

Ecological Association „Krka” Knin

HANDBOOK ON MEDICAL HERBS

Knin, 2023.

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ABOUT ECOLOGICAL ASSOCIATION “KRKA” KNIN

Ecological Association „Krka“ Knin was established in 2004 in Knin. It has 90 members and 30 active volunteers. Some of the members are long-term employees of the civil sector. Members of the coordination of Green Forum provide expert support to the projects.

In accordance with our aims the main areas of the activities are protection of the environment and nature, democratic political culture, economy, culture and arts, human rights, international cooperation, education and science, researching, sustainable development, social activities and health protection. Within the work up to now “Krka” has completed about 100 projects, on our own or through partnership, many of which were financed by EU funds.

Through implementation of listed projects the association has gained needed knowledge for implementation of the projects in key areas of the association activities. The projects that the association has implemented or is still implementing has contributed to creation of positive image within public, private and civil sectors as well as in media. The association became equal partner in decision making related to the sustainable development.

In 2014 „Krka“ Knin got the price of the town of Knin for successful work and contribution to the conservation of the environment and the price of the National foundation for development of civil society for the civil innovation of the year (Eco-toy library). We got another price from Ministry for the protection of the environment for Eco-toy library in 2016. During 2017 we got the price from Šibenik-Knin County for improvement of the life quality and sustainable development of the citizens of Šibenik-Knin County. One of the most important facts is that town of Knin has realized the importance of the association and allocated business premises for our work in Tvrtkova St, no.3 as well as office space in Drniska St. no. 2b for Ecological-informative center. The association operates in several locations in Šibenik - Knin County. In Knin, at two locations - at the address of the headquarters, where there is also an eco-toy library, and in the area of the Ecological Information Center, next to the Krka River. In Šibenik, "Krka" Knin operates in the "Orange Building", while in the Promina municipality, it operates in the premises of the Promina Community Center in Lukar. The project “Social center Promina” was held there which “Krka” also manages since 2020.

The aims of the association are as follows:

1. Preservation and protection of nature and the environment in accordance with the macro and micro natural environment and ecological norms,
2. The association aims to preserve nature and the environment as fundamental values of society, and acceptable management of natural resources by applying the criteria of sustainable development,
3. Promoting and preserving the natural, cultural and other peculiarities of the Republic of Croatia, with an emphasis on the city of Knin and its surroundings,
4. Encouraging the ecological and cultural awareness of citizens, especially young people and children,
5. Encouraging ecological agriculture and the development of cultural, rural and ecological tourism,
6. Encouraging and developing civil society,
7. Development of social entrepreneurship, with an emphasis on "green" entrepreneurship,
8. Cooperation and exchange with the same or similar domestic and foreign associations and institutions,
9. Improving the quality of life, developing society and encouraging development processes in the local community,
10. Promotion and development of volunteerism,
11. Promotion and development of democratic political culture and culture of non-violence,
12. Promotion and development of rural areas,

13. Providing all types of assistance to all categories of society, with an emphasis on socially vulnerable categories and with the purpose of improving the quality of life and development of society,
14. Help to protect fundamental human and civil rights,
15. Development and promotion of education for all categories of citizens.

The results of the association so far:

1. Initiated waste separation in Knin through the Green Islands of Knin project;
2. Launched operation of the Green Phone (072 123456) for the entire Šibenik-Knin County;
3. About 30 illegal waste dumps were cleaned by volunteer cleaning actions and numerous cleaning actions were held;
4. Ecological-informative center was opened;
5. Numerous ecological workshops were held for kindergarten/school children as well as for the citizens of Knin and surrounding areas;
6. 15 actions of trees and flowers planting were held;
7. Composting initiated through project Fund for the protection of the environment of the EU;
8. Children playgrounds in front of kindergarten “Cvrčak” and next to Krka river are maintained;
9. 13 Festivals of rural culture were organized in Knin with the aim to promote natural and cultural values of the area of Knin;
10. The first Fair of used children equipment in Knin was organized;

11. First Eco Toy Library in Croatia was opened and the first containers for the collection of used toys were installed in Croatia; Fair of recycled products for children took place. In 2017 we have opened Eco Toy Library in Šibenik and in 2020 in Promina;
12. Successfully implemented numerous projects that contribute to the purpose of establishing associations;
13. Launched the project "Nema freka dok je Krka" (*No fuss while Krka runs!*) , a project to clean up Krka river;
14. About 100 people were employed through the association during 19 years;
15. We are one of the initiators of the establishment of the Council of Associations of the City of Knin and the Council for the Environment of Šibenik-Knin County;
16. "Eco baby" - distribution of tree seedlings to every born baby;
17. In Knin, two info kiosks were installed and the Krčić trail was arranged through the partnership project "Nature of Dalmatia";
18. Organized and conducted numerous Green trips through which more than 400 children from various parts of the country visited us;
19. Through the project "Medicinal herbs for a healthier future" in partnership with the "Lovre Monti" high school, numerous workshops were held for students on the topic of herbs, and equipment for drying herbs was acquired, which the students still use today;
20. Through the project "SMALL" steps to sustainable development in cooperation with Home Appreciation Primary School, each classroom was equipped with containers for separating waste, the school got a green island, and students of grades 1-4 participated in workshops on the topic of waste management;
21. Eco-info tree house furnished and decorated by children using recycling techniques (the house is located near the eco-info center);

22. Eco book houses installed in Knin, Kistanje, Drniš, Šibenik and Split;
23. Eco houses set up in front of kindergartens in Knin for the free exchange of toys;
24. Launched the Druškanići project, which includes a Facebook page for the free exchange of things;
25. Many projects were implemented or still are in implementation financed by EU funds (Ecological informative Center, NeetWork, Megafon, Social center Promina, Help today for better tomorrow 1st and 2nd, Use the opportunity, Knowledge for sustainable Action, Learn today for better tomorrow, JEDRO, Knowledge to employment, Citizens society, Nature of Dalmatia, Together for nature and environment, etc.);
26. Three years in the row we deliver eco bin pots for separation of the small waste at the beaches in Šibenik-Knin County;
27. An underwater camera was installed in the Krka River to monitor the condition of the river;
28. Four Seed exchange fairs were held;
29. Installed 5 public taps of drinking water on public areas in the city of Knin with funds provided by the association through a donation from the business sector;
30. Social Centre Promina was opened and “Club of small readers” established in the Municipality of Promina, with the funds Of Ministry of culture;
31. Class room at the open area in front of primary school “Domovinske zahvalnosti” in Knin was constructed;
32. A greenhouse was acquired for the purpose of maintaining the practice of “Marko Marulić” Polytechnic students in Knin;
33. A two-year program was launched and the Krka Volunteer Center was opened;

34. Implemented or still are in implementation a number of projects financed by the funds of the national bodies aimed to protect the environment, youth and children as well as to protection of the life quality.

Numerous initiatives harmful to the environment were stopped with professional arguments and successful campaigns:

1. „Dosta nam je mina za vodu smo iz špina”- (*We've had enough of mines, we are for water from pipes*)

- stopped the destruction of mines on Dinara,

2. “Krčić je naš” (*Krčić belongs to us*) - construction of HPP on Krčić,

3. Prevented delivery of Varaždin waste, medical waste and the opening of a waste incinerator in Knin and its surroundings.

The association's activities and projects have so far been financed by numerous ministries, the European Social Fund, the City of Knin, Šibenik-Knin County, the National Foundation for the Development of Civil Society, the Fund for Environmental Protection and Energy Efficiency, the World Bank Office in the Republic of Croatia, the Kajo Dadić Foundation, the National Park Krka, HEP, private companies, banks and citizens.

PROCEDURE FOR OBTAINING PERMITS

The sustainable use of native wild species is regulated by the Law on Nature Protection ("Official Gazette", no. 80/13, 15/18 and 14/19) and the Rulebook on the collection of native wild species ("Official Gazette", no. 144/17). and the Expert basis prepared by the Institute for Environmental and Nature Protection (ZZOP). The preservation of native wild species is ensured by establishing or maintaining their favorable state in nature.

To collect native wild species for personal use, it is not necessary to obtain permission from the Ministry, but the Ordinance prescribes the quantities, time period of collection, and general management and protection measures must be observed. **For the collection of native wild species, which are included in Annex I of the Ordinance, for commercial purposes, it is necessary to obtain permission** Ministry of Economy and Sustainable Development.

In addition, the consent of the land owner or the holder of rights over natural resources must be obtained. In the area managed by Croatian forestry, it is necessary to obtain a permit from Croatian forestry. In nature parks, collecting is allowed with the prior consent of the public institutions that manage these protected areas.

It should be emphasized that neither commercial nor personal use of species that are in the category of strict protection is allowed. Also, as a rule, no collection of plants and fruits is allowed in areas of strict protection (national parks, strict and special reserves).

Rulebook on collection of native wild species:

https://narodne-novine.nn.hr/clanci/sluzbeni/full/2017_11_114_2663.html

For more information - Directorate for Nature Protection:

<https://mingor.gov.hr/o-ministarstvu-1065/djelokrug/uprava-za-zastitu-prirode-1180/divlje-vrste-i-njihovo-koristenje/uzimanje-sakupljanje-iz-prirode-i-odrzivo-koristenje-zavicajnih-divljih-vrsta/1253>

Issuing Croatian Forest permits is simplified and is done through a web application at the internet address:

<https://nsp-dozvola.hrsume.hr>

In accordance with the Ordinance approved by the Ministry of Agriculture, all natural persons and associations that collect **non-timber forest products** for personal use must also have a permit issued by Croatian forestry. All interested persons and associations are provided with a quick and simple independent creation of a permit through a web-application in two steps:

- Registration (that is, registration of a new user during the first registration),
- Creation of a Permit with the species to be collected.

Croatian forests consist of 17 Forest Administrations (Subsidiaries) and a separate permit is required for each Subsidiary.

Below are examples of documentation from the Ecological Association "Krka" Knin:

1. Request for issuing a permit to the ministry (example)
2. Decision of the Ministry of Economy and Sustainable Development
3. Permit of Croatian forestry d.o.o.



REPUBLIKA HRVATSKA
MINISTARSTVO GOSPODARSTVA
I ODRŽIVOG RAZVOJA

KLASA: UP/1-612-07/21-41/54
URBROJ: 517-05-1-1-21-2
Zagreb, 25. veljače 2021.

Ministarstvo gospodarstva i održivog razvoja temeljem odredbi članka 64. Zakona o zaštiti prirode („Narodne novine“, br. 80/13, 15/18, 14/19 i 127/19), Pravilnika o sakupljanju zavičajnih divljih vrsta („Narodne novine“, br. 114/17), povodom zahtjeva Ekološke udruge „Krka“ Knin (OIB 47537170013), Tvrtkova 3, HR-22300 Knin, za izdavanje dopuštenja za sakupljanje zavičajnih divljih vrsta u komercijalne svrhe, donosi sljedeće

RJEŠENJE

1. **Dopušta se** Ekološkoj udruzi „Krka“ Knin (OIB 47537170013) Tvrtkova 3, HR-22300 Knin, sakupljanje zavičajnih divljih vrsta i njihovih dijelova iz prirode u komercijalne svrhe, po vrstama i količinama kako slijedi:

Nadzemni dio biljke (herba)

<i>Hypericum perforatum</i> L. – gospina trava	300 kg
<i>Helichrysum italicum</i> (Roth) G. Don – smilje	500 kg
<i>Salvia officinalis</i> L. – ljekovita kadulja	300 kg
<i>Melissa officinalis</i> L. – matičnjak	200 kg

2. Ovo dopuštenje daje se uz sljedeće opće mjere upravljanja i zaštite biljaka, kako se sakupljanjem ne bi narušavala stabilnost prirodnih staništa te kako bi se održale vjeste u području sakupljanja:
- dopušteno je sakupiti najviše dvije trećine jedinki/biljnog fonda pojedine biljne vrste, na jednom nalazištu,
 - pri sakupljanju nadzemnih dijelova biljaka potrebno je koristiti isključivo tehniku rezanja, bez oštećivanja ostalih dijelova biljke,
 - pri sakupljanju biljaka nije dopušteno oštećivati njihovo stanište.
3. Prilikom sakupljanja **smilja** (*Helichrysum italicum* (Roth) Don.) potrebno je pridržavati se posebnih mjera upravljanja i zaštite:
- a) nije dopušteno sakupljanje svježe herbe smilja tijekom cijele godine na cijelom području otoka Krka, Raba, Cres, Lošinja i Paga, osim u iznimnim situacijama uz posebno dopuštenje Ministarstva,

- b) svježu herbu smilja dopušteno je sakupljati u razdoblja od 15. lipnja do 15. kolovoza, izuzev otoka Krka, Raba, Cres, Lošinja i Paga, gdje nije dopušteno sakupljanje kroz cijelu godinu,
 - c) sakupljanje smilja na pojedinim lokalitetima dopušteno je samo ako je na lokalitetu na kojem se planira sakupljati smilje bor 30 do 50 % grmova smilja u punom cvatu,
 - d) prilikom sakupljanja svježe herbe smilja dozvoljeno je sakupljanje svježe herbe smilja samo s onih grmova koji su u punom cvatu, tj. nije dozvoljeno sakupljanje svježe herbe smilja s grmova smilja koji nisu procvatili,
 - e) prilikom sakupljanja smilja dopušteno je sakupljanje isključivo zeljastog dijela biljke – vrhovi zeljasti dio stabljike s listovima i razvalim cvjetovima i cvjetnim glavicama, osim u iznimnim situacijama uz posebno dopuštenje Ministarstva,
 - f) prilikom sakupljanja svježe herbe smilja dopušteno je rezati isključivo zeljasti dio biljke koja je u punom cvatu, na način da se bar 5 cm zeljastog dijela stabljike ostavi na grmu,
 - g) prilikom sakupljanja svježe herbe smilja dopušteno je ubrati najviše dvije trećine pojedinog grma smilja koji je u punom cvatu,
 - h) svježa herba smilja smije se sakupljati isključivo ručnim škarama, a strogo je zabranjena upotreba motornih pomagala (trimer kosilice i sl.) i svih ostalih mehaničkih pomagala (noževi, sepi, lopata, kramp i sl.).
4. Prilikom sakupljanja ljekovite kadulje (*Salvia officinalis* L.) potrebno je pridržavati se posebne mjere upravljanja i zaštite kadulje, odnosno sakupljanje listova i svježe herbe kadulje dopušteno je u razdoblju od 15. srpnja do 31. prosinca.
 5. Ako nositelj dopuštenja namjerava sakupljati na tuđem zemljištu, dužan je prije početka sakupljanja pribaviti suglasnost vlasnika ili nositelja prava na prirodnim dobrima.
 6. U strogim rezervatima i nacionalnim parkovima zabranjeno je sakupljanje iz prirode zavičajnih divljih vrsta u komercijalne svrhe.
 7. U posebnim rezervatima zabranjeno je sakupljanje iz prirode u komercijalne svrhe onih zavičajnih divljih vrsta radi kojih je područje zaštićeno, ako nije drugačije propisano pravilnikom iz članka 142. stavka 1. Zakona o zaštiti prirode.
 8. U ostalim zaštićenim područjima dopušteno je sakupljanje iz prirode zavičajnih divljih vrsta u komercijalne svrhe, ako nije drugačije propisano pravilnikom iz članka 142. stavka 1. ili odlukom iz članka 142. stavka 3. Zakona o zaštiti prirode.
 9. Nositelj dopuštenja dužan je ovom Ministarstvu, dostaviti godišnje izvješće o sakupljanju zavičajnih divljih vrsta na obrascu koji je sastavni dio ovog dopuštenja, najkasnije do 31. prosinca svake godine do isteka ovog rješenja.
 10. U slučaju slučajnog nepridržavanja propisanih uvjeta ili u slučaju nastanka nepredviđenih događaja s negativnim učincima na prirodu, Ministarstvo može ukinuti izdano rješenje.
 11. Rješenje vrijedi do 31. prosinca 2023. godine.
 12. Za vrste *Achillea millefolium* L. – stolinik, *Angelica archangelica* L. – anđelika, *Anethum graveolens* L. – kopar, *Calestema officinalis* L. – neven, *Matricaria chamomilla* L. – kamilica, *Helianthus tuberosus* L. – čičoka, *Levandula angustifolia* Mill. – lavanda, *Prunella spinosa* L. – anis, *Mentha longifolia* (L.) Huds. – dugolisna metvica i *Rosmarinus officinalis* L. – ružmarin, nije potrebno izhoditi dopuštenje ovog ministarstva.

Obrazloženje

Ekološka udruga „Krka“ Knin (OIB 47537170013) Tvričkova 3, HR-22300 Knin, zatražila je od ovog Ministarstva dopuštenje za sakupljanje zavičajnih divljih vrsta biljaka i njihovih dijelova iz prirode, u komercijalne svrhe.

Temeljem članka 64. Zakona o zaštiti prirode, za korištenje zavičajnih divljih vrsta za koje je to propisano pravilnikom, pravna i fizička osoba dužna je ishoditi dopuštenje Ministarstva.

Prilogom I. Pravilnika o sakupljanju zavičajnih divljih vrsta utvrđene su zavičajne divlje vrste za koje je potrebno ishoditi dopuštenje Ministarstva za sakupljanje iz prirode te je riješeno kao u točki 1. izrijeke.

Prema članku 14. i članku 4. stavku 2. rečenog Pravilnika, zavičajne divlje vrste biljaka mogu se sakupljati uz obavezno pridržavanje općih i posebnih mjera upravljanja i zaštite biljaka i njihovih staništa propisanih Pravilnikom i Stručnom podlogom za sakupljanje zavičajnih divljih vrsta. Stoga je riješeno kao u točkama 2. - 4. izrijeke.

