

MEDICINAL HERBS IN HUNGARY

CALENDAR



2012

Bodza L: - *Sambucus nigra*

A: - *Bour- tree, ELder*



Január							
	Mo	Tu	We	Th	Fr	Sa	Su
52						1	2
1	3	4	5	6	7	8	9
2	10	11	12	13	14	15	16
3	17	18	19	20	21	22	23
4	24	25	26	27	28	29	30
5	31						

Description of the plant:

It belongs to the Sambucus family. The blue elderberry, or the (Sambucus nigra) is spread in the elder_(Sambucus) family, and it is spread in the Carpathian Basin. It appears in all Europe. Original habitat: in Carpathian Basin damp forests and the plant of thickets, the wastes and waysides Its inflorescence reminds of jonquil, flat plate with a diameter of 10-20 cm. It blooms at the end of May until July. Its crop is black violet colour, with red liquid.

How to botanize it?

Flowers are collected in May, June. Its berry is collected in August, September.
Useful pieces : flower, crop, leaves,bark, root

What does it contain?

Flowers: flavonoids , cinnamon acids, volatile oil.
Berries: fruit acids, ascorbin acids, vitamin A, flavonoids
Leaves: prussic acids, glicosids

Medical properties:

The flower, leaf, ripe berry of this herb contain medical components. The elderberry one of the oldest and multi-faceted herbs. You can use almost each part (flower, crop, leaves,bark, root) of it for healing. This herb is detoxifying , and it intensifies immune reactions and resistivity. The elder was the poor man's pharmacy in the folk therapy.

Internally: kidney-problems, diuretic effect. Downer, sweaty effect,inflammation of respiratory tracts , bout of influenza.

Externally: mouth inflammation,rheumatism.

How to use it?

Tea: It is effective for Cold, catarrh. It is made of the flower of the plant. Pour 2 teaspoonful drug into a cup of boiling water, then strain it after 5 minutes.

Tincture: It is effective for fever, and it is made of the flowers.

Concoction: 100 mg a day for joint problems.

Jam: It is made of the berries, and it's effective for diuretic actions and functions as a cathartic.

Curiosity:

By a middle-age-belief , elderberry contained the good ghost of the farmer garden.It saved the family from the fire and other troubles.In some European countries flowers are fried and crumbed, then covered into pancake.

It was an important painter plant before the invention of the synthetic paints: from the berry with different additives brown. blue. violet. crimson and colourless blue. and from the letters they prepared areen piament

A Useful information:

**You cannot eat fresh crops , bark and leaves in a huger amount!. It can cause stomach ache, qualm, puke.
All of the parts of the plant are poisonous with the exception of the flowers and the crop meat.**

The gastronomy

Syrup, alcoholic drink, honey, soup, colouring matter, sourness, vinegar can be prepared from it. Its flower can be eaten if we bake it.

From the berries prepared elder wine ([fruit wine](#)) in some part of the country is a traditional cordial tonic. They bathed its flowers in vine and that gave maschotel taste to the vine. Brandy is distilled from it – but this operation is difficult, the elder brandy is rare and very expensive. But you can make champagne of the flowers and you can spice lemonade with it.

Summer elder soup:



We break through the elderberries (1/2 l) on a sieve, with ½ l water, and we cook it with 4-5 tablespoonsful of sugar. With 2 dl of white wine, we flavour it with one of lemon juice. We serve it coldly.

Elder omelette:



We put 120 g of flour, 3 eggs, salt, 1 tablespoon melted butter, 1 tablespoonsful of beer, 2 tablespoonsful of milk. We plunge 20-25 full inflorescence in blooming into the pasta and we put it into a full pan in such a way with boiling fat that the inflorescence should be down. We cut the inflorescence axis sticking out, we bake its other side then. We serve it on warm and we sprinkle it with sugar.

