its root contains saponin. The leaves and the other parts above the ground are harvested in spring and autumn. This herb blooms in autumn for the second time.

Historical background:

The fame of this herb goes back to thousands of years. Chinese doctors used it for pneumonia, bronchitis, cold, ulcer, hepatitis and toothache. In the 10th century the Arabic doctors

recognized its effect which increases urine. By the 12th century its fame has spread all over the world and it was recommended for treatment any kind of diseases of the body.

Effect:

It has positive effect on every part of the body.

It stimulates digestion and has anti-inflammatory effect. According to the researches it has positive effect on the body in case of gall and liver diseases. It increases bile production and excretion in the liver and gallbladder to escape.

The flower of dandelion is a rich resource of lecithin that increases the concentration of brain. Dandelion is a strong diuretic agent; it removes water causing edema from the body. The fresh root relieves the gallstones painlessly; regulate the operation of liver and gall.

Publication also includes the effects that strengthens the pancreas and spleen, and it's blood purifier. The herb has good calming effect. It is recommended to use the plant for rheumatic pain, chronic arthritis and gout.

Usage:

-Tea: Boil 2 spoons of dandelion in 3 dl of water for 1 minute. Strain it after 15 minutes. Drink it for 6 weeks, 2 cups a day.

-Compress: Put 3 spoons of dandelion into 0,5 litre of water, boil it for 5 minutes and make a pulp from it. Put it on the aching body part.

-Syrup: Boil 2 spoon of dandelion in 2-3 dl of water for 1 minute and strain it. Pour 120-150 g of sugar onto it.

Tea used to treat gall bladder and liver problems; it has long been drunk as a diuretic and blood purifier, as it enhances the activity of the liver and kidneys.

Fresh, young leaves before flowering are used even as raw material for sandwiches and salads, but can also make tea and vegetable dish out of it.

The dandelion root, eaten raw, but not dried, is used for teas, blood cleanser, digestive, diuretic and diaphoretic, and stimulant. Its blood thinning effect is excellent. It is also suitable as a coffee substitute.

From the flowers honey and pálinka can be made.

In folk medicine, dandelion milk is widespread used to treat warts as milk contains proteolytic enzymes, which helps to soften warts and prevent the reproduction of viruses.

In veterinary medicine the leaves are used to increase lactation.

Dandelion honey



Ingredients:

10kg of flower, 2 lemons, 9dl of water, 1, 5 kg sugar, 2 packets of vanilla sugar

Preparation:



Wash the flowers and put them in a bowl. Slice the clean lemons.



Put the lemon slices to the flowers and pour the water into it. Boil it slowly.



After 30-35 minute boiling, strain it and pour the liquid into another boil.



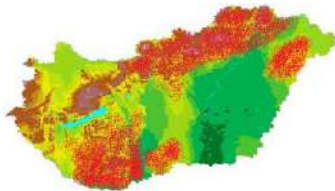
Pour the sugar and the vanilla sugar onto it and boil it for one and a half an hour till the honey becomes thick. Pour them into jars and cover them.

Small-leaved linden - Kislevelű hárs - Tilia cordata



Classification:

- **Line:** Magnoliophyta
- **Class:** Magnoliopsida
- **Rate:** Malvales
- **Family:** Malvaceae
- **Genus:** Tilia



Locality:

It is popular in [Central and South Europe](#). This plant can be found in the [Karpatian Pelvic](#). It lives in different forests like beech, oak. Linden trees are spread in our parks because people like them walking in the town squares.

You can see the locality on the map in red colour.

You can find [three types](#) of it in the [Karpatian Pelvic](#):

1. Tilia argentea - Silver linden- mostly in towns
2. Tilia cordata - Small leaved linden - it is the best for tea
3. Tilia platyphyllos - mostly in forests

Description:

Small leaved Linden is [20-25 m tall](#). It has got even 15 m wide tree-stratum. [It can live 200-300 years!](#) It is a deciduous plant. It has got long and crooked roots.

- [Leaves](#) are [5-8 cm long](#) and asymmetrical. They have got a heart shape jagged in the periphery. There are reddish hair bunches on the backside.
- [Flowers](#) are whitish-yellow, they have got sweetish smell. Flowers are very small (abt. 1 cm large) and they are five-in-one. Bees regularly visit them because of their nectar. At blooming time loud buzzing are heard around the trees.
- [Crops](#) are brownish, closed. It is an acorn with dry seed. You can push it with your fingers.