Sukladno članku 6., stavku 4. rečenog Pravilnika, ako nositelj dopuštenja namjerava sakupljati zavičajne divlje vrste na tuđem zemljištu, dužan je prije početka sakupljanja pribaviti suglasnost vlasnika ili nositelja prava na prirodnim dobcima. Nadalje, sukladno stavku 5. istog članka, u strogim rezervatima i nacionalnim parkovima zabranjeno je sakupljanje iz prirode zavičajnih divljih vrsta u komercijalne svrhe, a u posebnim rezervatima zabranjeno je sakupljanje iz prirode u komercijalne svrhe onih zavičajnih divljih vrsta radi kojih je područje zaštićeno, ako nije drugačije propisano pravilnikom iz članka 142. stavka 1. Zakona o zaštiti prirode. Sukladno stavku 6. istog članka, u ostalim zaštićenim područjima dopušteno je sakupljanje iz prirode zavičajnih divljih vrsta u komercijalne svrhe, ako nije drugačije propisano Pravilnikom iz članka 142. stavka 1. ili odlukom iz članka 142. stavka 3. Zakona o zaštiti prirode. Stoga je svega navedenog, riješeno je kao u točkama 5. - 8. izrijeke.

Sukladno članku 20. rečenog Pravilnika, nositelj dopuštenja za sakupljanje zavičajnih divljih vrsta dužan je Ministarstvu dostaviti izvješće o sakupljanju zavičajne divlje vrste za prethodnu godinu/sezonu sakupljanja u roku propisanom u rješenju te je stoga riješeno kao u točki 9. izrijeke.

Člankom 175., stavkom 6. Zakona o zaštiti prirode, propisano je da se zakonito rješenje izdano po članku 64. ovog Zakona može ukinuti u cijelosti ili djelomično, u slučaju nepridržavanja propisanih uvjeta ili nastanka nepredviđenih događaja s negativnim učincima na prirodu. Budući da je ovim rješenjem stranka stekla pravo sakupljanja zavičajne divlje vrste iz prirodnih sastojina uz obvezu ispunjavanja propisanih uvjeta, riješeno je kao u točki 10. izrijeke.

Temeljem članka 65., stavka 2. Zakona o zaštiti prirode, dopuštenje za sakupljanje zavičajnih divljih vrsta izdaje se najduže na rok do tri godine, s tim da rok do kojeg rješenje vrijedi mora biti usklađen sa rokom važenja stručne podloge, stoga je riješeno kao u točki 11. izrijeke.

Budući da se vrste *Achillea millefolium* L. - stolisnik, *Angelica archangelica* L. - anđelika, *Anethum graveolens* L. - kopar, *Calendula officinalis* L. - neven, *Matricaria chamomilla* L. - kamilica, *Helianthus tuberosus* L. - čičak, *Lavandula angustifolia* Mill. - lavanda, *Flupinella anisum* L. - anis, *Mentha longifolia* (L.) Huds - dugolisna metvica i *Rosmarinus officinalis* L. - ružmarin ne nalaze na Prilogu I. Pravilnika, za njihovo sakupljanje iz prirode nije potrebno ishoditi dopuštenje ovog Ministarstva te je riješeno kao u točki 12. izrijeke.

Upravna pristojba u iznosu od 35,00 kn u državnim biljezima plaćena je i poništena na ahtjevu prema Tarifnom broju 2., stavku 1. Tarife Zakona o upravnim pristojbama („Narodne novine“, br. 115/16 i 8/17).

Uputa o pravnom lijeku:

Ovo je rješenje izvelo u upravnom postupku te se protiv njega ne može izjaviti žalba, ali se može pokrenuti upravni spor pred upravnim sudom na području kojeg tužitelj ima prebivalište, odnosno sjedište. Upravni spor pokreće se tužbom koja se podnosi u roku od 30 dana od dana dostave ovog rješenja. Tužba se predaje nadležnom upravnom sudu neposredno u pisanom obliku, usmeno na zapisnik ili se šalje poštom, odnosno dostavlja elektronički



Prilogi:

Obrasci „Izjave o sakupljanju zrnčastih divljih vrsta“

DOSTAVITI:

1. Ekološka udruga „Kika“ Krin, Tvrkova 3, HR-22300 Krin,
2. Državni inspektorat, Sektor za nadzor zaštite okoliša, zaštite prirode i vodoopravne radove, pisarnica dirh@dirh.hr - na izniti,
3. Ministarstvo gospodarstva i održivog razvoja, Zavod za zaštitu okoliša i prirode, pisarnica@zaoz.hr - na izniti,
4. U spis predmeta

DOZVOLA

ZA SAKUPLJANJE NEDRVNIH ŠUMSKIH PROIZVODA ZA OSOBNJE POTREBE BROJ: 46/2021.

Ekološka udruga „Krika“ adresa: Tyrtkova 3, 22300 Knin, OIB: 47557170013

dozvoljava se sakupljanje nedrvnih šumskih proizvoda:

GLJIVE: sve nadzemne gljive, osim strogo zaštićenih

LJEKOVITO, AROMATIČNO I ZAČINSKO BILJE: glog, majčina dušica

ŠUMSKI PLODOVI: drijenak, šipak

Područje sakupljanja: Područje UŠP Split, Šumarija Knin

NAPOMENA:

- popis sakupljača nalazi se u prilogu i sastavni je dio dozvole
- prije početka sakupljanja u obvezi se javiti nadležnim šumarijama
- dogovoriti vrijeme i mjesto sakupljanja s nadležnom šumarijom
- za sakupljene gljive izdaje se teretni list (popratnica) za nedrvne šumske proizvode

Iz Pravilnika o sakupljanju zavičajnih divljih vrsta (NN 114/2017.)

Članak 7. sakupljanje za osobne potrebe

Za osobne potrebe dnevno se može sakupiti do 3 kg plodilica nadzemnih gljiva, do 0,1kg plodilica podzemnih gljiva, do 0,1kg lišaja, do ukupno 5 pojedinačnih komada podzemnih dijelova biljaka, do 2kg stabljika s listovima i cvjetovima biljaka, do ukupno 1 kg listova biljaka, do ukupno 1 kg cvjetova biljaka, do ukupno 0,5kg sjemena biljaka, do ukupno 10kg plodova biljaka, do ukupno 0,5kg pupova biljaka i 1 busen mahovine.

Članak 14. Opće mjere upravljanja i zaštite biljaka

Prilikom sakupljanja biljaka primjenjuju se sljedeće opće mjere upravljanja i zaštite biljaka i njihovih staništa:

- a) nije dopušteno sakupiti više od dvije trećine jedinki pojedine biljne vrste na jednom nalazištu
- b) pri sakupljanju nadzemnih dijelova biljaka koristi se isključivo tehnika rezanja, bez oštećivanja ostalih dijelova, biljke
- c) podzemni dijelovi biljaka sakupljaju se tek nakon završene faze cvjetanja, stvaranja sjemenki i/ili plodova i njihovog rasprostranjenja
- d) pri sakupljanju podzemnih dijelova biljaka najmanje 80 % pojedine biljne vrste na jednom nalazištu ostavlja se nedimuto
- e) jame nastale vađenjem podzemnih dijelova samoniklih biljaka potrebno je ponovno zatrti
- f) pri sakupljanju biljaka nije dopušteno oštećivati njihova staništa.

Članak 17. Opće mjere upravljanja i zaštite nadzemnih vrsta gljiva

Prilikom sakupljanja nadzemnih vrsta gljiva primjenjuju se sljedeće opće mjere upravljanja i zaštite gljiva i njihovih staništa:

- a) sakuplja se samo plodište gljive
- b) ovisno o obliku i mjestu rasta, plodište nadzemne gljive bere se rukom ili reže nožem, bez korištenja drugih alata (npr. lopate, grablje, motike i dr.)
- c) po potrebi, ukopani dio plodišta vadi se uz pomoć noža, a nastala rupa popunjava se odgrnutom zemljom
- d) nije dopušteno oštećivati micelij ili neposredno stanište
- e) trećinu od ukupnog broja plodišta svake sakupljane vrste potrebno je ostaviti netaknutu na staništu
- f) nije dopušteno sakupljati stara plodišta, tj. plodišta sa znakovima propadanja (npr. truljenje, plesnivost i izranit crvuljivost)
- g) nije dopušteno sakupljati tek iznikla i vrlo mlada plodišta nadzemnih gljiva čiji je promjer plodišta manji od 1/5 promjera prosječnog zrelog plodišta određene vrste te za smrčke (rod *Marasmius*) plodišta nižih od 4 cm
- h) sakupljaju se samonikle nadzemne gljive čiji promjeri plodišta nisu manji od: 20 mm za šišciču, 15 mm za mrku, trubaču, 40 mm za prave virganje, 35 mm za prosenjake i 30 mm za rujnice
- i) za puz je dopušteno sakupljanje plodišta svih promjera
- j) nije dopušteno odbacivati već sakupljene gljive radi sakupljanja nekih drugih.

OPĆE ODREDBE:

1. Sakupljanje i transport nedrvenih šumskih proizvoda obavlja se sukladno odredbama ZOŠ-a, Zakona o zaštiti prirode, Pravilnika o korištenju nedrvenih šumskih proizvoda, Pravilnika o izmjenama Pravilnika o korištenju nedrvenih šumskih proizvoda, te šumskogospodarskim planovima.
2. Sakupljači nedrvenih šumskih proizvoda preuzimaju sve rizike kojima su izloženi prilikom kretanja šumom ili šumskim zemljištem.
H.Š.d.o.o. nisu dužne poduzimati posebne mjere opreza prema sakupljačima nedrvenih šumskih proizvoda, niti se mogu smatrati odgovornima za bilo kakve štete ili ozljede koje pretrpe takve osobe, osim ako su bile nanese na namjerno ili grubom nepažnjom prilikom obavljanja redovne djelatnosti gospodarenja šumom.
3. Nositelj ove dozvole dužan je na zahtjev djelatnika H.Š. d.o.o. prilikom sakupljanja nedrvenih šumskih proizvoda istu dati na uvid.

M.P.

Voditelj Uprave šuma područnice Split

Ivan Melvan, dipl. inž. šum.

1. INTRODUCTION

Interest for the medical herbs and it's products is increasing every day. Effectiveness is unquestionable. Besides positive experiences passed by people one to the other, many experiments proving correctness of the user of medical herbs throughout the centuries have contributed to this. Therefore, herb products stopped being superstitious nonsense even among those suspicious. There is also desire for the healthiest and quality life, prevention of the sickness by natural products and healthy diet as well as desire for hilling by maximum activation of our own defiance mechanisms. Number of plants, such as basil, thyme, peppermint, rosemary, parsley etc. besides hilling elements have pleasant scent and variety of coolers, why they are often cultivated in the gardens or balconies. They are in use in the kitchens as well.

The first knowledge about the herbs were passed over by oral tradition. As amount of knowledge was growing and nations spreading, the need to note it appeared. The proves abbot the use of medical herbs, like peppermint, majoron, blueberry, etc. were found on papyrus dated 2800 years B.C. The books that describe the plants, so cold bilinear, become very popular in the 16th century, so botanicas and medicine remained closely connected till the 18th century. Then medical experts distanced themselves from the medical herbs believing that use of them is unnecessary and synthetic medicine started to grow more or less. During the second half of the 20th century the interest in herbs comes alive again and increasing funds are getting invested in research at that area. Although it may sound a bit strange, even today one third of the population is using medical herbs as the main remedy for healing.

Approximately 20,000 medicinal plants are used in the world, of which 1,100 have been well researched, and from 250 species, the basic ingredients for the production of modern medicines with herbal active substances are obtained. A small number of medicinal plants are still grown in our country, and most of them are harvested from nature, but the aspiration is to change this relationship so that our environment remains as natural and preserved as possible and that certain species do not disappear forever from our areas. Today, the preservation of native wild species is ensured by establishing or maintaining their favorable state in nature. It is forbidden to exterminate a native wild species, reduce the number of individuals in a particular population of a native wild species, reduce or damage its habitat or worsen its living conditions to the extent that the entire population is endangered. The sustainable use of native wild species is regulated by the Law on Nature Protection (Official Gazette 080/2013) and the Ordinance on Collection of Native Wild Species (Official Gazette 114/2017), and based on the provisions of the Ordinance on Strictly Protected Species (Official Gazette 144/2013, 73/2016) it is not permitted commercial use of species that are in the category of strict protection.

2. KNOWLEDGE OF MEDICINAL PLANTS

Picking medicinal plants is not an easy job. Every herb collector must, first of all, learn to recognize the plants he wants to collect, because there are many similar species. Therefore, the picker must be very careful not to pick poisonous plants by mistake. In addition, he must know which season is suitable for picking the plant and which part should be picked: root, leaf, flower or fruit, i.e. seed.

2.1. COLLECTION OF MEDICINAL PLANTS

For the collection of medicinal plants, their good recognition is a necessary prerequisite. For this, in addition to learning from books, you also need experience, so to begin with, take a more experienced picker with you or pick only species that you really know well. Among the herbs, there are many seemingly similar species, some of which are poisonous, and such mistakes can lead to tragic consequences. Let's recall the deaths related to the replacement of bear's onion with frost flower.

- Choose nice sunny day for picking when concentration of the etheric oils in the plants is the highest.
- Wait for dew drops or recent rain to dry, otherwise the plants will not dry well. Do not harvest herbs in foggy weather, but also in the heat of the day.
- Bring the appropriate tools with you: scissors, knife, hoe or shovel (if you are going to remove roots) and a cloth bag or wicker basket made of undergrowth. You should never put herbs in plastic bags where they will steam and "sweat", and turn black and rot during drying. It is best to collect one species each time you go out, or store herbs in different bags.
- Medicinal substances are not uniformly distributed in the plant, so you must know whether you need the whole plant or only a certain part of it. The concentration of certain active substances in the part of the plant varies depending on external factors, but also on the developmental stage in which the plant material is collected.

Bark (Cortex) is collected from young branches in early spring before the beginning of vegetation (e.g. bark of oak, sea buckthorn, barberry).

The leaf (Folium) is harvested young, but fully developed, just before flowering or during the flowering of the plant. Research has shown that the content of some substances after flowering it decreases significantly.

Buds (Gemmae) are harvested in early spring, before leafing and used fresh to prepare tea, drops, wine or ointment (e.g. leaf buds of black poplar).

The flower (Flos) is to be collected at the beginning of blossom when completely opened. We pick up lavender blossom while still in buds and sloe or hawthorn when the first flowers open. Withered parts of a plant do not contain proper amount of the essences. They are not for any use.

The part of plant just above the ground, greenery (**Herb**) is picked up in the beginning of the blossoming greenery, agrimony, thyme, yarrow, spikelet. Lower number parts are not for use.

Overground part of the plant, **greenery (Herba)**, is collected at the beginning of blossom (green yarrow, thyme, yarrow, spikelet). Lower number parts are not for use.

Use scissors for harvest and don't uproot the plant in order not to damage the roots. This way you'll be able to come back next year to the same habitat.

The root (Radix) or rhizome (Rhizome) are uprooted at early spring or late autumn, always before or after blossoming as medical substances are richest at these times. Make sure that the holes made by your work are filled in after uprooting.

Fruit (Fructus) or seeds (Semen) are collected when fully ripe. Exceptions are herbaceous plant fruits which are picked up a bit earlier as the fruits might be lost during the harvest.

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- Exceptions are herbaceous plant fruits which are picked up a bit earlier as the fruits might be lost during the harvest.
- Pick up quantity of plants sufficient for a year. Quantity of healthy essences diminishes by the time and you will collect new quantities next year. Leave undamaged herbs for the other collectors. Take care of nature, use its wealth but do not devastate it.
- Strictly protected herbs, regardless of healing effects, should not be collected (i.e. **lincura Gentiana lutea, hill plant or arnica, Arnica montana**).

- Such herbs can be purchased exclusively at the herb's pharmacies, which get them at the area reach by the growth or where they are cultivated.
- Collection of medicinal herbs is forbidden at national parks, strict and special reservations. At the other protected areas, it is permitted only with special permission of the authorized institution in charge in that area, if not prescribed differently by the specific regulations.
- Maximum of 5 pieces of the underground parts, 2 kg of stems, 1 kg of foliage, 10 kg of fruits, 0,5 kg of seeds, 0,5 kg of buds or 1 kg of flowers of specific herb daily and fresh, are considered collection for personal use (Article 7, Par (2), Official Gazette 144/2017).

3. DRAYING HERBS

Parts above ground (greenery, foliage, flowers) shall not be washed prior to draying. After collection spread them on clean paper or bed sheets (not on newspaper) and take away possible dirt. In the past, the herbs used to be dried tied in bundles or strung on a rope at the attic of the house or above a stove. Today's big collectors dry it in the driers in standardized conditions (temperature, humidity). However, it is important to dry herbs at shadows and airy and warm places in order to dry humidity as soon as possible. Therefore, during hot months when the herbs are mainly picked and collected, the best places are clean and airy attics of the houses. Animals (cats, mouses, pigeons, birds) should not get in touch with herbs. Therefore, the windows shall be covered with protective net. Drying is implemented in heated spaces during colder seasons. Drying in the oven is too harsh for flowers and foliage even on the lowest temperature. Spread the herbs in thin layer over clean paper, sieve or dense net. Green herbs with small leaves can be dried on the stamps while big leaves are dried separately.

Flower buds of calendula are easier dried as whole. Upon the needs petals can be separated later on. Control the herbs, shake it and turn around during drying in order to dry better.

The root and stem of the plant require temperature of 50-60 °C for drying. They can be dried under the sun or in the oven on the lowest temperature.

Fruits of the herbaceous plants (fennel, dill, cumin) should be picked up by shield plant (easier collection), and dry them turned upside down in perforated paper boxes.

4. CONSERVATION OF THE HERBS

Larger amounts of herbs should be stored in multilayer paper bags or paper boxes in dry and airy rooms. Smaller amounts are kept in properly closed glass jars. Moisture is one of main causes of spoiling herb material as all herbal drugs (more or less) easily accumulate the moisture from the air. High humidity at herbal material causes development of variety types of mould. This is why the storages of the herbs should be duly drafted during fine sunny weather.