The recipe of elder wine:



1 litre bottle of elderflower petal, one and a half kg of sugar, one lemon (from crusty one) put into a pot. We boil 4 litres of water, we pour it, we mix it up then. When it starts getting cold, 1 dkg of yeast in lukewarm water soak, we pour it and we mislay it. We store it on a 15 18 degree temperature until 4 weeks. It is necessary to mix it up sometimes when it starts boiling. We filter it after 4 weeks and it is possible to take it - this a portion. At what the wine stands longer, it will be more delicate.

Elder syrup:



Ingredients:

10-12 palmful elderflowers, 2 kg of sugar, 6 litres of water, 1,5 dkg of tartaric acids, 1,5 dkg of citric acids.

Its completion:

We dip the elderflowers into water one by one, we pour it down then. Into a big pot we cook 2 kg of sugar with 6 litres of water, if it got cold we mislay it with the citric acid, the tartaric acid and we pour it onto the flowers. We let it in a cool place until 3-4 days, we filter it then and involve 1 coffeespoonfuls of salicyl (preservative). We pour the syrup into bottles and we put it into cool place. We drink it in a diluted and cooled way.

Citromfű L:- *Melissa officinalis* A:Lemon balm



február							
	Mo	Tu	We	Th	Fr	Sa	Su
5		1	2	3	4	5	6
6	7	8	9	10	11	12	13
7	14	15	16	17	18	19	20
8	21	22	23	24	25	26	27
9	28						

Description of the plant:

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 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

How to botanize it?

It needs long hours of sunshine. It bears drought well. It is planted in April or in May. beginning of blooming. We can harvest them even three times a year.

What does it contain?

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

Medical properties:

- Its essential oils have bacteria, virus and antifungal effects. It slows down and hinders the reproduction of viruses;
- 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.

How to use it?

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.

Curiosity: 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.

The gastronomy

Honey-lemon grass apricot jam



Ingredients: 3,5 kg of apricot, 30-45 dkg of honey, 1 bunches of fresh lemon grass, jelly

Completion:

We wash the apricots well.

We boil the blended apricots together with the chopped, fresh lemon grass in a pot.

We add the honey and the jelly to it when it boils already.

We cook it until 2-3 minutes, we pour it into glass then. When we winded the caps, we take the jams into their head, and then it may go into the pantry.

HINT: The honey is a very aromatic, natural sweetener. The granulated sugar much tastier, character, and rather from its fewer quantities.

To 1 kg of fruit, because of the own sugar content of the fruit, and according to our taste, the addition of 1-1,5 dl of honey is necessary.

Lemon grass tea



Ingredients:

• 1 cups of boiling water, 1-2 teaspoonsful of lemon grass.

Completion:

Put 2-3 teaspoonsful of lemon grass into a cup of boiling tea, and we let it consist in it until 4-5 minutes, while the agents are released from the leaves. We filter the ready tea, and we may sweeten it with honey, sugar according to a taste, but it is great without sweetening too. We can drink 2-3 cups daily from it.

Its effect:

- Tranquilliser,
- heartburn bringing an end,
- anti-virus,
- digestion stimulant,
- headache palliative,
- sleep disorders bringing an end,
- mild tranauilliser . and nerve streathen.

Csalán L: - *Urtica dioica* A: - Great nettle



március							
	Mo	Tu	We	Th	Fr	Sa	Su
9		1	2	3	4	5	6
10	7	8	9	10	11	12	13
11	14	15	16	17	18	19	20
12	21	22	23	24	25	26	27
13	28	29	30	31			

Description of the plant:

It belongs to the species of Urticaceae.

It is one of the best-known weeds and it is an important medicinal plant.

Fresh, wet forests, cuts, , marshes. Spread in whole Europe, our homeland it is everywhere vulgar.

Tall (cca. 50-150 cm tall), sarmentous perennial plant with an angular folding covered with nettle hairs.

Nettle hairs which can be found on all of his organs, his touch cause a painful, burning, itching feeling.

Useful pieces : leaf, root, crop

How to botanize it?

Botanizing time of the leaf: from March to April.

Botanizing time of the roots (Urticae radix):

Autumn or Spring.

What does it contain?