Blooming time: the middle of June - first day of July (after the big leaved linden).

Growth time: end of September

Cultivation:

Small leaved linden is an agrarian tree but you can find it in farm as well. It is not so exigent: it tolerates dry and shady places. Linden tree likes rich , deep soil but tolerates poorer , calcareous soil. However it suffers from long hard freeze. It can be propagated by seed or sprout. Its flowers have got a pleasant smell.

Useful parts are collected in June. It is not suggested to collect them near busy roads and industrial areas!

It is very important to choose the right time of collecting. Flowers are the most efficient in the first 3 days after blooming.

Harvesting of flowers lasts for 2 weeks.

Dry the flowers right after collecting and store them in closed dishes! Do not store them in a wet shiny place.

Most popular types of flowers:

- Small leaved linden
- Ordinary linden
- Big leaved linden
- Silver linden - the flowers are not appropriate for drug

Historical background:

The name likely comes from the finno-ugrian language family. Expression 'has' means that bark can easily be removed from the leg of the tree. First historical events go back to the Antient Ages. Leaves, bark and nectar were used firstly. Flowers were became to use only later. The tea made of flowers were very popular.

In the German mythology linden was a Saint tree. It was the tree of lovers which gives fertility and wealth. In Hungary Linden is also the tree of the lovers nowadays.

The mythic linden tree: You can find it in the European history: tales, legends can be read in Greek , Roman or Hungarian traditional Arts.

In Slovakia June named after linden ('lipa'= linden, 'lipanj'= June). Linden tree in Bajmoc in Slovakia is a famous memorial tree of the Hungarian King, Mátyás. You can find Zrínyi-linden tree in Zsigard which is almost 800 years old.

Uses for:

Linden is a resistant tree. The linden wood is light and dries very quickly. It is a very popular material of sculpture. It is excellent for carving, wooden shoes or making furnitures and cellulose. In some areas vine is made of linden.

Linden honey is very fine and delicious. It is excellent for herb tea.

When locust-tree was unknown, linden honey was the most popular .

Efficient materials: For producing drugs, linden flowers and the cinder of linden wood are used.

It contains:

- Volatile oil (geraniol, linalool, eugenol)
- Vitamine E
- flavonoids,
- sugar ,
- minerals
- Vitamine C

Medical uses:

Flowers are used for making herb tea and medicine all around the world. It tastes very pleasantly. For the Hungarian, it is a traditional herb.

Internal uses:**Tea is used for:**

- Respiratory problems (cold, asthma,soar throat)
- Pulmonary diseases
- Intensifying artery
- Rheumatism
- Digestive problems
- Inflammations
- Diuratic problems
- It has got a blood cleaning and cramp reducing effect

Honey, made of linden flowers, has got an excellent sweaty antiseptic and sedative effect. It can reduce cough and different stomach acids.

Medical coal is made of the breeze of linden wood. It is used for coccidiosis or gastro-enteritis. It is also used for producing different medical powders.

External uses:

It has got a skin cleaner and grooming effect. You can use it for fomentation as well. Making bathwater of linden **legs** is efficient for rheumatic problems.

Other uses:

Drinking for pleasure,do scald linden tea only! It is suggested to drink tea only in staying bed. You can drink it with honey, it can be more effective.

Do not use it in a long term! It can turn over your heating system. It can cause strong heartbeats. You'd better to drink it together with other teas.

If you have got any heart disease or heart problem, do not drink it! It can intensify effect of other medicines like bloodpressure medicines.

Thyme - Kakukkfű - *Thymus serpyllum*



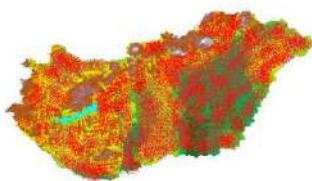
Classification:

- Line: Magnoliophyta
- Class: Magnoliopsida
- Rate: Lamiales
- Family: Lamiaceae
- Genus: Thymus

Locality:

Its home are the Southern European, Mediterranean rocky pastures. In Hungary mainly of limestone mountains and grassy meadows grown in the drier gardens. Cultivated garden thyme (*Thymus vulgaris*) are easily spread living in sunny meadows and sparse forest on the edge. Following easy to find the characteristic smell of southern Europe, North America, Africa and Central Europe including Hungary, are grown.