Harvested plants are effective for 12-18 months and lose their healing power after that. They should be replaced by fresh staff. Plants that lose natural color and smell during drying are not valid and should be thrown away. Actually, the best would be to compost them and to burn poisonous ones. Aromatic herbs intended for spicing or decoration of the food can be preserved by frizzling (i.e. mint, balm, basil, salvia). Herbs might be simply finely chopped, placed to frizzling containers, topped with water and frozen.

5. PRODUCTS OF MEDICAL HERBS

5.1. TEA

The most common herbs product is tea prepared in many ways depending on part of plant which is used, active substances that the plant contains and aimed effects which we want to achieve. Tea might be prepared as infusion, decoction, or filler. Most of teas are prepared as infusion. If not prescribed differently, 1-2 tea spoons of dry, chopped herb is poured over with 2,5 dl of hot, boiling water, stirred and covered. Strain the tea after 10 minutes. If fresh herb is used the quantity should be doubled. This is the way to make tea of delicate plant structures (flower, leaves) and those that contain thermo labile substances (alkaloids, anthraquinone glycosides) or volatile substances (volatile oils). Yarrow, immortelle, mint, calendula, meadowsweet, birch belong to this group.

To prepare infusion or decoct put one tea spoon of dry herb to 2,5 dl of cold water, stir and heat up to boiling, put aside and let it stay covered for 10 more minutes. This is the way to prepare teas of the herbs from which active substances are hard to extract, i.e. Icelandic lichen, water plant root, walnut leaf, etc.

For the decoction, put a teaspoon of dried herbs in 2.5 dl of cold water, stir, heat gently to boiling, remove from the heat and leave covered for another ten minutes. In this way we prepare teas from plants from which the active substances are more difficult to extract, e.g. tea from Iceland moss, watercress root, walnut leaves, etc. Decoction is used to prepare tea from plants that contain thermo stable substances (e.g. saponins) or in which medicinal substances are difficult to extract (root, bark). Put 1-2 teaspoons in 2.5 dl of

cold water and cook on low heat for 10-15 minutes or as directed. This method of preparation is common for the rootstock of weed, the rootstock of pentapolis, oak bark, etc. Infusion is a method of preparation used in plants that contain mucus or some other heat-sensitive ingredients. Pour two teaspoons of the drug over cold water, stir and leave covered for about 6 hours. In this way, tea is made from marshmallow and black marshmallow or quince seeds that contain mucus.

5.2. TINCTURE

Tincture is an herbal preparation that is suitable for those active substances from plants that dissolve better in alcohol than in water. No tinctures are made from plants whose active substances are mucus (e.g. marshmallow root). Usually 70% alcohol is used for dried herbs, and in households most often quality brandy (45% alcohol). The ratio between herbs and alcohol is 1: 5, i.e. for 20 g of herbs you need 100 g of 70% alcohol. Everything is stored in well-sealed jars, in a warm place, with daily stirring, for 2-3 weeks. The liquid is then filtered and stored in dark, glass bottles. For internal use, usually take 15-20 drops in a little water (it used to be common to put drops on a sugar cube), three times a day. If the tincture is used for a poultice, it is diluted with four times the amount of water, unless otherwise stated. In the case of plants with a strong effect (arnica or hill plant, lincur or yellow rennet) 10 grams of the plant is poured with 100 g of 70% alcohol. Tinctures can be used for more than a year. If we use fresh herbs for tincture, its amount should be twice or three times higher, and alcohol 90%.

5.3. MACERATE

Macerates are formed by soaking fresh or dried herbs in unrefined olive, vegetable, almond or other oil. They can be prepared by a cold process, i.e. by leaving the herbs to stand for 2-3 weeks in a warm place (not directly in the sun) or by a warm process consisting of heating a mixture of herbs and oil for 2-3 hours in a water bath (as in the preparation of cream for steamed cakes). After squeezing, the oil is stored in dark bottles in a cool place. Its durability is one year. In households, macerates are prepared by the cold process at the time of flowering of a particular plant. We use macerates as oils for massage, for healing wounds and making other herbal preparations (ointments, creams, emulsions, etc.).

5.4. SYRUP

Most often, household syrups are made from plantain, dandelion, mullein or pine needles, which are used for respiratory problems.

5.5. OINTMENT

Vegetable fats are easy to prepare, can be prepared from different vegetable parts, and fresh or dried herbs are used. Usually take 1-2 handfuls of fresh or dried herbs (or mixtures of several herbs), put in 250 grams of hot fat and cook for 10 minutes on low heat. Remove from the heat, leave overnight, and heat and strain in the morning. St. Hildegard of Bingen recommended making fat in a pot that would be placed in a larger pot in which water was boiled. This is the so-called steaming. The fat is thus dissolved gradually and with constant stirring it can be heated to 99 °C, and then the plant or its powder is added and mixed well. Remove the pot from the water, continue stirring until the fat begins to thicken and allow cooling. In the morning, reheat in a pot of boiling water, strain and store in boxes. Although this method is more demanding, it is considered that the ointment obtained in this way is more healing.

5.6. VEGETABLE VINEGAR

As a basis for obtaining vegetable vinegar, quality apple or wine vinegar is used. Selected herbs (basil, mint, rosemary, dill, lemon balm, thyme, etc.), put in a jar and pour over warm but not hot vinegar and seal well. Leave for 2-3 weeks in a warm and bright place, shaking daily, then strain and pour into a bottle. If we want a stronger vinegar aroma, the procedure should be repeated with a new amount of herbs. The vinegar thus obtained is used to season salads, in marinades, as an addition to sauces, stews and other dishes. Vinegar can be prepared from fresh or dried herbs, from one or more plants. Whole twigs or whole plant parts (leaves, root and flower) can be used or the herbs can be chopped if we want the vinegar to quickly take on the aroma of soaked herbs. We can also put a sprig of herbs in the bottle even after the vinegar is strained. Various herbal extracts with vinegar are used for skin and scalp care.

5.7. HERBAL BATH

The simplest way to prepare an herbal bath is to immerse a canvas bag, filled with dried or fresh herbs, in water or hang it on a tap so that a jet of water flows over it. We choose herbs according to their medicinal properties or the scent that suits us. The most commonly used baths are for relaxation and soothing, refreshment and refreshment, for better circulation, against cellulite, colds, etc. In the relaxation bath, chamomile flower, lavender flower, linden flower, lemon balm leaf, hop cones, etc. are recommended. In the relaxation bath, chamomile flower, lavender flower, linden flower, lemon balm leaf, hop cones, etc. are recommended. The refreshing bath may contain, for example, mint leaf, basil leaf, pine needles, pine fruits, etc. thyme leaf, sage leaf, fennel seeds, pine needles, etc. In case of cellulite problems, the ivy leaf should not be forgotten.

*IMPORTANT NOTE: Descriptions of the disease and possible methods of treatment are intended solely for information and health education of the general population, and in no way replace medical diagnosis or treatment. The information provided here is collected from a variety of sources, professional books, as well as people who are professionally engaged in treatment. We are not responsible for any possible consequences of your treatment - **you are responsible for your own health !!!***

6. MEDICINAL HERBAL SPECIES

6.1. ELDERBERRY (*Sambucus nigra*)



Other names:

elderberry, black call, call (*in local dialects*)

Elderberry is one of the oldest and most medicinal plants in Europe. There are about thirty species within the elderberry family. The most important are black and red elderberry. In our country, black elderberry is most often used - *Sambucus nigra*. All parts of elderberry are medicinal, but the most commonly used flowers and berries. Young shoots and leaves are harvested in April and May. They act as a diuretic, are used to cleanse the blood and treat diabetes. The flowers are harvested in late May, only in sunny and dry weather, and dried a little in the sun. Syrup, tea, extract, and even liqueur is prepared from elderflower flowers. Elder flowers are most commonly used to encourage sweating and treat respiratory diseases. Ripe elderberries are harvested in September. They are useful for avitaminotic, constipation, weakness, stress, indigestion.

Elderberry decoction:

1 tablespoon of elderberry leaves, dry or fresh, cook for 10-15 minutes in a cup of water. Add a little honey to this decoction and drink a few tablespoons during the day. This decoction intensifies sweating and thus cures rheumatism, flu and fever.

Elderberry tea:

Pour 2 teaspoons of dried elderflower flowers with 1/4 liter of boiling water and strain after 10 minutes. You can use this tea for good sweating for flu and colds, but also preventively. It is also recommended as a blood cleanser.

The green parts of the elderberry contain toxins that can cause nausea, vomiting, diarrhea, choking, shortness of breath and abdominal pain. Raw elderberries must be thoroughly steamed with boiling water or boiled before use.

6.2. BORAGE (*Borago officinalis*)



Other names:

borage, medicinal sharp-leaved leaf, pore ox tongue (*in local dialects*)

Borage is an ornamental, medicinal and edible annual plant of bushy growth. The whole plant is overgrown with prickly white hairs and smells slightly of cucumbers, and the scent comes from the essential oil found in the juice of the leaves and stems of the fighter. The plant grows up to 60 cm; the whole is covered with small hairs. The stem is erect, branched, and green. The leaves are on a short stalk, up to 10 cm long, oval or ovate. The flowers of the fighter are bluish-purple, sometimes pink, and very rarely white, and are found singly on long stalks, clustered in loose inflorescences. It grows wild along the coast, in fields and neglected land. In addition, borage is increasingly used today as a spice plant. It grows best in sunny, well-drained places. Fresh, young harvested leaves are added to salads and other vegetable dishes. It is added just before serving, as cooking destroys its aroma. It is also used as a spice in pickling cucumbers. Borage blooms from June to August, when it is harvested and dried in the shade, in the air. This plant has a really wide application both as a medicinal plant and in cooking, the flowers and leaves of the plant are used. The flowers are used in fresh form, frozen in ice cubes or crystallized as a decoration for cakes. Fresh chopped leaves are added to salads, cottage cheese, yogurt, sandwiches. This plant is also used for cosmetic purposes, it can be added to face masks for dry skin, and as a medicinal plant it helps the most with fever and infections.

Skin: Leaf compress helps with swelling. Borage promotes sweating and thus reduces fever, and chewing fighter leaves reduces the temperature in the mouth.

Oral cavity: Borage and soothes inflammation of the mucous membranes of the mouth and inflammation of the gums Borage ash, mixed with honey, helps with gingivitis.

Respiratory organs: Borage soothes cough and promotes expectoration, and helps with sore throats, bronchitis and asthma. Borage flowers are often an ingredient in teas for easier coughing.

The flower of the borage was highly valued among the ancient Romans, there is also a saying used by Roman soldiers: "Ego borago gaudia semper ago." " Borage always gives me joy."

The borage can cause allergic reactions in some people even when touched. Such persons should not touch or take a borage.

6.3. BLACK MULBERRY (*Morus nigra*)



Another name:

black mulberry, mulberry, blackberry (*in local dialects*)

Black mulberry is a tall tree that grows almost everywhere as a cultivated plant along roadside, in parks and tree lines. It also exists in nature as a wild, wild tree. Apart from being a delicious food, black mulberry has long been known for its exceptional healing properties. Mulberry used to be grown a lot in our region, primarily because of the leaves, but also because of the fruit. The leaves were mostly used to feed the mulberry silkworm butterflies, whose caterpillars create not even one of the finest fabrics - silk. Today, mulberry can rarely be found in backyards. The leaf and fruit are used for medicine. Young, healthy and fully developed leaves are harvested during the spring and the fruits and bark during the summer and dried in a thin layer on a draft in the shade. From the fruits of black mulberry, especially the one that has a sourer taste, juice is squeezed and from it syrup and jam are cooked, which serve as food, treats and a mild remedy for sore throat and oral cavity. In addition to anthocyanins, which bind free radicals in the body, mulberry fruits also help with other health problems. Mulberry leaf tea helps with diabetes. Black mulberry syrup can also be used for expectoration, respiratory diseases, sore throat, and as a laxative. The bark of the tree is good against intestinal parasites, and has antibacterial and fungicidal properties. However, as with everything else, mulberry consumption should be moderate, because larger amounts can lead to mild poisoning, hallucinations and indigestion. Mulberry juice helps with cold sores, asthma, bronchitis,

mouth ulcers, hypoglycemia, hypertension, indigestion, weakness, and inflammatory conditions. Due to the large amount of sugar, mulberry is a healthy food for both humans and domestic animals. Ripe and aromatic dark purple fruits are eaten fresh, processed or dried. Dried can replace sugar and are therefore ground and added when making sweets. They are also used for making juices, compotes, jellies, syrups, etc. From the squeezed juice, a syrup resembling honey is obtained. In folk medicine, fresh unripe fruits are given against diarrhea, and ripe as a mild laxative. Black mulberry juice has an antiseptic effect and is given for easier coughing, sweating and urination, as well as for rinsing in inflammation of the throat and oral cavity.

Bark preparations:

Crushed mulberry bark powder is used in the form of an ointment for faster healing of wounds and a decoction of the bark is drunk at high blood pressure.

Mulberry leaf tea:

Pour 50 grams of chopped black mulberry leaf with half a liter of boiling water and leave it covered for 10 hours, stirring occasionally. Strain and drink throughout the day.

It is popularly said, "Half an hour of sleep under a mulberry tree on dry land in summer is worth more than a few hours of sleep in the best bed."

6.4. MULLEIN (*Verbascum thapsiform*)



Another name:

lepuh, wasp's tail, wolf's tail, yellow flower (*in local dialects*)

Mullein is a biennial plant with an upright stem, which grows up to two meters, and is branched at the top. Its leaves are hairy, sessile, large, and ovate and arranged in a rosette. Large yellow flowers bloom singly or in tufts. The anthers of the mullein are dyed and woolly. The fruit is a quiver full of tiny seeds that are mildly poisonous. The whole plant is densely hairy. In the first year it develops only leaves, and in the second a stalk.

It grows mostly in dry, sunny and rocky places, along roads, streams, rivers, embankments, walls, and in forest clearings. It has an aromatic smell of honey, and its taste is slimy and bitter. The flower and leaf are harvested from July to August in sunny weather. It dries quickly and is stored in jars or cans that must be tightly closed. Tea, tincture, oil and milk are prepared from mullein and must be filtered through a thick cloth because of the hairs that irritate the throat.

Mullein oil:

Soak 200 g of flowers in 1 liter of olive oil for a month and strain. Keep in a warm place in the dark. We use it to lubricate diseased rheumatic areas and inflamed areas on the skin.

No toxic properties have been reported with the use of this plant, but it is good to consult a doctor before consuming it, and to avoid it during pregnancy.



6.5. CHIMNEY PLANT (*Fumaria officinalis*)



Another name:

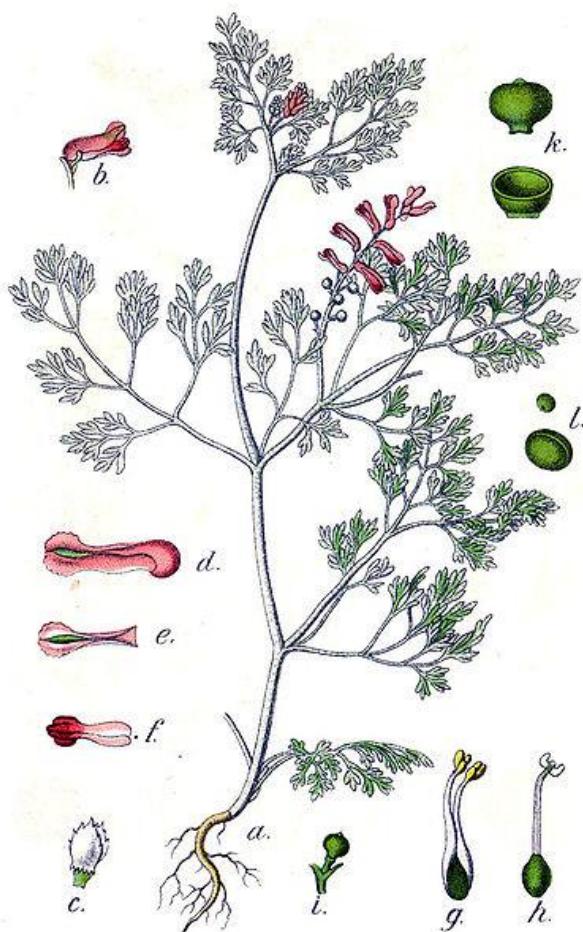
medicinal chimney plant, sea wormwood, dewy grass, wormwood (*in local dialects*)

Chimney is an annual plant with a stem 20 to 40 cm long, which often lies on the ground, and less often is somewhat upright. The stem is tender, thin and hollow, very branched. All the leaves are two to three times pinnately cut, and the leaves are very narrow and tiny. The flowers are beautiful, pink or red. It blooms from June to July. The whole plant is harvested when it blooms. It grows on abandoned and uncultivated soils, and on cultivated among cereals and crops. Chimney is an effective remedy against acute and chronic bile problems, removes sudden pain in the right part of the abdomen, restores appetite, and removes weakness, vomiting and headache, all of which are related to gallbladder disease. In some countries, you can buy many galenic chimney preparations with the same good effect, as well as various tea blends with rosopas, mint, chamomile,

kitsch, wormwood and other medicinal herbs. Of course, the tea from the chimney itself is also very healing. Due to the entire above, chimney plant is often an ingredient in so-called spring cleansing teas, and smaller amounts of fresh leaves can be added to spring salads.

CHIMNEY PLANT TEA:

Pour a full teaspoon of chimney with 1/4 l of cold water, bring to a boil and set aside. After 10 minutes, strain and drink 3 cups a day as needed.