The nettle hair contains formic acid, acetyl choline, serotonin and histamine, because of this the nettle sting causes painful and burning feeling.

Root : steroids, drugs, lignans

Medical properties:

Internally:It is very useful for herbal teas. It is general tonic and restorative, blood-cleanser, diuretic. It is also effective for cystitis, rheumatism, arthritis, cutaneous disease, high blood-pressure, gastritis and alopecia.

In spring it is usually used in purifying courses because it cleans kidneys.

Its root and its leaves have a diuretic and an anti-inflammatory effect. Its leaves are often applied bile and liver complaints. From all of the plant sap squeezed out, is excellent for vernal cleaner cures, freshens up the whole secretive organ system.

Externally:

It is also good for the prevention of alopecia and seborrhoea. It contains silica so it intensifies nails , connective tissue and hair bulbs. The nettle decoction is useful externally for alopecia and seborrhoea, and they make bath water from it for rheumatism. Each part of the nettle has a healing effect so this herb is an universal chemist's

How to use it?

Salve: it is made of the leaves for eczematous skin areas

Tea: Pour 3 teaspoonful drug into a cup of boiling water, then strain it after 10 minutes. Doctors usually suggest to drink the tea for detoxication and purifying courses because it cleans kidneys.

Spice: You can make vegetable-dish of the fresh leaves or you can make garnish for steamed meat.

Bath water: It is effective for pimply skin.

Cosmetic industry: Nettle takes a very important part in cosmetic industry. They use the young leaves of the herb in face-steaming for greasy skin and you can buy cream made of nettle wich is good skin-cleaner. It is effective for scaly and greasy skin. They make clorofil of the drug.

Food industry and medical industry: usually use the nettle as a coloring agent.

Fresh leaf: It is effective for rheumatic ailments. They flap the aching part of the body with the sprout of fresh nettle

Curiosity:

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.

A Useful information:

Never collect nettle beside a busy dusty roads!

The gastronomy

We use this medicinal plant **in the kitchen**: its leaves as a vegetable dish, its young shoots are taken in petite marmites and salads, indeed, it is used for beer as spice sometimes.

As spice: From its fresh leaves tea can make, vegetable dish, soup can be prepared, steamed as the garnish of meats, puddings concerning the leaves can be consumed.

There are a lot of chlorophyll in it, because of this it is used in the making of food paints.

It is a stinging plant, so its usage did not spread very much in dining because of this.

But it is possible to prepare the following foods!

Tea:



We add 3 teaspoonsful of drug in each cup, we filter it after 10 minutes then. To blood cleansing cures it is suggested, it is washing the kidneys

Nettle peak soup:



Cut up the onion into small pieces (1 pieces with medium greatness) boiling whether steam, we pour cca. 200 g of washed nettle peak on it in whole then, we stir it continuously while it does not collapse. We add 3/4 litres of gravy to it, and add 3 pieces of medium-sized, potato to it. We cook it until 20 minutes, if it is ready, we use a food processor. According to a taste we can sieve garlic to it. We flavour it with a freshly filed nutmeg and with salt. We enrich it with sour cream. We sprinkle the soup with small peaces of garlic and fried bread cubes at the time of a serving.

Nettle vegetable dish:



Span long nettle foldings (200 g)we cook it until 10 minutes in boiling water, we filter it, chop and we steam it together with the onion in 100 g of butter. We add milk or gravy to it, and cook. The milk makes its sourish flavour softer. We thicken the vegetable dish with flour, with salt, we flavour it with pepper, nutmeg and little sugar.

Nettle pudding:



We cook the nettle leaves (500 g) in salty water, we filter it and we cut it up. We cut up the roll per person, we sprinkle it with milk, we wait for it while it softens, , we flavour it with dill, with lovage, with salt, according to a taste. We add the nettle vegetable dish and whip an egg per person to it. Pouring the mass into a greased, flat form cca. into 30 minutes we put it into a boiling oven.