The map is marked in red in the area of occurrence:



Description:

Thyme in the evergreen ground cover or dome-shaped shrub surgeon spicy herb and perennial herb. Plants throughout the pleasant smell of certain varieties grow 20-50 cm long. Root like a stick of fleshy leaf surface populations slightly darker gray-green back of the leaf . 6 - 10 mm long fibrous spear-shaped or oval hairy leaves and shoots of essential oil glands dotted tiny purple or red flowers. At the end of the branches of a blooming flower-pollinating and two extraneous to the core of sex . Seeds are very small.

flowering time: May-June but in appropriate circumstances to be successful to August.

Cultivation:

Each kind of plant drought-tolerant. Herb grown mainly in Hungary but light demanding hardy or frost tolerant to wet. Soil can be reared in a rock garden thyme for 5-6 years will remain in place for the last few years. More and more children in the stock of seeds sown plants are propagated by dividing the plants for the development of an optimal temperature of 25 ° C to be propagated by division. In March or September, the most advanced pest and pathogen is not known.

Herbs or herbal tea is the best material (herba), the flowering of the harvest, taking cuttings, preferably receive the lunch period (11 to 15 hours) it will do the most valuable plants in the amount of volatile aroma and shoots are always a cut above the wooded parts. Here again after cutting drive to cut it several times a year. From the date of the severed parts of plants protected by a dry airy place. To dry the flowers, leaves and shoots Crumble dried floral aroma-held reams sprouts. Leaves without stalks are collected from May to July.

Historical background:

Historical background of the "wonderful thyme" in the name of the Greek word thymos = courage in **ancient times** was the preservation of meat and thyme fragrance used in the sacrificial animals to the gods ..**They prefer** to receive a favorite symbol of valor and courage of the **Greeks** to the heroism of the graceful elegance .They also made it symbolized the aroma of thyme churches were burned incense in a manner similar to the ancient **Romans** prized the thyme thyme soldiers before the battle that took courage to give him a bath, it was considered to extend the life of thyme.This research has also shown: the thyme really delaying the aging smoke has been used in the process displaced scorpions.

Now the **Egyptians** were familiar with the plant's antiseptic and preservative. Properties of thyme is also used for embalming, also like to use herbal preparations and anatomical preservation of the paper and also inhibits the growth of mold in the **Middle Ages**. The soup was so drive out the timidity of the Greek women's start-up to war handkerchief dress their husbands in England while the ladies embroidered thyme Knights shoulder tape floating above the sprig of thyme, bee embroidered as encouragement.

It was sacred to the **Germanic** medieval herbalist Hildegard chief woman of estate considered a cure for skin problems.She assumed that most infections can be used as a symbol of Christianity at the time of the Virgin Mary was one of the Emperor Charlemagne's herb. Garden is grown for medical purposes and seasoning at the end of the seventeenth century to the pharmacies. Thyme - Origanum name - as a disinfectant is applied to the exterior of Thyme Thyme aetheroleum viii Hungarian Pharmacopoeia as an official.

active substances:

Active substances of herbal drugs (Thyme herb). Carvacrol and thymol-containing essential oil contains flavonoids and not find something tanning materials. Woody aboveground shoots of 10-25% essential oil of bitter substance is also an antispasmodic effect flavonoids and saponins. Substances essential oils more than thirty of the most important component of the thymol. It gives the plant a characteristic smell to other materials: ascorbic acid, beta carotene, vitamin B1, vitamin B2, zinc boron cymin flavin proteins, phenolic resin ash calcium phosphorus potassium camphor carvacrol coffeinacid cobalt chromium magnesium manganese and other minerals, menthol.