6.6. LOW IVY (*Glechoma hederacea*)



Other name:

ivy, low ivy, reel, lunar (*in local dialects*)

Low ivy is a perennial plant that has a creeping quadrangular stem from which erect stems emerge, on which are placed opposite heart-shaped round to kidney-shaped leaves and flowers that are very purple. Numerous shoots emerge from the stem. Its flowering time is from March to June. The whole plant smells aromatic, and its taste is bitterly spicy. It grows along the edges of forests and meadows, hedges, etc. The whole plant is harvested in bloom in the spring, which is dried quickly in a warm place in the shade. In summer, the leaf is harvested and dried quickly, and we get juice from the fresh plant. The name Low ivy itself indicates how much the people value it in the treatment of various and varied diseases, such as: lung and respiratory diseases, nerve diseases, depression, hysteria, diseases of the female organs (white wash), diseases of the stomach and intestines, stomach acid, various parasites in the intestines, diarrhea, and for poor appetite. Young spring flower stalks are an excellent natural wild vegetable from which we can prepare soups, stews, salads, spreads, etc. Low ivy is a good aromatic spice for spring soups that are traditionally used to cleanse the whole body after a long winter period and is gladly mixed with other wild edible herbs such as nettle, yarrow, dandelion, etc.

Tea (for the diseases mentioned)

1 tablespoon dried herbs, 2 dl water. Pour hot water over the herbs, cover for half an hour and strain. We drink 2-4 cups of tea a day with or without honey.

Ointment (for skin diseases)

100 grams of goodies juice or 1dl of tincture, 200 grams of lard or lanolin. Preparation: Melt the fat and pour the juice or tincture with constant stirring until the steam evaporates. Pour while still hot into the prepared dishes and cool. We apply the affected areas on the skin - ulcers, wounds.



6.7. WILLOW GRASS (*Teucrium chamaedrys*)



Another name:

dubac, mali dubčac, raven's hip, ant (in local dialects)

Willow grass is a perennial semi-branched plant 10 to 30 cm high. The stems are mostly raised and partly woody. The leaves are without a petiole, hairy only on the reverse, green and grayish white. The flowers are located on the tops of the twigs. The petals are purple. The upper lip is reduced, and the lower is strongly developed and five-part. It has a very bitter and astringent taste with a recognizable aromatic odor. It grows in dry,

warm and rocky places, mostly at altitudes of about 800 m and more, mostly on the southern slopes. has antiseptic action because it destroys microbes and bacilli. Due to these properties it removes putrefaction in the intestines and stomach. It is further used against all fevers, and is useful in the treatment of diabetes, bile or pancreas. It is also used in many mixtures in a large number of many other diseases of the digestive tract. Tea is an excellent means of strengthening the body, treating diseases of the stomach, liver and respiratory organs.

TEA: pour one teaspoon of dry willow grass with 2 dl of hot water, cover to stand for half an hour and strain. Usage: drink 2-3 cups of tea a day. Tea should not be sweetened to treat digestion, and tea should be sweetened with honey to treat the respiratory system.

TINCTURE: 200 g of leaves and flowers of thyme, a liter of 60 percent alcohol. Preparation: pour alcohol over the leaves and flowers and close the bottle. Keep in a warm place for a month and strain. Usage: take 2-3 times a day for 15-20 drops, with a little tea or juice.

6.8. COMFREY PLANT (*Symphytum officinale*)



Other name:

black root, ponytail, ox tongue (in local dialects)

Comfrey is a perennial plant with a characteristic appearance with a succulent and hairy stem and purple and pink flowers hanging down it grows everywhere. The plant is perennial, and no matter how deep you dig the root, it is almost impossible to completely remove it. From the remaining part in the spring will grow a green stem again. In addition to medicinal properties, comfrey pays to keep in the garden because the leaves soaked in water (alone or with nettles) become a valuable bio fertilizer. It grows all over Central Europe. We find it in wet places, near village yards, ditches, by the water and in wet meadows and in humid lowland forests. There are about twenty species of comfrey, some of which are raised as animal feed. In the garden they raise the temperature and accelerate the process of recycling biological waste in compost. For

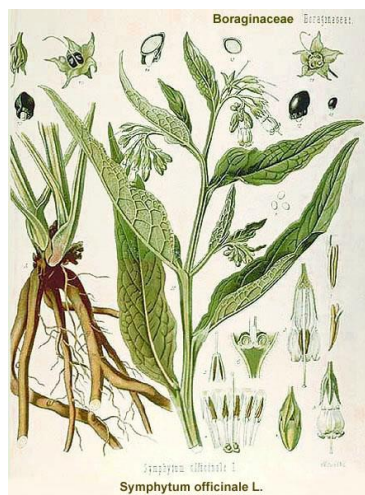
the drug are collected leaves with flower and root. The leaf and flower are harvested during flowering, from May to August. The root is harvested in early spring and late autumn, before the plant blooms. After digging, it is washed and, so as not to lose the slimy juice; it is first dried, cut into cubes and finally dried in a warm place. The plant is used to heal wounds and has anti-inflammatory action. It is used on skin that is not damaged. The healing part of comfrey is its deep and forked root, dark brown to black in color. To make the healing ointment, it is dug with a sharp shovel in autumn, in October and November, when it contains the most allantoin, it accelerates wound healing, regeneration of broken bone tissue and tendons damaged by sprains and dislocations, and increases circulation. The root also contains high concentrations of tannin, which with its astringent properties stops bleeding.

Comfrey root fat:

Mix 2 full handfuls of cleaned and chopped root with 250 grams of homemade unsalted lard. Put on low heat and heat to the point where the fat is about to boil, then remove from the heat and let it cool until the next day. After 24 hours, take the bowl again and heat it, and when it is about to boil, strain it through a linen cloth and store it in containers that we keep in a dark and cool place.

This ointment will help us with skin allergies that are common in the spring. It will strengthen the skin tissue, act on regeneration, elasticity, hydration and quick recovery.

There is even a saying “Two fingers would grow into one if tied with a comfrey root”.



6.9. HAWTHORN (*Crataegus oxyacantha*)



Another name:

white thorn, hawthorn, dog thorn, thorn (*in local dialects*)

Hawthorn is mostly a medium-sized shrub, and in favorable habitats it thrives as a knotted branched tree up to 5 meters high. The hawthorn tree is hard and tough, the bark is smooth and gray-ash in color, and the branches are provided with thorns 5 to 15 mm long. The flowers are white and arranged in erect clusters at the tops of the branches. Numerous anthers are light red in color, the pistil has one to two pistils, the fruits are oval drupes. Flowering time: in May and June, and the time of fruit ripening in September and October. Hawthorn is found on the edges of low deciduous or coniferous forests, and grows very gladly in large bushes and along fences and hedges. Due to its thorns, it is very suitable for fencing pastures, lawns and gardens. Flowers, leaves and fruits without a stalk are collected for the medicine. Flowers and leaves are collected in the spring. Flowers are collected only from shrubs that are in full bloom. They are dried in a thin layer, taking care not to change color. The leaves are harvested after flowering.

The fruits are harvested after ripening; they are first dried in the shade, to wither, and then dried in a warm oven. Hawthorn strengthens and regulates heart function. It should be borne in mind that hawthorn is an excellent regulator of blood pressure, which can not only lower high blood pressure, but also raise too low blood pressure in weak heart muscles. and in nervous heart disorders. In addition, treatment with hawthorn results in general calming of the nervous system, reduction of stress and better sleep.

HAWTHORN TEA:

Take 1 to 1.5 grams of leaves or flowers or 0.3 grams of crushed fruit, which are poured with 150 ml of boiled water. Remove from the heat and let stand for 15 minutes. Drink 2 to 3 cups a day. We sweeten only with honey.

Hawthorn preparations are not recommended during pregnancy or lactation.

6.10. St. JOHAN'S WORT (*Hypericum perforatum*)



Another name:

terrible cabbage, the grass of the Virgin (*in local dialects*)

St. John's wort is a perennial plant from whose underground shoots emerges a 25-90 cm high upright stem with two longitudinal stripes, and branched at the top. The leaves are opposite, sessile, ovate, entire edge with numerous bright spots. The flowers are collected on the tops of twigs and are golden yellow in color. Our Lady's grass blooms, depending on the climatic and geographical climate and weather season, from early June to August. It is usually harvested at a time when several flowers are open and other flowers are still closed in the bud. When fresh flowers are rubbed between the fingers, the fingers are both red-purple (hypericin). It is spread throughout our country, in meadows, pastures and rocky places, along forest clearings, along the edges of forests and thickets, along roads, on embankments and abandoned land. Pick the flower of St. John's wort on sunny days, not too early in the morning and not after rain, so that the

flowers are dry enough. They are picked in canvas bags, not plastic ones so as not to “cook” during picking and transport. After picking, spread the flowers in a thin layer on paper to dry a little from excess moisture either during the afternoon or overnight. But do not dry the flowers. Spreading the flowers will give little spiders and beetles a chance to escape, there is no point in macerating them as well. For medicinal purposes, the upper parts of the plant, not longer than 20 cm, are collected at the time of full flowering. They are dried in the shade in a place with drafts. Usually at harvest Our Lady's grass is tied in small bundles, which are dried hung on a rope, under the roof in the attic. After drying, the upper parts of the plant are finely chopped or the leaves and flowers are plucked, and the thicker stems are discarded. The plant prepared in this way is called - Hyperacid herb. St. John's wort and medicinal preparations prepared from it have multiple applications. They are mostly used in milder forms of neurotic depression, functional and traumatic in nature, followed by melancholy, headache, irritability and neurosis in women in transition. It is common to use St. John's wort externally, in the form of red St. John's wort oil (St. John's wort), because it has antibiotic and antiseptic effects. It is used for wounds, infected wounds, burns, ulcers and acne. **It is often used to protect the skin when sunbathing** due to the reaction of active substances to the sunlight.

TEA:

It is prepared by taking two tablespoons (12 - 15 g) of chopped St. John's wort, pouring half a liter of hot water, boiling briefly under the lid, after 15 minutes straining and sweetening as desired. Drink half a glass three times a day.

OUR LADY GRASS OIL (St. John's wort):

St. John's wort is a red vegetable oil obtained by soaking a flower of St. John's wort in virgin olive or some other, cold-pressed oil. Fill a clean jar with St. John's wort flowers that we have previously dried on a clean sheet (the flower must not be too dry). Then pour the flower with vegetable oil, all the way to the top of the jar. Place the dish in a bright place (not directly in the sun) for a month. The oil is then drained and stored in clean packaging.

St. John's wort oil is phototoxic, which means that after lubrication, the skin should not be exposed to the sun because it can burn. It is always necessary to seek the advice and permission of a doctor or physiotherapist before applying oil to surgical wound.

6.11. RUBIA TRUTH (*Galium verum*)



Another name:

broćac, broćika, ivanova trava, sirištica (*in local dialects*)

Rubbia truth is a plant 60 to 150 cm high. The stem is quadrangular with four distinctly convex lines. It stands out in the grass with clusters of dense but light, extremely fragrant yellow flowers. The flowers have a strong scent like honey, and their taste is sour and astringent. It blooms with dense golden-yellow inflorescences.

It grows by the roadside, in forests, meadows and pastures, blooms from July to September, when it needs to be picked and dried - in the shade, in drafts. Rubbia truth

is very widespread in our region, and are found in dry habitats, meadows, along roads. The whole plant without roots is harvested during flowering. The upper part of the flowering plant is harvested for medicine. Rubbia truth darken very quickly and lose their recognizable scent, but also part of their medicinal properties, if all the conditions for drying and proper storage do not match. It is known as one of the plants that helps with all diseases, which has no contraindications and no interactions with drugs. from the body. In general, the action of this plant is relaxing, raises immunity in colds, relaxes the body, has a very good effect on the skin. It is most often used today due to its diuretic effect (expelling water from the body) and as a very mild tonic for the liver and pancreas.

Tincture for the following diseases:

200 g of rubio truth, liter of 60 percent alcohol

Preparation:

Pour alcohol over the herbs, close the bottle and keep in a warm place for 30 days. Take 10-15 drops three times a day with tea, water or juice.

Ointment for the treatment of skin diseases:

200 g lard or lanolin, 100 g of tincture of rubia truth

Preparation:

Melt the ointment and pour in the tincture and mix gently until the alcohol evaporates (as soon as the steam stops coming out), then pour hot into jars, close and put in the fridge to solidify. Apply to sore spots on the skin several times a day.

In the past, our grandmothers and great-grandmothers used to make fragrant broccoli pillows (as is done with lavender flowers). Such pads released the active compound coumarin, which with its fragrant and relaxing effect helped with insomnia. In areas where there was a lot of broccoli, they made whole mattresses ("pallets") out of it. The yellow flower was also used as a natural color (yellow) for cheeses, butter and other dairy products.

6.12. CHAMOMILE (*Matricaria chamomilla*)



Another name:

chamomile, uterus, cocoon, frog (*in local dialects*)

Chamomile is an annual plant from the head family 15-60 cm tall, with a thin and branched root. The fragrant flower heads are solitary, on long stalks. They have a convex and hollow flower lodge, and are composed of bisexual yellow tubular flowers in the middle and white lingual flowers on the edge, which are bent downwards. It grows in fields, among cereals, and is also grown in the garden. It must not be fertilized with artificial fertilizers! It blooms from June to August; the inflorescence is conical in shape and hollow inside.

Only flower heads are picked for tea, and the whole plant for baths. It should only be picked in dry, sunny weather. It is dried abruptly in the shade and stored in a very dry

place so that it does not get wet. It touches as little as possible so as not to lose the scent and with it the medicinal value. Chamomile in our region is a widespread plant, and its tea is certainly one of the favorite beverages. There are several types of chamomile, and the most healing are Roman and German chamomile. In Croatia, German chamomile is most often used, which has its roots in Europe and northwest Asia. It works against pain, inflammation, insomnia, nervousness, indigestion, skin diseases. It is primarily a remedy for women, especially against cramps of all kinds. Chamomile also acts as a good antiseptic. We use it in compresses or for baths for purulent wounds and wounds that are difficult to heal. We also put crushed fresh herbs on the wounds. The most pronounced effect of chamomile is anti-inflammatory (anti-inflammatory), i.e. anti-inflammatory effect in all inflammatory processes, whether internal or external. We usually use warm compresses for pain. Chamomile removes stones, prevents stinging in the limbs and relieves jaundice, chest discomfort, menstrual difficulties and worms. Inhaling chamomile vapor speeds up the healing of runny nose and nasal congestion, and the antioxidants from chamomile protect the skin from UV radiation. It contains menthol which can improve the structure of the skin and reduce wrinkles from pollution, stress and sun. It also helps with acne, various irritations, rashes and other skin problems, especially purulent wounds. Chamomile baths strengthen hair, prevent hair loss and give it a lighter color and a beautiful golden glow.

Chamomile is said to revive any garden, even diseased plants. So, don't pluck chamomile in your garden, rather plant it.

When vomiting, we must not drink chamomile tea.

6.13. SAGE (*Salvia officinalis*)



Another name:

medicinal nightingale, incense (*in local dialects*)

Sage is a wild herbaceous plant with lanceolate and oval velvety leaves covered with thick hairs on both sides. It blooms from May to June with blue-violet flowers. Of sage, only the leaf is used. The most medicinal leaf is obtained when sage begins to bloom, and this is most often in May. The leaf is picked, dried and stored carefully. The main medicinal ingredient of sage leaves is the essential oil, which has from 1.5 to 2.5%. The bitterness and healing properties of the leaves come from tannins. And the bitter substances in sage have a healing effect. It grows wild on dry and rocky coastal terrains. She likes sunny places, she is sensitive to wind and cold. The plant contains the most essential oil in the period just before flowering when the top parts of the plant are collected.

It is dried for several days in a dry, dark and airy place. Dried leaves and flowers should be stored in closed containers in a dark place. In winter, it freezes to its roots, from which dense leafy stems sprout in spring. Although light green to purple, it blooms in

small white, blue and pink spikes at the top of the stem. Its stem is woody over time, its lifespan is six to seven years. Sage has been proven to have antibacterial and antifungal action, which means that it is a good fighter against bacteria, viruses and various fungi, or various inflammations. Heals stomach, intestines, bile, bladder and urinary tract. It helps with diseases of the oral cavity, throat tonsils. For coughs, colds, bronchitis, colds and flu. It regulates menstruation and hormonal difficulties in women. It is prepared in the form of tea, tinctures, oils, baths, compresses, brandies and wine. Tea and infusion are the most common preparations of sage for the treatment of health problems. The main ingredient in sage essential oil is thujone Depending on the habitat, up to 60 percent of the time of year and day. It is this thujone that gives it that strong characteristic and intoxicating scent, which the whole Mediterranean exudes in summer.

SAGE TEA:

It is prepared by putting one teaspoon of chopped sage in a quarter of a liter of boiling water and letting it simmer for three minutes on low heat. Take it off the fire, let it stand for ten minutes. Strain and drink two to three cups a day, depending on the ailments. If it is a sore throat, tonsils and respiratory diseases - warm tea is sweetened with honey.

SAGE WINE:

In a liter of quality red wine - put 10 dg of chopped sage leaves. Let stand in the sun for two weeks with occasional shaking and turning. Let's strain. Drink one small glass after a meal.

Taking sage preparations in the prescribed amounts does not cause harmful effects, but prolonged use of the preparations in larger quantities can cause stomach upset, tachycardia, feeling hot and dizzy. Sage preparations should not be taken by pregnant women, epileptics and people with sensitive stomachs.

Its power is perhaps easiest to describe by an axiom that originated in Salerno.

"Why should a man whose Sage grows in his garden die!"

6.14. NETTLE (*Urtica dioica*)



Another name:

dog blackberry, tame nettle, common nettle (*in local dialects*)

Nettle is an herbaceous perennial plant. The stem is erect and reaches a height of up to 150 cm, and the leaves are 3 to 15 cm long. The heart-shaped leaves are located on short stalks and have short hairs. Its root is quite large. The leaves and stems are covered with bulbs, which makes them very uncomfortable to touch, as they pour sharp juice on the skin. The flowers of the nettle are green and inconspicuous. Nettle has healing properties. It blooms from spring to autumn and stays in the ground during the winter. It grows everywhere: in neglected places, groves, forest edges, banks of rivers and streams, along fences, like weeds. Nettles bloom from June until September, and are harvested during flowering, or just before. Mature nettle is more healing than young, because the leaf reaches its full healing time just before flowering or the beginning of flowering. During the summer, only the leaves are harvested, and the whole plant in early spring, and the whole plant with seeds in late autumn. Nettle improves the work of the digestive system, and it also contains flavonoids that have a good effect on the work of the body. The root extract has a lot of iron, is used against hair loss and has a

positive effect on the blood. Nettle is often used to make tea and juice and is often used in the kitchen. Nettle is the best plant for cleansing and improving the blood. It has a positive effect on the pancreas and helps lower blood sugar, and treats inflammation of the urinary tract and stimulates the intestines. Therefore, nettle is recommended as part of the spring cleansing of the body. Nettle tea is a diuretic and therefore can be used for water sickness. It builds blood and is therefore beneficial in many blood diseases.