Nettle meatball:



The nettle letters (200 g) we scald it until some minutes in flaming water, we cool it down on a sieve, under a tap then. It keeps its green colour. We drip it, we cut it, we put small pieces if egg, salt, pepper and we mix it up with nutmeg, we rest it a little bit. We form scones of the mass, we turn it round in flour, and we cook it in boiling fat. To meat dishes we may present it as garnish.

Csipkebogyó: *L:-rosa canina*

A:- dog-rose



április							
	Mo	Tu	We	Th	Fr	Sa	Su
13					1	2	3
14	4	5	6	7	8	9	10
15	11	12	13	14	15	16	17
16	18	19	20	21	22	23	24
17	25	26	27	28	29	30	

Description of the plant:

Medicinal herb coming from Persia.

It is member of the speaces of Rosaceae

.It is found in the mountains, in the edge of the forests. It is a bushy plant, you can see it on the slant and medows of the hills .

In spring white flowers, an autumn its false fruit calls the attention for itself with his red colour.

We collect the crop of the flower, the rose-hip then, if already the hoar stung it, the crop is soften, and it starts creasing.

It has a 10 times higher vitamin c content then lemon has.

How to botanize it?

Its collection usually starts at the end of, October , November.The berries at this time yet are half ripe, but most C-vitamin is contained at this time.. We collect the crop of the flower, the rose-hip then, if already the hoar stung it, the crop is soften, and it starts creasing.

Useful pieces :

What does it contain?

Is a good vitamin source, it contains C-vitamin, that is tenfold of the lemon, but A-, B-, K- and implies P vitamin, iron, magnesium.

How to use it?

You can make tea, syrup, jam of Rosa canina.

Although making is often complicated.

Applying methods: Making tea is the most popular way. You can make tea of the berries it is effective for cold, gastro-enteritis and bronchitis or kidney problems. It has immunizing effects, and helps with digestion.

Rose hip tea: With a pleasant flavour, we may fix a drink against cold and flu with a laxative effect mildly, if we soak two-three teaspoonsful of dried and chopped rose-hip in a cup of cold water through 8-12 hours. It insures our daily C-vitamin needs. It is not allowed to soak the berry in boiling water because C-vitamin is destroyed in 50°C . and add sugar or honey to it as you like. Do not scald it!

Medical properties:

Internally:

It is effective for cold influenza, tiredness, cathartic.

Externally: ----

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. 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.

Curiosity:

Rose hip has the highest vitamin C level among the forest fruit and garden fruit. It has a 10 times higher vitamin C content then lemon has. Int he Bible the rose hip symbolizes Moses's vocation. In the baroque arts , burning rose hip bush symbolizes „Immaculate Conception”.

A Useful information:

Do not pick rose hip beside dusty roads!

The gastronomy

The fragrant petals of its **flowers** are good for salads and pies.

Its **fruit**, the rose-hip diversely utilizable: purified of the inner thorny seed and dried herb tea, but rawly health wine, syrup and jam can be done from it.

From the rose-hip drinks fixed with a cold procedure contain very much C-vitamin, the organisation's resistance is increased by its daily consumption because of this.

Its tea:



With a pleasant flavour, we may fix a drink against cold and flu with a laxative effect mildly, if we soak two-three teaspoonsful of dried and chopped rose-hip in a cup of cold water through 8-12 hours. It insures our daily C-vitamin needs. It is not allowed to soak the berry in boiling water because C-vitamin is destroyed in 50°C .

Rose-hip jam:



Completion:

We wash the rose-hip, we cut its stem and the petals, we cut it into two pieces, we remove its seeds. We cook the cleared berries in water while it will be soft and we break through it warmly on a sieve. We cook the rose-hip marrow and on all of them we add 50 dkg of sugar to its kilogram. We cook it until 20 minutes together with the sugar and we pour it into hot bottles, we close it hermetically.

Rose-hip soup:



Ingredients:

25 dkg of rose-hip,
cinnamon,
lemon-peel,
wine,
according to pleasure sugar,
2 slices brioche

Completion:

We cook fresh, pitted, washed rose-hip with the cinnamon, a lemon-peel and few brioche in the water. We stir it, we break through it on a sieve. We boil it again with little wine and sugar. The rose-hip soup has to be thick. We serve it with zwieback.