Curative effects:

- the bitter and tanning materials brighteners affect **digestion** because it helps increase the production of digestive breakdown of fats in the stomach . Improves appetite has antispasmodic and carminative catch urine casts intestinal parasites
- fever, **sore throat** and cough (pertussis asthma attacks)
- fragrant and **refreshing** bathing for adults and removes too nervous tension and depression in healthy sleep
- Raises the low blood pressure
- relieves the itching caused by insect bites
- essential oil helps to delay the aging body would **strongly bactericidal disinfectant strength sedative**
- good for disinfecting air in the sick-flu or a cold case
- a folk medicine to relieve symptoms of rheumatoid it effective
- effective hair loss mitigate
- to relieve the symptoms of burning pain.

Usage:

Use of tea tincture essential oil bath and dried Rinse mouth frequently washing and evaporation. Rubbing **spices and herbal** compress the thymol inhibit the development of bacteria or fungi can also kill them, therefore, pure spirit is used **in medicine** extract is antiseptic. It is used as a mucus solvent effect most cough **medicinal**.

Alcoholic extract is antiseptic and skin mucus solvent is used in most **cosmetic medicinal** product in the cough (eg, perfumes creams, bath products, potpourri scent pads mouthwash preparation) use the essential oil of pharmaceutical raw materials to process drugs. However effective disinfecting air refreshments also really like the material of the bees thyme .Sicily has always been famous for thyme shoots **dried spice** is also used mainly **for canning peppers** and cucumbers for canning. The volatile oil is a popular spice liqueurs used in some countries is a very popular culinary herbs: marjoram rosemary laurel nutmeg mixed with chopped sage and crushed. Sold more difficult to digest foods excellent dietetic food seasoning in the spice of harmless herbal vinegars is an important material due to a strong aroma of camphor should be used cautiously. They are too fed alters the nature of food.

Warning!

Do not use essential oil internally but young children and pregnant and lactating women in thyroid-deficient hypertension. Externally is not recommended for prolonged use of higher doses is contraindicated in the thyme. A deadly poison in high concentrations can therefore be consumed in small quantities can cause rashes in sensitive people from the oil maximum of two drops suddenly evaporate.

Interesting:

Gardening keeps the scent of garden pests.

Chamomile- Kamilla = Orvosi székfű - *Matricaria recutita* = *Matricaria chamomilla*



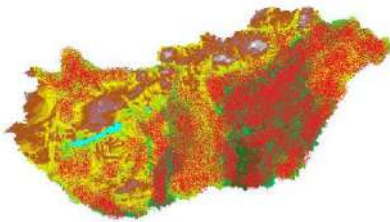
Classification:

- Line: Magnoliophyta
- Class: Magnoliopsida
- Rate: Asterales
- Family: Asteraceae
- Genus: *Matricaria*

Locality:

It can be found everywhere in Europe and Hungary but originally it is a South-eastern European genus. You can find it almost in each part of the country especially in the Lowland. It can occur in a huge amount in fields, meadows hedges of roads, near houses and fences, gardens. When spring is wet, it spreads everywhere quickly. Fertilizing and chemical weed control can be effective to kill them.

You can see the locality on the map in red colour:



Description:

Chamomile or Camomile is a common name for several daisy-like plants. These plants are best known for their ability to be made into a tea which is commonly used to help with sleep and is often served with either honey or lemon. Chrysin, a specific flavonoid found in chamomile, has been shown to be anxiolytic in rodents and is believed to be at least partially responsible for chamomile's reputation as a sleep aid. Chamomile is the national flower of Russia. It is known to reduce stress. Its height is different. It depends on the circumstance. Chamomile blooming in the nature can be 5-10 cm tall, but those plants which grown in farms can be 50-80 cm tall.

There are 2 types of flowers:

- 1., beaming with tongue. This type has got 12-18 white flowers. They are 1 cm long
- 2., The other type has got small pipes with several goldish-yellow flowers.

At blooming time flowers of the first type faces upwards. This time the other type faces down.

Crops are 1-1,8 mm long and about 3 mm wide.

Matricaria modora flowers are bigger.

Blooming time: April-August and September

Cultivation:

A Chamomile is an austere plant. It can occur widely in the nature. It is cultivated in Central Europe and Hungary. It like salty soil. Chamomile needs warm and light. It tolerates freeze well. It germinates at 20-25 C but it can occur the same at about 4 C. This process lasts until 3-4 months.