NETTLE TEA:

One teaspoon of nettle (leaves and stems) is placed on one glass of water. Pour hot water over the nettle, cover and leave for 5 minutes. Strain and drink in small sips.

NETTLE TINKURA:

In spring or autumn, dig up the nettle roots, clean it with a brush (do not wash!), Chop finely and put in a glass bottle. Drizzle with eighty percent medical alcohol. Leave the bottle in a warm place for 14 days and shake it occasionally. Strain through a coffee filter, place in bottles and store in a cool, dark place.

Overdoses of tea can irritate the stomach, cause constipation and even urinary retention. In these cases, you should stop drinking nettle tea. Nettle tea is not recommended for pregnant women or children under two years of age. Caution and consultation with a doctor are necessary for heart patients and people with damaged kidneys.

6.15. BLACKBERRY (*Rubus fruticosus*)



Another name:

black strawberry, black berry, wild blackberry (*in local dialects*)

Blackberries grow wild along the edges of forests, on hedges and bushes, in a hundred different species. In recent times, tame varieties of blackberries without thorns have been created. It is one of the most widespread forest fruits. The fruit is very tasty, composed of black, rarely red stones. Blackberry is a perennial plant in the shape of a bush, overgrown with thorns, and can grow up to two meters. It blooms in the sixth month and until the beginning of the seventh. After flowering, a small green berry fruit develops from each individual flower, which later darkens to dark blue. The fruit is technologically ripe when it takes on a black color. It thrives best on loamy acid soils.

Although many like to sweeten with delicious blackberries, few know how medicinal this plant is. Namely, blackberry leaves are medicinal for its leaves, flowers, root and fruit. Young green leaves (without leaf stalk) and flower tops of blackberries are harvested in June and July (only from the tops of the stems and in dry weather). Blackberry leaves should be dried in a thin layer to preserve the beautiful green color. Ripe blackberry fruits are harvested in August and September, and the root is dug in February and March. Blackberry root should be dried in the shade, in an airy place. Blackberry fruit is used in the diet as a fruit, used to make juices, jams, marmalades, wine and the like. Blackberry leaves are used in various teas and have the action of lowering blood pressure and blood sugar levels. Blackberry contains tannins that have a positive effect on the mucous membranes, and is often used for gargling and rinsing the oral cavities. It is known that blackberry tea strengthens the body's defenses, and to some extent relieves cough. Blackberry also has a positive effect on the intestines, and is a good remedy for diarrhea. Medicinal blackberry wine is used for anemia, exhaustion, malnutrition, problems with digestion, regulating blood pressure or circulation. Blackberries are useful in the daily diet because they are a real mine of antioxidants, and raise immunity, which is of great importance in the fight against colds and flu.

Blackberry wine:

Take four kilograms of ripe (and healthy) blackberries and mash them well. Make a pound of sugar. In a clean jar (wide neck) put a row of crushed blackberries and then a row of sugar and so on - all the way to the top. Then keep the jar with blackberries and sugar warm (during the day, preferably in the sun) for a week. After a week, strain the juice obtained through gauze and pour into smaller bottles (0.75 liters). Do not fill the bottles to the top so that the blackberry wine can boil. After a week, strain the blackberry wine again and wrap the bottles (without closing them) with a cotton cloth. Finally, after 15 days, check that the fermentation is over and close the bottles with a cork.

Blackberries are not suitable for people who suffer from digestive disorders and constipation due to tannins.

6.16. LAVANDER (*Lavandula officinalis*)



Another name:

despik, lavandula, levanda, levandin (*in local dialects*)

Lavender is a genus of Alliaceae plants; it grows in the form of a bush, up to a height of up to one meter in sunny and dry places. Lavender is most widespread in the Mediterranean area. It is mentioned in ancient times, so it has probably been used for medicinal purposes for more than 2000 years. It is assumed that the word lavender comes from the Roman word lavare, which means follow. Probably this assumption is true, because lavender was added to baths by the ancient Romans because of its unique scent, while the Greeks used it as a stimulant. as a spice in various dishes. But still the most famous property of lavender is its healing properties, which is why it is often used for medicinal purposes. Since lavender is a very mild plant, it can be used freely without a doctor's recommendation. The essential oil that gives lavender its distinctive and unique scent is found in the flowers. Lavender blooms throughout the summer, and the

flowers should be picked right at the beginning of flowering, and then dried. Dried lavender flowers can be used for various purposes:

Defense against insects and moths:

Our ancestors often put dried lavender on the thresholds of the entrance to the house to repel insects.

Soothing remedy:

Lavender tea is a real natural sedative. One to two teaspoons of dried lavender flowers are poured with 2 dl of hot water, after 10 minutes strain the tea and drink.

A means of peaceful sleep:

Put dried lavender flowers in a canvas bag and place them under a pillow. Scientists claim that the unique scent of lavender calms the central nervous system and that a bag of lavender under the pillow has the same effect as a sleeping pill.

Massage oil:

Lavender oil is often used in massages, precisely because of the soothing effect of lavender. Unlike other essential oils, lavender oil can be applied directly to the skin, but care should be taken as it can cause severe sensitivity.

Headache relief:

Gently massage lavender oil in a circular motion onto the temple area and you will soon feel an improvement.

For hair loss:

Apply lavender oil on the scalp, gently massage and leave on for 30 minutes. Then rinse your hair with a mild shampoo. Lavender oil stimulates circulation in the scalp area, which prevents hair loss.

Burns and wounds:

Lavender hydrolyte can be used as a wound cleanser, and unlike alcohol and other disinfectants, it does not cause pain. Applying lavender oil heals skin burns and sunburns, and soothes inflammatory skin processes.

Inflammation of the muscles:

After hard work or sports training when there is a lot of muscle pain, it is enough to massage a few drops of essential oil on the sore spots.

An old Latin proverb says:

"As the rose is the fragrance of the heart, so is lavender the fragrance of the soul."

6.17. VIOLET (*Viola odorata*)



Another name:

viola, field violet (*in local dialects*)

Fragrant violet or violet has green leaves in the shape of kidneys that are located on a long and erect stem. From February to April bloom purple-blue flowers that have a characteristic odor. Violet contains phenol glycosides, soapiness, flavonoids and mucus. All this gives it healing properties, and is used in the treatment of respiratory and intestinal inflammation. It has an anti-inflammatory, analgesic effect, helps with coughing and reduces fever. As early as the time of ancient Greece, violet was considered to have a calming effect and to help treat headaches and insomnia. Also, in folk medicine, fragrant violet was also valued for its effect on all types of infectious

diseases. , and thus has a beneficial effect on the skin, digestive and urinary system. Flowers, leaves or the whole plant is harvested in spring (March-April), while the root is dug in autumn (October to mid-November). It needs to be dried in the shade; It is necessary, as with other plants, to make sure that you pick it in an area that is not contaminated with chemical pesticides or traffic.

Violet honey for stronger immunity:

The combination of honey and violets is great for boosting immunity, colds and flu and as an aid to infections. Collect two cups of flowers and mix them in a blender with one cup of natural honey and freshly squeezed juice of one lemon, times, one teaspoon a day. Put the mixture in a jar and keep it in the refrigerator.

Violet oil to relieve headaches and migraines:

For headache and migraine problems, massage the temples with this oil. To make it, you need a handful of fresh violet flowers and ½ liters of olive oil. Pour olive oil over the violet flowers and leave them for five days. Then strain the oil and store in a dark glass bottle.

In the period of ancient Greece, it was known as a symbol of spring, eternal life and love.

6.18. THYME (*Thymus serpyllum*)



Another name:

grandma's thyme, thyme, wild basil, savory (*in local dialects*)

Thyme is a 20 to 30 cm tall, bushy plant. The flowers of this plant have a strong and pleasant smell, but the taste is a bit bitter. Medicinal ingredients of thyme are found in the leaves and flower. It grows on sunny dry slopes, rocky places, pastures, meadows, in parks, gardens, in fields, along roads and by the sea. Thyme is rich in iron, calcium and other medicinal ingredients. It has a positive effect on various diseases, helps with neurosis and depression. Thyme tea or syrup has a positive effect on asthma, bronchitis and tuberculosis. Their effect in these cases is multiple: it facilitates expectoration, soothes a strong cough and prevents further spread of inflammation. Thyme is a spice plant that goes well with fish and various types of meat, which gives it a strong, spicy taste. It is used in Mediterranean cuisine as a spice, and is added to vegetables, various

meat dishes, pâtés, fish, salads, sauces and soups. Thyme has a very spicy, slightly bitter taste. The content of essential oil depends on the origin, climate, time of harvest and type of storage. In this case, dried thyme is significantly more intense in action than fresh. Care should be taken that the medicinal ingredients are found only in the leaves and flower of thyme and that thyme should be carefully picked. It should never be plucked, because this destroys the plant, cutting off only the upper half of the leafy twigs in the flower with scissors. It is harvested in May, June, July, August and September. We can fill the bottle with flowers and leave it in oil for 10 days or make syrup.

THYME OIL:

Loosely fill the bottle with flowers picked in the midday sun and pour over the cold-pressed olive oil so that it stands two fingers above the flowers. Leave the bottle for 14 days in the sun or near another heat source.

Herbal pads:

Fill the pillowcase with herbs and sew.

SYRUP:

We wet the flowers and stems, which we gathered in sunny weather when we put them in the jar, with wet hands. Fill the jar alternately with tight rows of herbs and raw sugar. Leave everything together in the sun for about three weeks. When squeezing, the flowers and stems, which are soaked in sugar, should be rinsed with a little water, which is added to the syrup. Put the syrup on an electric stove at the lowest temperature, to thicken, it should not boil. The syrup should be neither too thin nor too dense.

6.19. LEMON BALM (*Melissa officinalis*)



Another name:

mint, bee violet, bee grass (*in local dialects*)

Lemongrass is a perennial herbaceous plant 30 to 90 cm tall, usually richly branched, short-haired, with a lemon scent. The leaves are ovate, narrowed into short petioles, opposite and 2 to 8 cm long. In the axils of the upper leaves are white bisexual flowers grouped into apparent vertebrae. The tube of the corolla of the flower is belly widened and bent upwards. Lemongrass is sometimes mistakenly named after the Latin name *Melissa*, and under that name it is often sold as an essential oil. In our areas, the plant is widespread as a wild plant, that is, as a semi-wild along settlements, along fences and hedges, in shady places among the bushes. The plant requires a lot of heat, so it thrives best in a climate that suits the vineyards. Lemongrass blooms in May and June, and is harvested in the sun even when the plant is not moist. It is dried in the draft, in a dark

place, in the shade. As the temperature increases, the essential oil will be lost. It dries quickly. It is harvested just before and at the beginning of flowering. Whole twigs can be dried and the leaves removed later. The leaves have the greatest medicinal value because they contain the most essential oil. Lemon balm cleanses the blood, relieves mood swings and sadness and helps with problems with stress, nervousness and insomnia. Lemon balm tea helps with almost all diseases. It regulates digestion, strengthens and recovers the heart, has an antibacterial effect and helps heal wounds. It has a positive effect on almost all internal organs. Lemongrass tea improves appetite, especially with children. It is also recommended for pregnant women with vomiting. Recipes for tea are numerous, especially in mixtures with other herbs.

Lemon grass balm tea:

It is recommended that pure lemon balm tea be made by steaming a handful of dried lemon balm leaves with half a liter of boiled water, cover and leave for two hours. It is then strained and drunk, unsweetened before meals, and sweetened with honey after meals.

Lemongrass compresses:

5 grams of dry leaves should be poured with 100 ml of boiled water, left to cool to room temperature and filtered. Rinse sore spots with tea, and put a thick mass over clean gauze as a compress, which is especially effective for migraines and rheumatism. The amount of tea can also be increased if the area to be covered is larger. Fresh leaf compresses are also effective for wounds, injuries and insect bites. Against migraine, lemon balm leaf should be used together with mint leaves and chamomile flowers in equal proportions, to which a third of rosemary leaves are added.

In addition to a number of physicians and naturalists of ancient times, lemon balm was highly praised by Dioscurid and Pliny the Second. The German nun Hildegard von Bingen (1098-1179) calls it *binsuga* (dead nettle). She wrote about the mother plant as follows: "Whoever eats it will be happy to laugh, because its warmth affects the spleen and the heart becomes joyful."

6.20. DANDELION (*Taraxacum officinale*)



Another name:

bitter cabbage, horse yolk, milk thistle, chicory, Italian salad (*in local dialects*)

This wild medicinal plant grows literally everywhere and is at everyone's fingertips. All its parts are usable, and can be used fresh for green porridge juice, salad and preparation of meals (risotto, sauce or pasta). Dandelion is mostly considered a boring weed, although it hides considerable healing properties. It is a perennial herbaceous plant with a fleshy, spindle-shaped and overgrown root in the upper part. The root, like the whole plant, contains milk juice. Milk juice is not poisonous, as is sometimes thought. The ground leaves are close to the ground and form a rosette, and only in later development do they stand up. The shape of the leaves is very changeable, so they have a smooth edge and saw tooth serrations. The tubular flower stalk is round and bears a yellow flower head that closes at night and during rain. After flowering, a seed appears, arranged like an air ball, with many seeds being spread by the wind. The flowers are harvested during the period of full flowering (April and May), for sunny dry weather around noon when

they are fully open. They are used fresh, or made into syrup, juice, jam, wine and brandy. They are dried for tea.

The leaves are harvested before dandelion flowering (March, April). They are used fresh or dried for tea in an airy shady place. Before drying they should be separated from the rosette each one separately. The dandelion root for juice and lettuce is taken out in early spring or late summer, and in October it is taken out for drying. It is taken out with a sharp knife, so that the root is not cut so as not to lose the juice. If we dry it, the excavated root is cleaned of above-ground parts and washed, so it is strung on a thread and hung in a warm, shady and airy place. The root tastes sweet before flowering and bitter after flowering. A well-dried root is very shriveled, grayish-white in color, and when cut in the middle is yellow. We dry it for tea, or make wine, jam and brandy from it. Even unopened buds can sour like capers. Dandelions can be used to make a whole range of dietary food products - from lettuce to winter food.

Dried dandelion leaf tea:

Pour 2 dl of boiling water over 1 teaspoon of dried leaves, and after 10-15 minutes strain it. It is used for chronic inflammation of the bladder. It is drunk 2-3 times a day, for a maximum of two weeks.

Dandelion root juice:

In a juicer, make juice from freshly dug dandelion root and drink it fresh. In addition to the root, you can also use the leaves. The root affects all secretions from the body, especially bile, removes toxic substances from the body that make us tired, acts to refresh and strengthen. It can also be taken mixed with a little milk and honey in the morning on an empty stomach. In addition, you can add carrots, apples and beets to the juicer to get a rich multivitamin juice.

With some people dandelion can cause increased production of stomach acid and heartburn. Those with kidney, gallbladder or gallstone problems should avoid dandelion.

6.21. ARSENIC PLANT (*Stellaria media*)



Another name:

intestine, mouse ear, bird grass(*in local dialects*)

It is a low, annual or biennial herbaceous plant with a spindle-shaped root, 10-40 cm long, with a tender, soft, round and highly branched stem, which is laid on the ground or rises along the ground. The leaves are opposite, small and oval.

The flowers are few and small, white-purple, star-shaped, 6-8mm in diameter, on long, very thin stems. By the way, arsenic is a plant with a lifespan of one to two years. It grows as a weed in gardens, fields, vineyards, meadows, along ditches, walls... It usually reaches a height of 40 cm. The fresh arsenic smells intoxicatingly of fresh corn cobs. The taste, however, is quite bitter.

It blooms during April and May, and rarely during June. The plant is very resistant to cold, so it often develops flowers and fruits over the winter. Its young and tender above-ground parts are used as vegetables; they are both the tastiest and juiciest after the autumn rains. They can be picked all year round, even during the winter if it is mild. Arsenic is best known as a weed and less well known as a medicinal plant. Since it is a small and unproductive plant, harvesting pays off only where the plant grows as a weed and thus weeds the garden, field or vineyard, thus achieving a double benefit.

The young shoots of these plants together with the stem and leaves are very tasty and can be prepared in various ways, soups, stews, and the most delicious is prepared as spinach. It can also be eaten raw, like a salad, so raw it resembles freshly picked corn cobs. Arsenic is rich in proteins, carbohydrates, fats, essential oils, and is also known as a natural antiseptic, ant rheumatic, diuretic, laxative, and stimulant. It has proven to be very successful in treating lung and respiratory diseases such as asthma, tuberculosis, etc. It is also good in the treatment of diseases of the kidneys, stomach. Namely, this plant has shown great success in the treatment of rashes, ulcers, arsenic and is good for rinsing the eyes in the treatment of eye inflammation, and compresses soothe rheumatism and joint inflammation.

Alfred Vogel, a deceased Swiss Phyto therapist and nutritionist, states that there is no better cure than arsenic for treating childhood cramps.

6.22. WYCHERLEYI MAX OR LETTUCE (*Marrubium vulgare*)



Another name:

očajnica, tetrljan, dead nettle, catnip (in local dialects)

Lettuce is a perennial plant about 30-40 cm tall that grows from a spindle-shaped root, branched at the base, hairy as well as leaves and in the first stages of development overgrown with white, arachnoids hairs.