Galagonya A: Crataegus L.: Crataegus



május							
	Mo	Tu	We	Th	Fr	Sa	Su
17							1
18	2	3	4	5	6	7	8
19	9	10	11	12	13	14	15
20	16	17	18	19	20	21	22
21	23	24	25	26	27	28	29
22	30	31					

Description of the plant:

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.

How to botanize it?

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.

What does it contain?

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

Medical properties:

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.

How to use it? 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.

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.

The 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.

Gyermekláncfű *Dandelion Taraxacum officinale*



június							
	Mo	Tu	We	Th	Fr	Sa	Su
22			1	2	3	4	5
23	6	7	8	9	10	11	12
24	13	14	15	16	17	18	19
25	20	21	22	23	24	25	26
26	27	28	29	30			

Description of the plant:

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.

How to botanize it?

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.

Medical properties:

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.

What does it contain?

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.

How to use it?

- 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.

Curiosity: 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.

The gastronomy

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.

Kislevelű hárs L:- *Tilia cordata* A: - *Small-leaved linden*



július							
	Mo	Tu	We	Th	Fr	Sa	Su
26					1	2	3
27	4	5	6	7	8	9	10
28	11	12	13	14	15	16	17
29	18	19	20	21	22	23	24
30	25	26	27	28	29	30	31

Description of the plant:

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 Pelvet](#):

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

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.

[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.

[Small leaved linden is an agrarian tree but you can find it in farms as well. It is not so exigent: it tolerates dry and shady places. It can be propagated by seed or sprout.](#)

Medical properties:

The flower, leaf, ripe berry of this herb contain medical components. The elderberry one of the oldest and multi-faceted herbs. You can use almost each part (flower, crop, leaves, bark, root) of it for healing. This herb is detoxifying, and it intensifies immune reactions and resistivity. The elder was the poor man's pharmacy in the folk therapy.

Internally: kidney-problems, diuretic effect. Downer, sweaty effect, inflammation of respiratory tracts, bout of influenza.

Externally: mouth inflammation, rheumatism.

How to botanize it?

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. Linden [honey](#) is very fine and delicious. It is excellent for herb tea.

[When locust-tree was unknown, linden honey was the most popular.](#)

What does it contain?

For producing drugs, linden flowers and the cinder of linden wood are used. It contains:

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

How to use it?

Tea is used for:

- Respiratory problems (cold, asthma, soar throat)
- Pulmonary diseases
- Intensifying artery
- Rheumatism
- Digestive problems
- Inflammations
- Diuratic problems

[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

Curiosity:

The name likely comes from the finno-ugrian language family. First historical events go back to the Antient Ages. In the German mythology linden was a Saint tree. In Hungary Linden is also the tree of the lovers nowadays.

A Useful information:

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.

The gastronomy

Lime-blossom syrup:



Ingredients:

- the flower of a small leaves Linden
- 1/2 kg of brown sugar
- 2 pieces of lemon
- 1/2 teaspoonsful of citric acid
- approximately 1 litres of water

Completion:

We pile a glass full of lime-blossom (it is necessary to get the flower with its peduncle leaves together). Wheel the lemons, we pour the sugar, the citric acid on it, and we add as much water as the glass will be full. We mix it well. We tie it up with a dress napkin or a tea towel that it can be ventilated. We let it stand until 3 days, we mix it up with 2-3 occasions every day. We extract it if the 3 days were over. We pour it into glasses and we close it.

Lime-blossom tea:



Ingredients:

We infuse 2 teaspoonsful dried lime-blossom with 2-3 dl of boiling water, then we filter it after 5 minutes.

Agent:

-antibacteria. direct flavonoids, implies slime substances, tan substance and volatile oil
-vitamin E and C

Effect:

- Respiratory effect: cough soothing, laryngitis reductive.
- Effect of the nervous system: stress-relieving, tranquilliser.
- Effect has on leather: making sweaty, leather dry cleaners.
- Digestive system effect: diarrhoea, and the convulsive state of the colon recommended to help lose weight.