First plant the seeds into a pot 3 mm deep. After growing plant it into a bigger pot 14 mm from each other. Pour them regularly. It likes light places and dry soil but it needs a lot water. Chamomile is not a perennial plant. It propagates itself. However you can propagate them by dividing roots in spring or autumn.

There is a great tradition collecting Chamomile in Hungary. You have to pick flowers only in the morning unless the sun dries the flowers out. After picking you have to dry the flowers yourself : collect them into bouquets. It easier to dry them then close it carefully into bottles.

It tells that you mustn't pick Chamomile at full moon time!

Medical uses:

In the ancient times people used Chamomile to reduce menstrual cramps. It may reduce the process of labouration. Dioskorides, Greek doctor and Plinius Roman natural philosopher used Chamomile for healing headache, kidney- and liverache.

Egyptian in the Antient Times offered Chamomile to Ré , God of the Sun. They greased their skin to kill the pain. It was also used reducing fever.

Germans used it for troubles of digestive tracts.

In the 19th century it was also popular to use for healing wounds.

It is also good for healing inflammations and stomach problems.

Chemical Content:

Content of the flower can be divided into 2 types:

1., volatile materials

The volatile oil is bluish. It is a high quality drug. Its dark blue colour comes from a chemical material called camazulen. It is also reduce inflammation. Camazulen comes from colourless, consistent compounds at distillation.

A volatile oil loses its blue colour when you store it long time. Structure of azulens changes, their effects are reduced. That's why you have to store it in a dark place. It also contains some alcohol called bisabolol and en-in-diciklo-éter (spiroéter), they also reduce inflammation.

2., Non-volatile, so called abridgement materials:

Most of them are reducing cramp, such as **flavonoids**: apigenin, luteolin, patuletin and their glikosids which dissolve in alcohol and water. **Cumarins** reduce cramp. The volatile oil content of the flowers are growing during the development of the plant. At blooming time it has always got a bigger content.

When in drying, flowers can easily fall apart. Powder of the flowers have more effective materials. Useless parts are devided by screening.

Other effective materials: tannin,acrid, vegetal acids,and sugar.
Chamomile is world famous about its high effective material content.

Medical effects:

Chamomile is one of the most popular plant. We use mostly its flower for healing. It is also effective in veteritnary. It is used for internal and external healing as well.It can be **effective almost each kind of illnesses**, especially for younger children. It can help both moms and babies. Chamomile can repose babies having a stomach-ache. You can make bathwater for babies.

It can reduce stress, it is also good for healing hyperactivity. It is a smooth sedative and pain killer

If you drink it regularly in form of **tea**, it can reduce **digestive troubles**, nausea,gastritis,coccidiosis, bladder and bile problems. It can quicken digestion,it **clears respiratory tracks**, it is **pain killer and effectively reduces fever**. It is also good for **palate inflammation and soar throat**. It has got an immunizing and antibacterial effect. If you have cold or flu, it is also very effective for those problems.

For external use, it is suggested to be **effective for cutaneous diseases , healing wounds and for hair problems as well**. You can use it together with other medicines or herbs because it has not got any by-effect.

Hungaricum!

Marigold - Körömvirág - *Calendula officinalis*



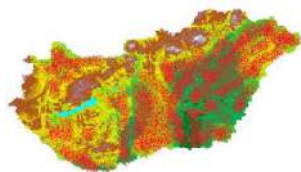
Classification:

- Line: Magnoliophyta
- Class: Magnoliopsida
- Rate: Asterales
- Family: Asteraceae
- Genus: *Calendula*

Locality:

It is from [the Mediterranean Sea and western Asia](#). It is largely spread in Hungary.

[The map is marked in red in the area of occurrence:](#)



Description:

30-60 cm high annual plant [roots](#) grow in soil deep penetrating stick-like branched stems and [leaves](#) are succulent and sticky touch. [Branched](#) stems.

10-15 cm long, fleshy leaves are ovate edged surface intact inflorescences are covered with hair: cavities inflorescences with golden yellow - orange - orange-red flower color shines a diameter of 8 cm can be a lonely summit of the stem consists of several rows of tongue [flowers](#) are collected at the beginning of flowering but it is more valuable than a [cavity nest inflorescence](#) tongue pulled ray.

Different variants are possible but in effect, however, exactly the same.