The leaves on the stem have a petiole, are asymmetrically serrated, almost always very wrinkled, dense at first, and later less often overgrown with hairs. The upper surface of the leaf is almost always bare. The flowers have a short stalk, many-flowered, sessile and arranged in a natural vertebra. The smell of the plant is weak, distinctive, and the taste is aromatic, slightly sharp, balsamic, bitter and salty. It thrives on lean meadows, dry pastures and desolate soils, and grows happily along rural roads and in bunkers. It seems to suit fertilized places and places where livestock are kept, the best from July to mid-September and dried in the shade. When picking, the plant should not be cut

completely to the ground because the woody parts spoil the appearance and quality of the harvested plant. Lettuce in bloom contains the bitter substance marubin, essential oil, tannin, resin, wax and vegetable resin. Medicinal effect: lettuce is one of the oldest medicinal herbs, so it is especially valued in ancient Egypt. Lettuce is primarily a good remedy for the treatment of lungs, whooping cough and bronchitis. Lettuce is also used in the treatment of chronic spasmodic cough, especially in the elderly, in typical senile cough, long-term throat disease, anemia and general physical weakness. The bitter substance in lettuce not only increases but also provides better liver secretion, better bile secretion, so lettuce is recommended for jaundice and swollen liver. Lettuce normalizes menstruation, especially in anemic women.

Lettuce can also be used as a medicinal plant in the treatment of the heart in heart rhythm disorders (irregular heartbeat - heart arrhythmia). Lettuce tincture and extracts have a noticeable calming effect on the restless and nervous work of the heart. Lettuce is most often used as a tea.

Lettuce tea:

1-2 teaspoons (0.8-1.6 g) of the plant pour 2 dl of boiling water, leave covered for 20 minutes, then strain. Drink tea 3 times a day, preferably unsweetened. Recommended daily dose is 5 g.

Lettuce should never be taken by pregnant women, nursing mothers and chronic kidney patients.

6.23. MARIGOLD (*Calendula officinalis*)



Another name:
calendula

Marigold is an annual, rarely biennial plant 30 to 60 cm tall. We find it in many gardens in the countryside; sometimes it goes wild and grows on slopes. Marigold is considered to be a Mediterranean plant, but it is also widespread throughout Europe. It grows and is grown in gardens, and can be found "wild" along paths and fences. As it has become famous and appreciated by the people again due to its healing properties, we find it not only in gardens but also in fields. Although marigold begins to bloom in late June, the harvest should begin when the plants have enough open flowers, i.e. in July. Since marigold blooms continuously, harvesting is done every 2-3 days. The flowers are orange or yellow-orange in color. The leaves are entire or arcuately serrated along the perimeter. There are flower heads on the tops of the branches. It is popularly used for wound healing and preparation of teas for urination. Extracts against blood cholesterol are prepared from the flowers. An extract against burns is made from fatty oil. It is also

used to prepare cosmetics. Marigold flower can be dried naturally in the air or in dryers. Natural drying is done in a very thin layer in an airy space. If there are 2-3 flowers on top of each other in one layer, spoilage can occur very quickly. It has long been known for its healing properties and today is recognized as a plant of inestimable value. In the past, marigold flowers and leaves were used fresh or dried to prepare medicinal drinks or compresses. The most common application of calendula is in dermatology. Marigold teas and creams are very successful in alleviating and treating many other diseases. Marigold has anti-inflammatory effects, helps heal wounds. It is successful in combating problems with the liver, kidneys and urinary tract; it is used in the treatment of herpes and hepatitis viruses, in the treatment of diarrhea, intestinal inflammation, abdominal cramps and constipation. It also helps with menstrual cramps. Marigold tea is great for treating viral and bacterial urinary tract infections.

Marigold cream: Finely chop the fresh marigold flowers and mix them with coconut oil. Heat the mixture a little and then leave it to cool. If the cream is too thick you can dilute it by adding a little other base oil to it. This cream is useful for treating varicose veins, skin infections, eczema, athletic feet and many other ailments. They relieve pain, burns and swelling. They are a great help with sprains and bee or wasp stings. Marigold cream is known in the treatment of chapped lips, bruises and varicose veins, as well as for the treatment of hemorrhoids.

Marigold ointment: Finely chop two handfuls full of marigolds (leaves, stems and flowers). Heat 500g of fat from naturally fed pork or good lard to the temperature of roasting steaks. Add sliced marigold to the hot fat; fry, stir and remove from the stove. Cover and let everything stand for 1 day. The next day, heat everything a little and strain it through a linen cloth into prepared, clean dishes.

A delicate, fiery and healing marigold flower according to legend and belief from ancient Rome sprouted on the tomb of a vestal, a priestess in the temple of the Roman goddess of the hearth Vesta, who was unhappily in love with a young man. From the legend of unrequited love, a plant of fiery orange flowers was born, which has been helping with many ailments for thousands of years and, despite the sad historical belief, brings a smile back to the sick.

6.24. PAPPERMINT (*Mentha x piperita* L.)



Another name:

mint, black mint, hot mint (in local dialects)

Peppermint makes numerous underground and aboveground shoots and grows 30 to 80 cm. The stem is poorly branched. The leaves are longitudinally elliptical, 4 to 7 cm long at the edges coarsely serrated. Variegated red flowers are gathered in vertebrae. Peppermint or mint grows in moist places, in hornbeams and near water. The plant is harvested during flowering from June to August. Leaves and sometimes shoots with inflorescences are used. Not to be confused with wild basil. Peppermint has a very aromatic specific smell and taste. Mint is one of the teas that should always be at home, because it is good for various ailments. It contains a high amount of menthol, which makes it recognizable by its smell among thousands of plants. Menthol activates receptors sensitive to cold in the skin and mucous membranes, which causes a feeling of cooling, by which this plant is recognizable. Menthol is a common ingredient in toothpastes and water.

It also helps prevent bad breath, and drinking mint tea generally helps maintain oral health. Peppermint essential oil is suitable for the treatment of many health problems and acts similarly to mint tea. In aromatherapy, this oil is recommended to be taken orally for problems with bile and liver and acne. It also has a beneficial effect on inflamed muscles. Add a few drops of peppermint essential oil to base oil and use it in massage. Mint has long been known to soothe the digestive tract, reduce stomach and intestinal pain and relieve various gum cramps and nausea, especially those caused by travel. It promotes weight loss because it has a diuretic effect, stimulates metabolism and reduces appetite. One of the primary properties of mint is stress relief. It contains larger amounts of tryptophan, which produces mood-enhancing serotonin. It reduces headaches and stomach problems caused by stress. Tea before bed calms the body and helps you fall asleep easier.

Peppermint tea:

One tablespoon (4-8 grams) of crushed leaves is poured over a liter of boiled water, cover, leave to stand for 10-15 minutes, drops from the lid are shaken into tea, strained and tea is drunk sweetened, -3 cups a day.

According to Greek myth, Mint was a nymph haunted unsuccessfully by the lustful god of the underworld, Hades. He blinded her with his gleaming chariot, but was saved from temptation by Queen Persephone by turning her into mint.

6.25. WORMWOOD (*Artemisia absinthium*)



Another name:

pelinček, osenač, vakčenac (*in local dialects*)

Wormwood is a large branched plant, silver leaves, characteristic odor and unpleasantly bitter taste, semi-bushy shape, height 60 cm to 1 m. Young shoots are small, silky-hairy, like leaves, while the flowers are light yellow, head-shaped. The smell of the plant has a specific aroma and strong, while the taste is very bitter and astringent. The plant blooms from July to September. It grows wild on sunny non-overgrown lands, and because of its healing properties it is planted in gardens.

Before flowering, the leaves are picked, and during flowering the whole plant, i.e. flower tops, whose length can be up to 30 cm. Both the leaf and the whole plant are dried in the

shade in a windy place, and must be turned more often to dry. The harvested plant must not contain woody parts of the stem, nor must it be picked when it has bloomed.

Wormwood has a very bitter taste. It is an excellent means of cleansing the blood and strengthening the stomach. It is used in the treatment of indigestion, bloating, poor appetite, heartburn, and liver disease. Wormwood can be used to prepare powder, wine, brandy, tincture and extract.

Recipe for wormwood wine: Wormwood is put in white wine; to prepare this wine, take 20 g of wormwood plant in 1 liter of wine. Let the wine extract (macerate) the wormwood to the desired bitterness (not excessively!) Then strain it and the wormwood wine is done. To be used 2 times a day for 0.5 dl.

The tincture is also a useful means for external use, massaging for pain and cramps in the stomach.

Take it in strictly prescribed doses. Since it is extremely bitter, you can mix it with honey or juice.

6.26. SHEPARDS PURSE (*Capsella bursa pastoris*)



Another name:

shepherd's purse, caterpillar, surlin (*in local dialects*)

Shepard's purse is mainly a biennial plant with a spindle root and an upright stem that can grow from 10 to 50 centimeters in height. Most leaves are found on the ground from which grows an upright and branched stem. Tiny white flowers usually develop in the upper parts of the stem. It is important to note that this plant has fruits and flowers all summer. The fruit is triangular to heart-shaped, 5 mm long, after which the plant got its name due to its shape. The plant is almost odorless, and its taste is sweet, unpleasant and spicy - probably due to the presence of sulfur compounds in the plant. We find it in fields

and gardens, along roads and hedges and in parks and meadows. As it tolerates very poor soil, it often grows in cracks in walls and sidewalks, but plants grown on cultivated land are much stronger and more developed than those from poor soil. Shepard's purse has long been known as a medicinal plant, due to its ability to constrict blood vessels and stop blood. Today, there are very different opinions about the healing properties of Shepard's purse, although scientific studies have confirmed its ability to stop bleeding from the lungs, kidneys and uterus. Scientists are most disputed about its ability to stop bleeding in a variety of women's diseases.

And while some claim that it is as effective in such situations as the rye head, others believe that it is due to a fungus that lives on it as a parasite. Even in the middle ages, shepherds' purse was used as a means of stopping bleeding. Sheppard's should therefore be picked while the plant is in bloom, and can be used fresh or dried. The plant is harvested from April until late autumn. It should be picked together with the root, well cleaned of soil and hung in bundles and dried in a shady and airy place. When the Shepard's purse is dry, it should be chopped and stored in dark jars. As Shepard's purse does not contain any harmful substances, there are no harmful consequences even if it is taken for a long time.

Shepard's should not be taken only by pregnant women, because fresh Shepard's purse contains substances that cause uterine contractions and can cause miscarriage or premature birth.

6.27. VURNELABLE ANTILES (*Anthyllis vulneraria*)



Another name:

white clover, wild clover, wounded, (*in local dialects*)

Vulnerable Antilles is a recumbent or erect plant 20 to 40 cm high. It is covered with silky shiny hair. The lower leaves are located on long petioles, simply or pinnately divided. On the stem the leaves are sessile and oddly feathered. The plant blooms with orange-red or crimson-red flowers that are arranged in flat heads wrapped in fingers. He likes poor soil, often divided by a sheath sheet.

Vulnerable Antilles grows up in a hilly area. It is distributed throughout southern Europe, is present in the mountains, and can be found in dry and moderately humid meadows in the hilly-mountainous belt, on grasslands, dry grasslands and rocky pastures, where it grows in large quantities and is a favorite food for goats and sheep. The wounded plant blooms from the fourth to the seventh month (April-July). The most healing part of the plant are flowers, which should be collected during flowering. Immediately after picking the flowers should be dried in a suitable airy, cooler and dark

place. However, in addition to flowers, there are very medicinal and fresh leaves of the wounded that can be used as cold compresses.

Vulnerable Antilles as medicine- has an antibacterial effect; it is an exceptional detoxifier, skin reliever, hemolytic and a very good laxative and folk remedy. His name only shows that he primarily heals wounds, both in humans and animals. We rinse the wound with warm tea and then wrap it in a cloth moistened with tea. We change the bandage every hour, so it will heal wounds that are difficult to heal. Wounded is a favorite, so it is mostly used in the treatment of wounds, skin changes (dermatitis, acne, various eczema) in the form of a bath, perfectly normalizes oily and even dry and severely irritated skin. In addition, this plant is useful in cleansing the blood from harmful substances and various impurities, because it protects the whole organism from various forms of infections. Tea from Vulnerable Antilles strengthens the stomach of sensitive people.

Along with tea from the wounded, decoction and dressings, **a healing ointment** from the Vulnerable Antilles proved to be a very good folk remedy: Put 100 to 200 grams of dried, or even better fresh flowers and leaves of the Vulnerable Antilles in a kilogram of lard, cook on a low heat for ten to fifteen minutes. Leave it overnight and in the morning heat the fat well again and strain it well.

6.28. CHELIDONIUM (*Chelidonium majus*)



Another name:

lasavica grass, rusa trava, snake grape (*in local dialects*)

Chelidonium is a perennial herbaceous plant with a branched stem, 30 to 80 cm high. The stem and leaves are dotted with sparse hairs. The leaves are more bluish-green on the underside. The yellow flowers are arranged in rare shield inflorescences. The crushed fresh plant has a sharp and extremely unpleasant smell, while the dried plant is almost odorless, and the taste is sharp, salty and bitter, which does not disappear for a long time. Chelidonium blooms from May until the end of August. The plant grows on roads, neglected places, along fences, fences and walls, and among stones. The plant is harvested in bloom, in May and June, while the root is dug up before flowering in March

and April. The harvested plant must be dried very quickly in the shade, and the cleaned root is dried in an airy place, strung on a thread and hung. A sure sign of rosopas is its juice, which comes out of the plant when it is torn and immediately after tearing it, it colors the fingers reddish. The whole plant contains medicinal orange juice. It is a very effective medicinal plant, but it should be used very carefully because it is poisonous in larger quantities. Chelidonium is a diuretic and purgative agent. It is recommended for those suffering from rheumatism and gout. Chelidonium heals and helps with a number of diseases - it cleans the blood and helps to restore it, it treats the liver and jaundice, corns and warts. Fresh juice and tea have a bactericidal and fungicidal effect (against the pathogenic fungus *Trichophyton*). We squeeze out all parts of fresh rosopas and obtain a yellow juice that we use to apply corns, bumps from gout, sore spots from gout and rheumatism, and thus treat skin diseases. The warts that we often see on our hands and that multiply over time are removed with fresh juice: we cover them with fresh juice every day. Treatment lasts 10 days. This juice can be kept in the refrigerator (not in the freezer) for up to 6 months.

If the legend is to be believed, the rosopas makes a man who is going to die cry, and a man who is going to get well laugh.

Caution! Chelidonium juice is only for external use, on the skin.

6.29. WHITE MALLOW (*Althaea officinalis*)



Another name:

bili sliz-local dialect,marshmallow, slime (in local dialects)

Marshmallow is a perennial plant with a strong and branched white fleshy root. First, green and round leaves emerge from the roots, and then large and wrinkled leaves on 2-meter-high stems. The leaves are thick and covered with hairs on both sides, and the colors are silvery-gray or bright red, while the white flowers come in clusters in the axils of the leaves. The marshmallow blooms from June to the end of August. It grows on ridges, on the banks and embankments of rivers, wet meadows and generally in

floodplains, where it often appears in large numbers. Medicinal parts of the plant are the root, leaves and flowers. The root is dug early in spring or in autumn after flowering. The root is dug up, cleaned of rotten parts, parts of the stem and small roots and washed in water. A properly dried root is white at the fracture, and when broken, it becomes dusty. More often, the root is made in a peeled state, so that its outer bark is peeled off after it has been thoroughly cleaned beforehand. The peeled root is white in color and has the shape of a stick. Peeled raw sticks are cut into cubes with a diameter of 0.5 to 1 cm, so this form of root is most often used for medicinal purposes. Flowers are harvested during flowering. The leaves should not be picked in the spring, but only after flowering, because during the period of growth and flowering they have the lowest content of plant mucus. Plant mucus has a local effect on the skin and mucous membranes and prevents and alleviates all types of inflammation. White mallow helps in the treatment of diseases of the respiratory organs such as cough, whooping cough, bronchitis and pneumonia. Mucus coats the mucous membrane in a thin layer, thus calming irritating dry coughs and hoarseness. In addition, marshmallow tea is good for diseases of the urinary and digestive systems, such as inflammation and diarrhea. It can also be used to rinse the oral cavity, and drip into the nose for the purpose of moistening the mucous membrane, dissolving dry secretions and making breathing easier.

Marshmallow root tea:

Marshmallow root is full of mucus that relieves inflammation of the mucous membrane and works very quickly for dry and long-lasting coughs. Many people brew this tea, but in that way all healing properties are lost! The correct way to prepare this tea is as follows:

Pour two tablespoons of marshmallow root with 2.5 dl of lukewarm or cold water and leave it like that for at least one hour, ideally two hours, in order to create enough mucus. After that, warm it up a little (so that the tea is not cold), add a little honey and drink it three times a day. It is practical to make a large amount at once for the whole day. With marshmallow root tea, you can also rinse your nose with a dropper or spray, 1-2 drops three times a day.

This recipe is very effective for nasal congestion, and it is mild enough to be used on babies.

6.30. BLACK MALLOW (*Malva silvestris*)



Another name:

wild mallow, gooseberry flowers, mountain licorice (in local dialects)

Black mallow is an ornamental, edible and medicinal flowering plant from the Malvaceae family. It is native to Western Europe, North Africa and Asia. It depends on the climate in which it grows, it is grown as an annual or perennial plant that has a bushy growth and can grow up to 2 meters if the conditions suit it. It withstands freezing to -20 degrees in winter. It blooms continuously throughout the year, even after the first frosts, and is very attractive to bees and other insects. Black marshmallows grow on embankments, along rivers, in wet meadows, and in flooded areas, and are also grown in gardens. Black marshmallows have edible leaves, flowers and immature seeds. Although black marshmallows are not liked and bypassed by cattle when grazing, black marshmallows, more precisely cooked young black marshmallow leaves, are a tasty vegetable (e.g. in soups) that are regularly consumed in some European countries. Fresh leaves and flowers are also used in salads. Fresh seeds can be snacked on. Black

marshmallow contains medicinal mucilage, and the root, leaves and flowers are also medicinal. The root is harvested in autumn or spring, the leaves at the time of flowering, the flowers at the time when they are in full bloom. They are dried in the shade and in an airy place. It is mostly used for inflammation of the respiratory tract and problems with the digestive tract, in the form of tea. First of all, the leaves are harvested for medicine, and the flowers during flowering. The flowers can be picked only in dry weather, when they are completely open, they are dried in the shade in a very thin layer, and even better in a warm place. The leaves are harvested with as short a stem as possible and dried in a thin layer in an airy place. Diseased and damaged leaves must not be used for medicine. We collect flowers, leaves and stems from June to September. Since it loses its mucilage during drying, you should use the marshmallow as fresh as possible. However, dry marshmallow is still sufficiently medicinal. Black marshmallow tea primarily helps with inflammation of the mucous membranes in the body, gastritis, inflammation of the mucous membrane of the bladder, intestinal and gastric channels, oral cavity, as well as with ulcers on the stomach and intestines. For external application, we use black marshmallow to treat wounds, ulcers, or swollen hands and feet when it is a result of fractures or inflammation of the veins. In these cases, we apply hand and foot baths. Marshmallow baths are especially good for a broken ankle when the leg is constantly stressed, which causes it to swell.