Kakukkfű - A.:Thyme - L.: *Thymus serpyllum*



augusztus							
	Mo	Tu	We	Th	Fr	Sa	Su
31	1	2	3	4	5	6	7
32	8	9	10	11	12	13	14
33	15	16	17	18	19	20	21
34	22	23	24	25	26	27	28
35	29	30	31				

Description:

Its home are the Southern European, Mediterranean rocky pastures. In Hungary mainly of limestone mountains and grassy meadows grown in the drier gardens.

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.

Each kind of plant drought-tolerant. Herb grown mainly in Hungary but light demanding hardy or frost tolerant to wet.

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

Active substances:

Active substances of herbal drugs (Thyme herb). Carvacrol and thymol-containing essential oil contains flavonoids and not find something tanning materials.. Substances essential oils more than thirty of the most important component of the thymol.

The volatile oils are responsible for the distinguished antibiotic effect of the plant.

The main agent of the oil, the timol is twenty-five times more effective against the microorganisms, than the phenol, which is a chemical antiseptic.

Curative effects:

- the bitter and tanning materials brighteners affect **digestion**
- fever, **sore throat** and cough (pertussis asthma attacks)
- fragrant and **refreshing** bathing for adults and removes too nervous tension and depression in healthy sleep
- essential oil helps to delay the aging body would **strongly bactericidal disinfectant strength sedative**

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**

.Sicily has always been famous for thyme shoots **dried spice** is also used mainly **for canning peppers** and cucumbers for canning.

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:

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 the **Greeks** to the heroism of the graceful elegance .

Gardening keeps the scent of garden pests.

The gastronomy

Green thyme curdy pie



Ingredients:

1 kg of home-made curd cheese, 6 eggs, 20 dkg of sugar, 1 vanilla sugar, 2 dl of milk, 1 dkg of yeast
20 dkg of butter, salt, 40 dkg of flour, 1 tablespoonsful of thyme

Completion:

It is necessary to prepare the curd cheese first. Break 1 kg home-made curd cheese with 5 egg yolks, 20 dkg of sugar, 1 vanilla sugar, with tiny salt, with 2 made tablespoonful of flour, if ready add 1 tablespoonsful of green thyme. We beat up the white of the 5 eggs above steam, we add it to the curd cheese then. In 2 dl of lukewarm milk increase a coffeespoonful of yeast, if it came up put 1 egg, 20 dkg of butter, salt, tiny sugar, and as much flour, as it should not stick if we kneaded it together. Hold the pasta out into the size of the baking sheet, take the curd cheese cream upon it then, raise it in lukewarm place in 30 minutes. Bake it until a half an hour on a medium flame.



Ingredients: 2 dl of honey, 1 bunches of thyme

Chop up the delicate, fresh thyme, so our syrup will be thick and the honey conserves it. We let it stay until at least 2 weeks in order to the flavours can make contact well. We filter it then and we store the syrup in cool place. If someone has an allergy of pollen he can use robinia honey instead of the mixed nectar. It is very good for syrup, and dressing.

Effect: the thyme honey cleans the respiratory tracts and the lung. Excellent appetizer, antispasmodic, cough soothing, digestion corrective and carminative.

Thyme „lapcsánka”



Ingredients:

80 dkg of potato, 1 onion, 2 eggs, 2-3 tablespoonsful of flour, salt, ground pepper, 4 branches of thyme, oil

Completion:

We file down the cleared, peeled potato and the resembled onion, we mix it up with the eggs and the flour then. We put salt in it, we pepper it and we season it with the thyme. We bribe the baking sheet with oil, we spoon palmful portions out of the potato mass, we flatten the heaps slightly, and we spread their roof in oil. In warmed 200 degrees oven, we roast it to crisp. We serve it with thyme.