Flowering time: from early summer to late autumn (mild winters the winter frosts can flourish at Christmas).

Cultivation:

The country is grown as [garden plants](#) but can also occur in wild-dirty with clay soil frost [tolerant](#) plants can grow from seeds and plant beautiful seeds are easily propagated by division of the plant come to be deployed rapidly evolving garden flower beds and flower pots

as well but only the chest but the arable land is cultivated in gardens more valuable than the cultivated varieties can be found in the nest as many lines radiating tongue and they are the darker orange flowers.

Collection: June-July and August

Harvesting should be carried out in bright sunlight because of the maximum therapeutic effects. Cavity of the petals of the flowers are in full flower but from the leaves and stalks are also used.

The historical background:

At the beginning of the folk medicine used for later scientific studies have demonstrated a beneficial way to gain power and its place in nature's pharmacy in [Egypt](#) it was believed that rejuvenates the skin .

It is grown in Europe in the [twelfth century](#), [medieval](#) symbol of Mary's spiritual healing power of [Hindus](#) have long been portrayed in the decoration of churches has long been a popular herb used in our country.

Researchers have recently been advocates of the marigold is a natural medicine that can help malignant ulcers such as marigold Dr. Bohn considers the most important anti-cancer drug if the patient is no longer operable advises the patient to drink calendula tea longer time even if successfully used for fresh juice squeezed out of it nowadays oncology literature refers to it.

Active substances:

various essential oils (Menton izomentont carvone terpinént) carotenoids flavonoids, saponins phytosterols polysaccharides esters of p-e vitamin-bitter resin and coloring matter contains mucus.

Medicinal claims:

In the viii the Hungarian Pharmacopoeia as an official drug calendulae flos.

Internally:

- stimulates blood circulation
- strengthens the heart relaxes lowers blood pressure
- reduces lymphoedema strengthens the lymphatic system is an excellent remedy cold cough and flu viral diseases such as herpes and fungal infections in the case against many pathogenic effect of antibiotic
- antiseptic and astringent benefits to the digestive tract through anti-inflammatory properties (essential oils , tanning materials , kalendulin and named by yellow resin) such as diarrhea, dysentery intestinal inflammation,gastritis, stomachic ulcer against the case
- bitter substances stimulate the liver and gall bladder bile production of the enzyme and enhance and facilitate the evacuation of toxins
- a diuretic thereby providing a way out of detoxification cleansing effect of arthritis and gout treatment works

- such as fibromas treatment of tumors and cysts
- regulates the monthly cycle to reduce the tension in the uterine muscle
- oestrogenic will help relieve the symptoms of menopause such as hot flashes
- at childbirth increases aches.

Externally:

- especially wound disinfectant agent used in first aid
- in the form of tinctures or infusions of the astringent effect of calming the crushed wound bleeding, scarring prevents infection promotes inflammation
- suitable for eczema, hemorrhoids ulcers acne caused by exposure to sun burn sunburn insect bites, warts, foot and nail fungus treatment
- improves if the vision of wiping eyes with lukewarm tea
- the rough skin cancer suspicious stains terminate him, even in case of skin cancer can be successfully used marigold fresh squeezed juice.

impact of our souls:

It suggests power and exudes warmth and serenity Sunset orange petals impact our bodies: the life-giving sun marigold color appears in the nervous system and digestive organs such as fostering a secondary effect, fills us with optimism.

Use:

Side effects and toxicity is not known but uses pollen allergies may cause: sitting bath tea mouthwash ointment, poultice remover tincture of fresh juice of cosmetics made of oil: moisturizing shampoo and spices are also used for coloring foods but foods saffron color and slightly spicy taste to fish soup with rice, flower petals cream cheese, butter, yogurt omelets milky sweet cakes seasoning food coloring you can use the calendula seed oil is also used to strengthen the paint effect keeps the aphids away from the greens.

Interesting:

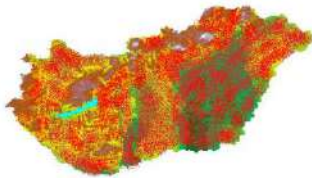
In the past even if a weather prophet appeared. In the morning, seven hours after the flowers are still closed on that day there will be rain held the saying.