Preparation of tea:

We only put one full teaspoon of herbs in cold water to 1/4 liter of water, leave it to stand overnight, reheat it a little in the morning.

Baths for hands and feet:

Leave the tops of two full handfuls of marshmallows overnight in a 5-liter container of cold water. The next day, we heat everything together to a temperature we can handle. Bathing time in that bath is 20 minutes, and the bath, reheated, can be used two more times.

Poultices:

Warm the tea grounds with a little water, mix into a porridge together with barley flour, spread on a linen cloth and lay it on the affected area while it is still warm.

6.31. IMMORTALLE (*Helichrysu italicum*)



Another name:

cmilje, zlatnocrvena trava, marjetica, smiljak (*local dialects*)

Immortelle is a Mediterranean plant that grows on sunny rocks, up to 60 cm tall, with narrow leaves and yellow flowers, traditionally used to treat asthma, migraines, liver problems and skin diseases. Immortelle is a perennial herbaceous plant with a grayish color due to the abundance of woolly hairs. The stem is upright, unbranched, overgrown with oblong leaves, and at the top it bears several yellow flower heads. It grows on the sand, along the seashore, generally in Dalmatia, in rocky outcrops and rock crevices with lots of sunlight. Its natural habitat is the Mediterranean, southern Europe. It is very resistant to cold. Immortelle flowers from June to October. Fresh flowers are collected at the beginning of flowering, with as short a rate as possible, preferably at very early dawn. The flower ignites easily, so it should be distilled on the same day. A liter of oil is obtained from a ton of flowers. We collect the flower heads before opening, and dry them in the shade in hot air. Dry flowers are stored in hermetically sealed containers. If macerate is made from the flower, or if it is left to prepare teas, it is best to pick only the

flowers, without the stems, because the stems contain ten times less essential oil. However, the stapes are difficult to pick and separate. Also, immediately after picking, these flowers must be spread out for drying in a cool and dry room.

Macerates are made by soaking dry plants in stable oil, e.g. olive or vegetable, and leaving them tightly closed for more than a month in the heat. The sun should be avoided because oils oxidize unnecessarily at high temperatures and light. Its flowers are used, especially for the production of essential oil. For phototherapeutics purposes, the flower is also used, but sometimes also the herb (green) of the flowering plant. Immortelle flowers and leaves contain very bitter substances, flavonoids. Although immortelle tea has an extremely pleasant, almost perfume-like smell, its taste is bitter. In this way, it somewhat resembles the tea of real lavender flowers, which also has a pleasant smell, but a bitter and unpleasant taste. diketones, the most effective known compounds that help the absorption of hematomas, and also have an extremely effective effect on tissue regeneration. The use of immortelle in phototherapy is almost forgotten. Like many bitter herbs, it acts as a choleric (stimulates the flow of bile), thus facilitating the digestion process (people with gallstones should avoid it). ImmortelleSmilje also has its advantages - in addition to acting on bile, it also enhances the secretion of digestive juices in the stomach (stomach) and the secretion of digestive enzymes from the pancreas. It would therefore be ideal for anyone suffering from indigestion. Immortelle is usually used in the form of an infusion (tea), and nowadays less often as a tincture.

You should not overdo it with tea, primarily because of its bitter taste: 2 teaspoons of dry and chopped immortelle are poured with 1.5 to 2 dcl of boiling water, and freshly brewed tea is drunk before meals once or twice a day, as needed.

The tincture:

It is made in 45 percent ethanol: 1 kg of dry plant is extracted in 5 l of ethanol, and the daily dose is 2-4 ml in a glass of water, one to three times a day. During the production of essential oil, another interesting product is created, hydrolat or flower water of immortelle. Applied with a spray on the skin, it moisturizes and soothes inflammation. It has a particularly pleasant smell.

Smilje – immortelle (immortal), has gained the reputation of having the power to erase the traces of time on the face. In less poetic words: it works against wrinkles and revitalizes and regenerates tired and mature skin exposed to external and internal stress.

Recipe for homemade anti-wrinkle cream:

15 ml of argan vegetable oil, cold pressed and unrefined

15 ml of wild rose fruit oil, cold-pressed and unrefined

2-4 drops of immortelle essential oil.

Seal in a 30ml bottle and mix well. It is applied in a thin layer, usually in the evening. This oil is extremely nourishing and already after the first application, the skin becomes more alive and shinier.

For fresh scars, we use essential oil of immortelle in combination with essential oil of broad-leaved lavender, and plant oils of calendula and wild rose. For old scars, in addition to immortelle, we use essential oils of rosemary, lavender and plant oils of wild rose, St. John's wort. We use a similar combination to treat stretch marks. In case of sports injury and pain, we can apply one drop of immortelle and one drop of peppermint essential oil to the place of impact and pain, the effect is immediate. In skin care in combination with cold-pressed jojoba or macadamia oil, we use it for the care of mature, dry skin; together with calendula macerate, it works excellently on eczema and ringworm.

Back in Homer's time, the Greeks valued immortelle as an excellent remedy for wounds, while in old folk songs, immortelle is mentioned as a beautiful, fragrant flower for adorning girls and boys ("a thread of immortelle is a thread of basil, but the soul of a girl smells"). On our islands, it is believed that the immortelle accumulates the heat of the sun in its flowers. This is why women fill their pillows with fluffy immortelle flowers to warm themselves when the cold storm hits.

6.32. YAROW (*Achilea millefolium*)



Another name:

kunica, hajdučka trava, hajdučica, kostrijet (local dialects)

The plant is a beautiful plant in appearance. The flower of this plant is white or pink in color. The height of the stem is from 30 to 70 centimeters. The leaves of young plants are light green, and the older the plant, the darker the leaves become. Its name, *millefolium*, translated from Latin means "thousand leaves", which refers to the leaves of this plant, whose leaves are small and numerous. This plant is self-sprouting, it is resistant to cold, heat, drought and moisture and grows in nature without any great demands. It grows abundantly in meadows, narrow field paths, along roads and on the edges of wheat fields. The flowers are white to pink-red, and in the sun they smell acrid. Flowers from dried flowers and fresh or dried greens are used. Yarrow has two basic

applications. Its main ability is the expansion of peripheral blood vessels, thus helping to warm the hands and feet of people who have problems with poor blood circulation. In this way, the body temperature is more easily controlled. Yarrow belongs to bitter drugs, so it is used to treat diseases of the stomach and intestines, as well as problems with the liver and bile. In addition, it has an anti-inflammatory and antispasmodic effect (relieves spasms). Yarrow tea stimulates the work of the kidneys, improves circulation, reduces difficulties due to rheumatism and gout, is useful for women with menstrual problems and white flower, helps with internal bleeding and nosebleeds.

In addition to flowers, essential oil is also used from yarrow. Yarrow essential oils are most often dark blue due to the large amount of chamazulene. Depending on the variable chemical composition, it can be yellow or yellow-green. The oil is obtained by steam distillation of the flowering tops of the plant. It is used in the beverage industry, less often in the production of perfumes and aftershaves. Yarrow oil has a healing effect, it can be used to treat acne, burns, eczema, rashes and scars. Yarrow flowers from the beginning of June until late autumn. Yarrow flowers are best harvested during strong sunlight, because then the concentration of essential oils is the highest and the medicinal properties are stronger. If they are harvested for drying, then the perfect time for harvesting is at the end of summer and the beginning of autumn. For drying, flowers or the entire stem are harvested, but up to a maximum of 30 centimeters in length, because the remaining, lower part of the stem does not have many medicinal properties. It can be dried by tying the flower bunches with a thread into small bundles which are then hung in a dry and dark place. In a few days they will be dry and then you can store them in glass containers or paper bags.

Yarrow and worth plant tea:

Stops bleeding, cleans the blood, strengthens the stomach and liver; it stimulates circulation, regulates the menstrual cycle and relieves pain, including breast pain. Furthermore, it treats fungal infections, urinary tract inflammation, white washing and ovarian inflammation, acts against ovarian cysts, relieves unpleasant symptoms of PMS, menopause and climacteric; balances hormones, strengthens the uterus and thus reduces the tendency to miscarriage.

Mix yarrow and vetch in equal proportions. For one cup of tea, pour a teaspoon of the mixture with 2.5 dl of boiling water, cover and let it steep for 10-15 minutes, then strain. If desired, it can be sweetened with honey.

Drink 2-3 cups a day (this tea is best drunk regularly, with only occasional breaks).

Note: after six weeks of regular intake, take a break of four weeks. This tea mixture should not be consumed by pregnant women.

The yarrow plant is one of the most healing plants on the planet, and in the past people believed that this herb was magical. Thus, stories from the ancient past say that hajci wore a wreath woven from yarrow around their necks and used it to heal and alleviate injuries, which is how it originated the name milfoil.

6.33. DALMATIAN SPURCE (*Juniperus communis*)



Another name:

šmrika, šmrič, kleka, (*local dialects*)

Spruce is an evergreen Mediterranean shrub or tree from the cypress family (Cupressaceae). It grows along the Adriatic coast, the Dalmatian Zagora and in warmer sub-Mediterranean forests. It grows up to 8 meters in height. The bark is gray-brown, then peels off in strips. The branches are strong, long and thick. Sharply pointed, barbed needles are about 2 centimeters long, they develop three at a time in the vertebrae. They bloom in the winter months with unsightly dioecious flowers. The fruits are bean-like cones, almost sessile, spherical, about 10 millimeters in diameter, with a three-pronged furrow on the crown. At the beginning, they are green, but in the second year, when they ripen, they get a reddish-brown color. They mostly contain 3 oblong seeds each. Its habitat is the sub-Mediterranean and Mediterranean climate where it grows on rocky

slopes from the coastal area up to 1600 meters above sea level. As a helophyte plant, it grows with a lot of light and does not tolerate shade. It grows in dry habitats with little water and lots of sun. It tolerates low temperatures, which allows it to survive in the sub-Mediterranean area where temperatures drop to -25 degrees. It is propagated by seeds from January to April. The germination of the seeds is good, but the problem is that the germination process is slow. It is propagated vegetative by cuttings or cuttings. Beans contain substances that act against intestinal parasites and promote urine excretion. They are used to make "smrikovača" brandy, as well as essential oil. Spruce wood is hard and tough, it can be used to make smaller objects (bukara and suska). Essential oil is obtained from the branches by steam distillation, which, among other things, can be used in hair care preparations. The whole plant is medicinal. Most fruits are collected. They are harvested in autumn and winter. Spruce fruits are harvested from the second half of summer to the beginning of autumn, which depends on the altitude at which it is located. Picking is very slow if picked by hand, so it is recommended to spread a suitable mat under the tree and shake the berries carefully with a pole. They are dried in the attic, with frequent turning, or in the shade. After drying, all impurities (needles, twigs, etc.) and green fruits should be removed. Store in a dry, clean place. The healing properties of spruce have been known for a long time, and its properties are used against urinary retention, for disinfection of urinary organs, improving digestion, expectorant, against stomach and kidney disease.

SYRUP:

For the treatment of respiratory organs, 500 g of juniper berries, 3 l of water, honey. Boil the berries briefly in water. After that, mash the fruits, boil once more, add water if necessary. Push the boiled mass through a sieve and when it cools, add enough honey to form a syrup. We fill the syrup in jars with a wide mouth. Take two teaspoons, an hour before meals, three times a day. Heals the lungs and strengthens the stomach.

TINCTURE:

Arthritis, gout, rheumatism

2-3 handfuls of crushed pine fruits, 7.5 dl bran

Soak the spruce berries for three weeks, and shake the bottle daily and strain. Tincture is good for massage.

Healthy people can take up to 3-5 berries to strengthen immunity.

People say, "Even the worst wine in a spruce barrel would still taste good."

6.34. ROSEHIP (*Rosa canina*)



Another name:

šipurak, wild rose, dogs rose, divlji šipak, dog's bramble, šepurika (*local dialects*)

The rosehip grows into a 2 to 3 m tall bush, which has upright shoots only in the first year, and in the following years they branch out into numerous bent and hanging branches, the entire bush is covered with sharp and downward bent spines. The leaves are oddly pinnate, and the leaflets are egg-shaped and sharply serrated. The flowers are pale pink or almost white. The fruit is a pomegranate, egg-shaped, bright red and contains a large number of hard seeds. The flowers have a pleasant smell, the fruit has a sour-sweet taste and is astringent. The seeds are almost odorless, but their decoction has a tea-like aroma. Rosehips bloom in June and July, and the flowers are harvested then. The fruits are harvested in autumn. Rose hips grow on the sunny edges of forests, on clearings, along hedges, among bushes, along fences, borders and roads, and on pastures

in lowland and hilly areas. It also thrives on stony ground, but in that case the fruits are much smaller. Fruits that are hard and bright red in color are often harvested as early as August. It is best to dry the harvested fruits at artificial heat up to 50° C, as this is the only way they will retain their natural bright red color. The harvested and dried plant must not contain stalks or brown and burnt fruits. The fruit is harvested in dry and fine weather and is immediately processed or dried. After harvesting, you must clean the fruit from the rest of the flower, then cut the fruit in half, and clean them of hairs and seeds, and then put the fruit to dry at a temperature of about 40°C. After the fruits are dry, you can chop them. Dried fruits darken, but if they are burnt, then remove them, i.e. the fruits must still retain a little of their reddish color. Storing tea is very important in order for it to retain its medicinal properties and taste. Store rosehip tea in a cool, dry and dark place where there is no moisture and strong smells, and in a well-closed container so that there is no excessive contact with air. Glass or porcelain containers are recommended for this. The value of rose hips became even more significant when it was proven that the content of vitamin C does not decrease by cooking, but according to some even increases. However, it was found that the amount of vitamin C does not remain constant for a long time, but after one year of storage and the best-preserved fruits, it decreases to only one quarter of the original amount. The fruit of the rose hip has long been known for its healing properties and as a foodstuff. It is used for the preparation of teas, jams, jellies and marmalades, syrups, soups (in Sweden, a very popular national dish, nyponsoppa soup), refreshing drinks (the well-known Cocta), alcoholic drinks (the traditional Hungarian drink Palinka) and wine. Wild rose tea works effectively against fatigue, weakness and anemia, purifies the blood, helps the digestive organs, improves urine output without irritating the kidneys. Prevents the formation of sand, relieves inflammation of the urinary tract.

The oil of this plant is used in cosmetics, it is an active substance in preparations for skin inflammation. In cosmetics, it is the oil of first choice for treating wrinkles, stretch marks, hyperpigmentation, and together with evening primrose (or borage) it is an indispensable part of creams and oil mixtures for the care of dry and mature skin. It is applied locally in the treatment of eczema, acne and psoriasis, and is recommended especially for the care of extremely dry and mature skin. It is most often added to body lotions, baths, shampoos, lip balms and face and hand creams.

FOR IMMUNITY:

Take three tablespoons of chopped, dried rosehip fruit, soak in 0.5 l of cold water and let it stand for three days. Then boil for half an hour, let it cool, then strain and mix with the same amount of milk, and sweeten with a spoonful of honey. Drink before bed. Tea strengthens the body, especially in the elderly.

TEA:

For dry coughs and colds: pour a spoonful of well-chopped dry rosehip fruit with 2 dl of boiling water, cover and let it stand for 15 minutes. Strain, sweeten with a teaspoon

of acacia honey and drink before meals, three times a day. If the cold is the cause of the cough, drink it more often. It is important that it is always freshly prepared, never reheated.

ROSEHIP LIQUOR:

Clean 500 g of rose hips from the rest of the flower and cut lengthwise into four parts. Leave the fruit together with the seeds in a colander and rinse with water until the hairs are removed. Drain the rosehips and put them in a jar. Add 150-200 g of sugar and pour over 7 dl of brandy. After it has been closed for 4-6 weeks in a warm place, with occasional shaking, strain the liqueur, let it stand for another 2-3 weeks for the aroma.

ROSEHIP JAM:

Ripe and sun-softened rosehip fruits should be cleaned of seeds and hairs. Grind and puree the fleshy fruit and mix with an equal amount of sugar.

6.35. WILLOW GRASS (*Teucrium montanum*)



Another name:

dubčac, mountain cypres (local dialects)

Ivy (willow) grass is a small plant that, in the form of round, lying sods, covers the bare stone of the Dalmatian hills and mountains. It is recognizable by small bushes with pale yellowish flowers on the tips of the branches. The stems are mostly elevated and partly woody. The leaves are without a stalk, hairy only on the reverse side, green and grayish-white in color. This plant grows in dry, warm and rugged places, at heights from about 800 m and above, mostly on the southern slopes. Its taste is bitter, pungent and aromatic, it contains bitter substances, tannin and essential oils. Our people value this plant a lot and have unlimited confidence in its medicinal properties. It blooms from June to September, and then it is collected. It has an extremely bitter and acrid taste, and in folk medicine it is used for the treatment of numerous diseases, primarily of the digestive and

respiratory organs, and even for pulmonary tuberculosis. The herb contains bitter substances, tannin, methanol, petroleum ether, chloroform. of these ingredients, even pharmacists often recommend it to strengthen immunity, and it is an excellent choice for people who are exposed to severe stress. Because of the bitter substances, it helps with many stomach diseases and relieves flatulence. With its antiseptic action, it destroys pathogenic microorganisms, removes harmful substances in the intestines and stomach. It is effective in diseases of the mouth and throat, various infections, fungi and canker sores. Willow tea treats spasms and cleans the blood. It is also used against all types of fevers and to help with diabetes. According to new research, the level of antioxidants in tea is equal to that of ginkgo and green tea, known for their extraordinary healing properties. Tincture of willow grass helps with hemorrhoids and liver and bile diseases because it stimulates formation and flow of bile acid. As a bath, it has a beneficial effect on the skin, especially when it comes to wounds and skin changes. It was very popular in the form of a balm to relieve rheumatism at that time.