Kamilla = Orvosi székfű L:- *Matricaria recutita* = *Matricaria chamomilla*

A: - Chamomile



Szeptember							
	Mo	Tu	We	Th	Fr	Sa	Su
35				1	2	3	4
36	5	6	7	8	9	10	11
37	12	13	14	15	16	17	18
38	19	20	21	22	23	24	25
39	26	27	28	29	30		

Description of the plant:

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.

Chamomile or Camomile is a common name for several daisy-like plants. 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.

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 propagates itself. However you can propagate them by dividing roots in spring or autumn.

Blooming time: April-August and September

Medical properties:

Chamomile is one of the most popular plant. We use mostly its flower for healing. It is also effective in veterinary. It is used for internal and external healing as well. It can be effective almost each kind of illnesses, especially for younger children.

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.

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.

How to botanize it?

Chamomile is one of the most popular plant. We use mostly its flower for healing.

There is a great tradition collecting Chamomile in Hungary. It tells that you mustn't pick Chamomile at full moon time! 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.

What does it contain?

1. volatile materials

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.

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.

How to use it?

. It is used for internal and external healing as well.

Curiosity:

In the ancient times people used. It may reduce the process of labouration.

Greek, Egyptian Germans used it for troubles of digestive tracts.

It is also good for healing inflammations and stomach problems.

The gastronomy

Camomile-lemon cauliflower soup recipe:



Ingredients:

- » 1 l vegetable soup
- » 6 camomile tea filters
- » 1 big cauliflower
- » 25 g of butter
- » 1 onion
- » 2 celery stems (cut up)
- » the juice of 1 lemon
- » salt and pepper
- » To the decoration:
 - » Camomiles
 - » chives cut up into small pieces
- » We put the tea bags into the vegetable soup and we cook it until 5 minutes, then we throw the filters out. We add the cauliflower roses to it we steam it 15 minutes. We fry the cutted onion until it becomes golden, then we add the celery. We mix it up with the cauliflower together with a stick mixer, we put salt and pepper to it, we make it spicy with the juice of the lemon. At the time of serving we scatter chives and Camomile on the top of it, and then we decorate it with lemon circles.

Its agents:

3-5% azulene-content volatile oil; glikozida, tan substance, vegetal acids, sugar.

Its curative effect:

It implies anti-inflammatory, relaxing substances and vitamins. Antispasmodic, tranquiliser, it is suggested into gastric disease and problems of intestines.)

Körömvirág - Marigold - *Calendula officinalis*



október							
	Mo	Tu	We	Th	Fr	Sa	Su
39						1	2
40	3	4	5	6	7	8	9
41	10	11	12	13	14	15	16
42	17	18	19	20	21	22	23
43	24	25	26	27	28	29	30
44	31						

Description:

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

cavities inflorescences with golden yellow - orange - orange-red flower color shines Different variants are possible but in effect, however, exactly the same.

The country is grown as [garden plants](#) but can also occur in wild-dirty with clay soil frost [tolerant](#) plants can grow from seeds.

Flowering time:

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

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.

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 effect of antibiotic
- antiseptic and astringent benefits
- bitter substances stimulate the liver
- a diuretic thereby providing a way out of detoxification cleansing effect of arthritis and gout treatment works

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, acne, 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

Active substances:

Various essential oils (Menton izomentont carvone terpinént) carotenoids flavonoids, saponins phytosterols polysaccharides esters of A- P- E vitamin-bitter resin and coloring matter contains mucus.

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.

Its place in nature's pharmacy in [Egypt](#) it was believed that rejuvenates the It is grown in Europe in the [twelfth century](#), [medieval](#) symbol of Mary's spiritual healing power of [Hindus](#) have lona been portraved in the decoration of churches has lona been a popular

The gastronomy



Marigold syrup

Ingredients: 0,5 kg of marigold head, 1db lemon, 30-40 dkg of sugar, water

We boil the marigold heads in water which cover it. We cook it silently 30 minutes, we let it get cold then and put it into the refrigerator one night. We filter it in the following day, and cook it with the sugar, and we hatch 1 hour on little flame. We give the juice of the lemon to it and then we boil it. When the sugar solidifies in a thin layer on the top of the syrup (the first ice sheets appear), we switch it off, and we let it get cold. Meanwhile it becomes cool, it will be thicker, we get finally a honey density medicinal plant syrup. We may sweeten our tea, our fruit salad with it, or we may sprinkle our pancakes as the American manner. Many of the marigolds useful substances will be in it. This syrup contains all useful substances, that the flower, and this is delicious.