Peppermint - *Borsmenta* - *Mentha x piperita*



Classification:

- Line: Magnoliophyta
- Class: Magnoliopsida
- Rate: Lamiales
- Family: Lamiaceae
- Genus: *Mentha*



Locality:

You cannot find it in the nature. **It is not an agrarian plant.** It is probably originated from Egypt. The Palestinian and Greek naturalized it later. It is a hybrid mixed from genus like *Mentha aquatica* and *Mentha spicata*. In Hungary there are other types of *Mentha*. They like wet places.

Description:

There are a great variety of them. They are usually **60-80 cm tall**. (some of them can reach 100 cm!). They are **perennials**. Their stems are straight and branch out at the top.

Leaves are about 1 cm long. They give drug. Their surface is dark green the back side is lighter green. Their shape is elliptical like a pike. There are rotund glands on the surface. They are so called hair cells. They give volatile oil called menthol.

Peppermint has got a special smell.

First it tastes like fire then it has got a cooling effect.

Blooming time: June-September

Cultivation:

It is not an agrarian plant. It hasn't got viable seeds so it can only be grown vegetatively.

There are **two different types** of Peppermint in cultivation :

- **black or red mentha** (*Mentha piperita* L. var. *officinalis* Sole f. *rubescens* Camus)

- **white or green mentha** (*Mentha piperita* L. var. *officinalis* Sole f. *pallescens* Camus).

Mitcham type peppermint is very popular in Hungary. It has been being cultivated since 1930. This type likes loose deep wet soil. It doesn't like light and cold places. You can plant it into pots as well. [It can be propagated by cutting or sharing roots.](#)

Historical backgrounds:

[The name „mentha“ is Greek originated.](#) By the legend there was a nymph called Menthe. Hades fell in love with her. His wife, Persephone changed the nymph into a herb.

Peppermint was cultivated in the Antient Ages in [China and Japan](#) but the [Persian and Egyptian](#) also knew it in medical uses. They cultivated it for digestive and appetite problems.

Later they used it for stomach and intestine problems as well.

The [Antient Greek](#) used peppermint for embalment. It tastes and smells comfortable so it can be used for several things.

Efficients:

The most important efficient is a volatile oil which contains [more than 40 different compounds](#).

Leaves have got a content of 50-60% volatile oil, 5-10% nicotine, and coffeeic acid.

The volatile oil contains 35-50% menthol, and flavonoids.

Menthol helps digestive problems and kills pain.

Medical uses:

Medical characteristics of peppermint has been known since [about 2000 years](#). In our country it has also got a great tradition but you can find it in almost every country like the USA or the European countries.

[For internal uses:](#)

- reducing cramps
- helps nervous system, circulation
- solving digestive problems
- reducing headache
- cleaning blood
- reducing stomach ache
- killing muscle aches
- reducing sore throat and respiratory problems

[Tea:](#) cleaning toxins, helps us with being slim

[Volatile oil:](#) kills virus 'Herpes simplex'

[For external uses:](#)

- reducing insect bites, cutaneous diseases
- reducing sunscald
- greasy hair
- headache
- rheumatic problems

[You can make tea of peppermint by drawing dried leaves of peppermint.](#)

Industrial uses:

[The volatile oil are produced in industry:](#)

- Chewing gums
- Medical industries (creams)
- Cosmetics

-Food industry

-Fresh leaves are also used for decorating food or cocktails

-For medical uses , you have to collect the leg of the plant immediately before blooming in the morning hours. The fresh-collected plant has got an unpleasant smell.

Attention!

Do not swallow it! The volatile oil is toxic!

You must not give it a child under 5 years!

If you use it constantly for a long time it can cause seeing troubles

-You can drink tea made of it 3-4 times a day.

-You can use cream or oil only 3-4 times a day.

-Pregnants must not use it constantly in a huge amount.

-Using In a huge amount it can cause reducing testosterone level for men.

Sage - *Salvia*



"The spice of wisdom"

Classification:

Line: *Magnoliophyta*

Class: *Magnoliopsida*

Rate: *Lamiales*

Family: *Lamiaceae*

Genus: *Salvia*

Locality:

This bushy, fragrant, semi- shrub can be found in mass in Southern Europe. It is grown in Hungary. Its homeland is the Balkan Peninsula.

Description:

It's a 30-80 cm high, semi-shrub. Shoots are covered with dense greyish-white hairs. Its rough leaves are lance or egg-shaped. The flowers are usually purple, forming strings. It has high heat demand.

Locality:

It is widely cultivated in warm climates.

The stems are leafless, the small, pointed leaves sit just below the flowers.

Several well-known types: *Salvia officinalis*, wild sage, (*L: Salvia pratensis*), Spanish sage (*L: Mariserva*): it lacks the toxic thujone, but it contains multi-cineol (29%) and camphor (34%). It can be found at dry, rocky, sunny places.

Cultivation:

It is widely cultivated in warm Mediterranean climates. The most common methods of propagation is seeding crop and cutting propagation as well.

The sage leaves are used for medicinal purposes. The leaves should be collected from June to July. Noontime is the most suitable period for cutting since this is the time when the herb has the highest essential oil content. The leaves should be picked directly before the appearance of the flower and dried to preserve. Keep in a closed container!

Historical background:

The plant has been already known and used by the ancient Greeks and Romans - initially only for preservation - but its health effects soon became known, which the Latin name suggests. *Salvia* means 'cure'. This has been known as the plant of wisdom and the sophisticated way of thinking. The sage was a symbol of wisdom of the old, of long life.

The Arab physicians believed this herb to make man immortal.

Ingredients:

It contains extremely large number of active substances: volatile oils, tannins (rosmarinic acid), diterpenoids (carnosol), flavonoids.

Its essential oil contains camphor, borneol, eucalyptol, and linalool.

The main active ingredients of sage essential oil can be found in the plant, the main toxic component of it is thujone (30-50%) and it also contains cineol, borneol, tannins, bitter substances, estrogenic agents, and nicotinic acid.

Spanish sage (L: *Mariselta*): It lacks the toxic thujone, but contains multi-cineol (29%) and camphor (34%).

Effects:

Due to the number of its active substance it is widely used for a variety of pains. It has inflammation antiseptic and antifungal properties.

Usage:

The essential oil of the sage is used in food and perfume industry and in medicine.

Internally: This is the best herb against respiratory diseases and recommended to treat digestive disorders.

Externally:

- It is used for gingivitis, mouth and throat inflammation
- The leaves are used to treat insect bites and minor bump.

Tea: 2-3 cups per day should be drunk for digestive problems. It is used to treat mouth and gum inflammation.

Infusions: can be used against enteritis and for disinfection of the urinary tract,

Wraps: It is used to wrap throat and inflammatory body parts.

Bath: In case of haemorrhoids complaints.

Spice as: mainly used as flavouring soups, roasts, fish and mushroom dishes.

The flowers are used in salads; its infusion is mild, fragrant tea.

Repellent: The dried sage leaves between clothes dispel insects.

Nursing mothers, pregnant women and people having low blood pressure must not drink sage tea!

Warning! The daily dose of 6 grams of sage should not be exceeded! Because of the high thujone content long-term use is not recommended.

Due to its toxic effects of sage essential oil cannot be used for healing. For this purpose clary sage (*Salvia sclarea*), which contains all the beneficial properties of sage, but not toxic, is much better suited.

Tea:



Infuse 2 spoons of dried or fresh sage leaves with 1 cup of boiling water, and strain it after 10 minutes.

If we use only 1 spoon of sage leaves and we drink it before eating 3 times a day we can solve the problem of feeling of fullness.

Chicken with sage



Ingredients: 1, 5 kg of chicken, 10 dkg margarine, lemon, salt, pepper, 1 egg, 1 cup of sour cream, sliced sage

Melt 10 g of margarine and fry the chopped chicken. Sprinkle it with the lemon, salt and pepper it and simmer in a little water. Sprinkle it with finely chopped sage and put the sour cream on it. Heat it but do not boil.

Sage liqueur



Ingredients:

12 dkg of sugar

8 spoons + 1 dl boiled water

a handful of sage

3 dl of white rum

Boil water with sugar syrup and cook. Put the sage leaves into the syrup and boil for 5 minutes stirring occasionally. Then cool the mixture cool slightly and pour in 1 dl of alcohol and cooled boiled water.

For fat meals use it for health reasons while it makes wild foods, cheese and sauces more delicious.