Its agents: volatile oil, falvonoids, carotin, fitosterol, E-A-P- vitamins

Its effect: -strengthens the heart, reduces the blood pressure,

-functions as antibiotic, with salutary effect into the immune system.

Marigold curdy pancake

We may use these beautiful flowers with a bright yellow colour to mixed into the pancake pasta and into the curd cheese.

Its agents:

Various oils, flavonoids, saponin, fitosterol, E-, A-, implies P vitamin, a bitter substance and a colouring.

Borsmenta: L:- piperita

A:- Peppermint



november							
	Mo	Tu	We	Th	Fr	Sa	Su
44		1	2	3	4	5	6
45	7	8	9	10	11	12	13
46	14	15	16	17	18	19	20
47	21	22	23	24	25	26	27
48	28	29	30				

Description of the plant:

You cannot find it in the nature. In Hungary there are other types of Mentha.

They are usually 60-80 cm tall. (some of them can reach 100 cm!). They are perennials.

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

Mitcham type peppermint is very popular in Hungary. It can be propagated by cutting or sharing roots.

The name „mentha” is Greek originated. Peppermint was cultivated in the Antient Ages in China and Japan but the Persian and Egyptian also knew it in medical uses.

The Antient Greek used peppermint for embalment.

How to botanize it?

They give drug. 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

What does it contain?

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.

How to use it?

Tea: cleaning toxins, helps us with being slim

Volatile oil: kills virus 'Herpes simplex'

Efficients

Menthol helps digestive problems and kills pain.

Medical properties:

Medical characteristics of peppermint has been known since about 2000 years.

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.

A Useful information:

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

Curiosity:

The name „mentha” is Greek originated. Peppermint was cultivated in the Antient Ages in China and Japan but the Persian and Egyptian also knew it in medical uses.

The Antient Greek used peppermint for embalment

The gastronomy

Mint-fruit milk shake:



Tactful brain massage - the vitamins make it...

Ingredients:

- 2 bananas
- 6 dkg of berried fruit (fresh or frozen)
- 2 dl of orange juice
- 3 tablespoonsful of vanilla yoghurt
- fresh mint (optional)

Completion:• We blend the ice cold cooled bananas, the fruits and the mint leaf with the orange juice and the yoghurt, then we pour it into glasses, and we decorate it with fruit and mint.

Mint apple jelly:



Ingredients:

6 dkg of fresh mint, the juice of 30 dkg of sour apple, 2,5 dl of apple juice, 1 lemon, 0,5 kgs preserving sugar, gelatin

Completion:

We rinse out the mint, we shake it into dry, we put approximately 15 letters aside, we pour it off with 0,5 litre water, and we cover it and let it until 30 minutes. We peel the apple, we file it down. We filter the mint water, we mix the leaves with the apple juice, the lemon juice, we add the apple and the sugar to it. We boil it being stirred, and we make it simmer counted from the source until 4 minutes. After three minutes we put the leaves and the gelatin in it. We put the leaves into the glasses, we close it, and approximately 5 minutes we place it into its roof. Meanwhile refrigeration we turn the glass over many times in order for the mint not to sink into its bottom.

ZSÁLYA A.: *Salvia* L.: *Salvia*



december							
	Mo	Tu	We	Th	Fr	Sa	Su
48				1	2	3	4
49	5	6	7	8	9	10	11
50	12	13	14	15	16	17	18
51	19	20	21	22	23	24	25
52	26	27	28	29	30	31	

Description of the plant:

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.

How to botanize it?

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.

Medical properties:

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.

What does it contain?

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.

How to use it?

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,

Curiosity: 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.

The gastronomy



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.