TEA:

Pour 250 ml of boiling water over a spoonful of dry and chopped yarrow grass, boil covered for two minutes and strain after 15 minutes. Drink a cup of fresh unsweetened tea 3 times a day, before the main meals.

Against hemorrhoids:

Soak twenty grams of the plant in 100 ml of cognac. Let it stand for two weeks. Drink 20 drops of this tincture three times a day against gallstones or hemorrhoids.

To strengthen immunity:

Soak 20 grams of yarrow grass in a liter of red wine and let it stand for eight days. Drink one glass three times a day, before meals. You can also try this recipe: finely grind dried ivy in a coffee grinder. Take one to three grams before meals.

The Iva herb has cured people of various diseases for centuries, that's why even today it is not forgotten but has been elevated to deserved heights. In addition, there is a long list of diseases that it treats, and how reliable it is shown by the old saying:

"Iva herb makes the dead alive ".

6.36. PLANTAIN (*Plantago*)



Another name:

buckthorn, tame buckthorn, horse ribs, small buckthorn (*local dialects*)

Plantain is a widespread and easily recognizable genus of meadow plants. There are over 200 species of plantain, and the most famous are broad-leaved and narrow-leaved plantain. In settlements, next to roads, in meadows and pastures, forests and other places. It is found all over Europe. For medicine, the leaves are collected before flowering, the root - throughout the year and the seeds; before it ripens. Flowers from April to October.

Plantain leaves are collected while the plant is in bloom from May to August, and the root from August to October. The leaves are dried in a thin layer in an airy and shady place. The root is dug up after flowering. It is cleaned and dried on a thread. Balsams, oils, tinctures, syrups in teas can be prepared from the plantain. Young leaves can be added to soups, salads or stews. Plantago lanceolate is called male plantain, or male plantain, and is more valued in medicine. Female plantain (*Plantago major*) is a large plantain or female plantain. According to the shape of the leaves, there are female or broad-leaved buckthorn, and male, narrow-leaved buckthorn. Buckthorn leaves also contain saponins and mucus, so buckthorn tea and syrups are an excellent herbal remedy for cleaning the respiratory organs from secretions, and since buckthorn is a mucilaginous plant, it relieves dry coughs and reduces irritation in the throat and airways. Buckwheat, mixed with black marshmallow and flax seeds, soothes attacks of dry cough. Mixed with ivy, sweet root and anise, it facilitates coughing up thick secretions. Buckwheat is especially suitable for children because its juice is tasty, especially when sweetened with sugar or honey. The use of plantain is popular for all kinds of skin problems such as wounds, ulcers, cuts, lacerations, scars, bruises, hematomas, burns, blisters, blisters, cuticles, insect bites and rashes of various causes. To treat skin problems, wash a fresh leaf and make a paste from it and apply it to the affected area. Due to its easy availability, plantain is an excellent first aid for stings. It contains large amounts of saponins, which are good for the skin and act as a natural antihistamine. Plantain is excellent for quick treatment of wounds on the face and in the mouth. It prevents suppuration and promotes healing, which is due to aucuba. Chewed plantain leaves placed as a poultice on the tooth and gums can prevent tooth infection in the early stages.

Fresh juice (female plantain):

For internal and external use, from 100 to 500 grams of leaves - depending on the need.

Wash the leaves, cut them into small pieces and grind them, and squeeze the juice out of the pulp. Take 1 tablespoon 3-4 times a day, with a little water or tea, and for external use, apply the juice to the affected areas of the skin, and mix the juice well with honey for the poultice.

Syrup (male plantain):

200 g of juice, 1 kg of honey. Mix juice and honey and place in a large jar. Take three times a day, one teaspoon for children, and one tablespoon for adults.

Sebastian Kneipp said about plantain that "wounds heal from it as if you were sewing with gold thread and there is no rust on gold, so there is no rot in the plantain we use to treat wounds."

6.37. St. PAUL's WORT (*Agrimonia eupatoria*)



Another name:

petrovac, St. Paul wort, cow's milk, snake grass, sheep thistle, toricica, oskorušica (local dialects)

St. Paul wort or petrovac plant has an upright, hairy stem up to 70 cm high. The stem emerges from the rootstock. The leaves are pinnate, while the flowers are small, yellow in color and arranged in a long cluster around the stem itself. St. Paul wort is almost odorless and has a bitter taste. It grows in sunny, dry places, along the edges of roads and forests, on field borders and slopes, on hills and slopes, in rare forests and next to ruins. We collect the plant during flowering in June until August. It has an extremely healing effect on inflammation of the throat, oral cavity and pharynx. It should be considered for angina, throat disease, scurvy or inflammation of the oral mucosa. The leaves work well in cases of anemia and wounds, but are also successfully used in rheumatism, lumbago, indigestion, liver failure and spleen diseases. We can drink up to two cups of tea a day. Everyone should try and once or twice a year bathe in water to which we add a decoction of St. Paul wort.

Ointment:

3 tablespoons of pork fat, 2 tablespoons of well-sliced parts of the herb turica (previously dried). Melt the fat over low heat and when it is still warm (not hot!) add the herb. Let it cool and harden. Melt over low heat and let cool. Repeat this process two more times and then squeeze the fat into a container. This fat is excellent for healing wounds and varicose veins.

Even in ancient times, St. Paul wort was famous as one of the most famous medicinal plants, dedicated to the goddess Athena-Eupatorium.

6.38. GRAPE VINE (*Vitis vinifera*)



Another name:

thorn, vine (local dialects)

Along with wheat, barley and olives, the grapevine is one of the oldest cultivated plants. Its homeland is probably around the Caspian Sea or southern Europe, and it was cultivated in Egypt 6,000 years ago. The Roman Emperor Marcus Aurelius brought this useful plant to Croatia, and he spread it throughout Pannonia. The European vine is divided into two subspecies: the wild vine (ssp. *silvestris*) and the tame vine (ssp. *sativa*). The vine is a climber in the form of a bush. It grows to a height of 5-15 meters. There are long shoots that develop from the basic shoots and short shoots that develop from the axils of the leaves. The leaves are of different shapes, depending on the species. They are cloth-like (3-5 cloths), standing on long stalks. Their color is different green, depending on the species.

They bloom from June to July, flowering lasts only 4-5 days. Grapes ripen from July to October, depending on the variety and climate. Fresh fruit is used, dried or processed

into fruit juices or alcohol. Fruits, or pods, make up the cluster. The vine is used to treat arthritis, rheumatism, gout, and some lung diseases. The juice that flows from freshly cut vines acts to calm bleeding, astringents and diluted with water is used as poultices to strengthen the eyes. Vine flower tea is used for weakened functions of the brain and spinal cord.

Grapes are used to cleanse the blood, and also to regulate digestion, remove fat deposits from the body, to treat inflammatory processes of the digestive organs, and to eliminate rheumatic problems and rashes. Fresh grape juice is rich in vitamins A, B and C and various mineral substances, and is used to strengthen the digestive organs, excrete toxic substances from the body, to treat diarrhea and intestinal catarrh, and to remove blockages, etc. When taken in smaller quantities, wine has a healing effect because it revives and encourages many organs to work more actively. Wine is used in the preparation of drinks made from various medicinal herbs.

Wine vinegar obtained from wine cools and tightens, calms diarrhea and bleeding. Occasional washing of the whole body with a mixture of wine vinegar and water improves circulation in the tissue, cleans the skin and opens the pores. Black vine leaf is used for circulation problems, enlarged veins and cracked capillaries. Oily macerate of vine leaves is also used for the same purpose. It helps with broken capillaries, skin prone to redness, problems with veins, but also with cellulite. Accelerates skin metabolism. Today, grape seed oil is highly valued. Among skin care oils, as well as edible oils, grape seed oil has a very prominent role. This oil is golden yellow, tasteless and odorless; it contains omega 3 fatty acids, lowers the level of cholesterol in the blood, is extremely useful for the circulatory system, contains large amounts of antioxidants and polyphenols. Because of this composition, it slows down the aging of the skin and protects it from the sun. It can be used for skin care of all types, and is particularly useful for dehydrated, as it moisturizes well, and sensitive skin. Unlike some other oils, the pores tolerate it well - in fact, many who use this oil for care say that it narrows their pores and makes them less visible. In addition to moisturizing, this oil also tightens the skin and maintains its tone. The care of problem skin prone to acne gives good results. It has a very fine texture, is easily absorbed, does not leave greasy marks, which makes it very suitable for massage. Grapes are rich in polyphenols - natural substances that protect the heart and blood vessels. Polyphenols from the grapes are strong antioxidants protecting the body from aging, illness and from premature aging, disease and decay. Consuming grapes improves blood flow, prevents the accumulation of cholesterol, improves heart function and reduces the risk of heart attack and stroke. Red grapes contain iron and copper, minerals important for the formation of red blood cells, blood cells and hemoglobin synthesis. This is why it is recommended for anemic people and anyone recovering from surgery or injuries. This fruit normalizes the functioning of the intestines and kidneys. Sugar from grapes enters the bloodstream extremely quickly and is therefore suitable during physical and mental exertion. Black grapes contain the pigment anthocyanin from the group of plant phenols, which acts similarly to lycopene from tomatoes as a strong antioxidant. It strengthens immunity, improves digestion and regulates the work of the intestines. Antioxidants from black grapes protect against the

destructive effect of free radicals, suppress blood clotting, lower bad cholesterol, reduce the risk of stroke and tumors. Research has shown that black grapes increase the level of melatonin, a hormone necessary for good sleep. . White grapes contain 20 percent sugar and are rich in potassium and calcium, but compared to black grapes, they are poor in phenol.

For better circulation:

Boil two handfuls of chopped fresh vine leaves for 15 minutes in a liter of water. Add this concoction to the bath and soak your legs up to the knees in it for half an hour. Repeat this every day for a month, preferably before going to bed.

Grape mask:

You can easily prepare a mask of fresh berries by peeling about twenty berries and removing the seeds, and applying the resulting pulp to the previously cleaned skin of the face and neck. After twenty minutes, rinse with lukewarm water.

Refreshing lotion:

Soak a clean cotton ball in white wine and apply it to your face and neck. After about twenty minutes, rinse the treated areas with lukewarm chamomile tea. White wine is an excellent refreshing lotion that will give your skin a fresh look. Apply the mentioned treatment occasionally.

Dionysus is the son of the supreme god Zeus. As he did not have it with his lawful wife Hera, she unsuccessfully tried to kill him. Zeus, wanting to protect him from Hera's wrath, handed him over to his son Hermes for safekeeping. To save the boy from Hera's evil intentions, Hermes took him to the mountain nymphs, who hid him in a deep cave whose entrance was overgrown with vines. There, Dionysus got acquainted with the plant vine, tasted its sweet fruit for the first time - grapes, and drank the intoxicating drink - wine, which is made from it. Distributing vine seedlings to the people, he also gave them (as a sign of gratitude for their hospitality) to the Athenian shepherd Icarus, teaching him to make wine. Because of these good deeds of Dionysus, Zeus declared him the god of wine and viticulture. Towards the end of the month of March, at the final ceremonies called the "great Dionysia", choirs performed singing dithyrambs dedicated to the god Dionysus.

6.39. CHICORY (*Cichorium intybus*)



Another name:

chicory, wild radicchio, blue waterspout, horse bite (local dialects)

Chicory is a resistant perennial plant. It likes a sunny and open position, and loose soil. It reaches a height of up to 1.5 m. The stem is upright, rigid and branched. .

The leaves are coarsely toothed and resemble dandelion leaves. The whole plant contains milky juice. The root is yellow, and when cut it is white. The flower heads are beautiful blue, very striking. It blooms throughout the summer. The plant has a bitter taste. The whole plant is very tough, so it is difficult to pluck and tear. The entire stem with flowers is collected in summer or autumn, tied into small bouquets and dried in the shade. The root is extracted from the second half of April until the end of May. It can be dried in

the shade, cut lengthwise and strung on a string, or it can be baked in the oven or on a griddle. It is cut into smaller pieces that are baked until they get a dull brown color. Then they are ground and used as such instead of coffee. There is a lot of inulin in the root. The root is collected dry for medicine. In folk medicine, the whole plant is used - root, leaf and flower. It contains chicoryetol, inulin fruit sugar, about 25% pectin, free amino acids, proteins, fats, mineral salts of calcium, potassium, phosphorus, sodium, magnesium, etc. and vitamins B, K and P.

In the leaves, in addition to other substances, there is a lot of carotene and vitamin C. Chicory is widely used by the people, and today's medicine also recognizes it as a medicinal plant. It cures all diseases related to poor digestion and insufficient metabolism. It is very good for the preservation and treatment of diseased liver and disorders in the secretion of bile. It is a bitter tonic, depurative, diuretic, stomachic, etc. Water drink tea improves appetite, helps regulate the secretion of stomach acid, relieves indigestion in general, and treats intestinal catarrh. All plants from the leguminous family, such as chicory, dandelion, chamomile, have inulin instead of starch as a reserve food. Therefore, people suffering from diabetes can use all plants from this family as dietary food. This family includes more than 400 species of plants.

TEA:

Can be prepared from the roots, flowers and leaves of the plant. One cup of cold water is poured over the dried root or plant. It is boiled and left for two to three minutes, strained and drunk two to three cups during the day. This tea is excellent for problems with the stomach, bile, liver and improves appetite.

CAFFEINE DRINK:

The roots are washed well, dried and placed in the oven to be baked, and can also be baked in a pan. It is baked until it gets a dull brown color, and then it is ground in a blender. It can be mixed with dandelion root. This coffee is a great substitute for real coffee.

JUICE:

Freshly squeezed juice from the leaves of this plant is excellent for detoxifying the body because it strengthens the function of the liver. Two to four soup spoons of juice from the leaves are squeezed out daily, and mixed with milk or water, it is drunk.

The first information about the water drink as a medicinal plant is found in ancient Egyptian papyri, and it is also described by Theophrastus, Galen and Pliny.

6.40. KARST HEATHER (*Satureja montana*)



Another name:

horse screech, coastal screech, mountain mint, screech (local dialects)

Heather is a perennial plant from the Lamiaceae family. The plant develops a large number of stems forming a wide sod with a volume of up to 50 cm. The stems are upright, weakly branched, woody in the lower part, and develop every year from the root head or from buds on the lower part of the branches. The flowers are white to white-pink. In our climate, it overwinters without any damage. Sod withstands temperatures below - 30 °C. Heather is a plant of a warm and sunny climate. Facing sides with enough light and warmth suit him best. If the plants have more light, they are of better quality, that is, with a higher content of essential oil. It tolerates drought well, while too wet

habitats are poorly tolerated. Heather thrives well even on poor soil, only if there is enough lime. It can be found in relatively dry and bright forests, and sometimes it can also grow in meadows. Plants are usually harvested during flowering (August and September). The flowers are picked that are removed from the flowering stems or the tops of the stems are harvested together with the flowers. Then the flowers and stems are dried in a shady, airy area. Heather also has medicinal properties and its preparations are used in the treatment of various ailments: arthritis, kidney disease, bladder, eczema, gout, insomnia, tense nervous system, low blood pressure, prostate disease. It is an excellent tool for expelling kidney stones. It cleans the blood, promotes sweating. Heather can also be used as a spice in many dishes, such as green beans, fresh cheese, cheese with onions, but also in many other dishes. In autumn, heather is a good spice and a good drink, all the more valuable because at that time of the year there aren't any aromatic fresh herbs. The heather provides abundant bee pasture. Heather honey is extremely medicinal, intensely fragrant, dark yellow in color. Children love it more than other types of honey. It helps with all types of cough. It is especially good in combination with heather tea for smoker's cough and expectoration of mucus from the respiratory organs.

TEA:

Heather tea is usually prepared by adding about 2 teaspoons of dried flowers of this plant to a quarter of a liter of hot water and leaving it for about 15 minutes. After that, the tea is strained and can be drunk. Two to three cups during the day are most often recommended.

In the Primorje region, heather was often used to wash wine barrels, partly because the plant itself is very strong, partly because it has a strong antibacterial effect, thus cleaning and disinfecting.

6.41. WORT PLANT (*Alchemilla vulgaris*)



Another name:

lady's mantle, lava, dewdrop (local dialects)

Wort plant is green a perennial plant 10-40 cm high. The leaves on long petioles are rounder, but "rag" divided into 7-11 lobes with a jagged edge. The "lobes" form an accordion shape and are slightly funnel-shaped, in the central depression and on the jagged edges of the leaf, dew collects. Wort plant blooms from May to August. The flower is yellow-green or green at the top of the flower stalks (which themselves have smaller leaves) and consists of loose clusters of tiny unsightly flowers. Flower and the plant do not have any specific smell.

For medicinal purposes, the leaves and flowers or the entire flowering plant are collected (the root has no medicinal properties!). The leaves can be harvested already in the spring, but it is best to collect them at the time of full flowering (July/August). The leaf can be

collected after flowering, but then it does not have such a healing power of the synergy of active substances. However, the leaf then has an elevated level of tannin, so it can be picked specifically for this purpose (diarrhea). Picking during wet and rainy weather is not recommended, because then the plant contains a lot of water. The leaves are dried in an airy and shady place or in the oven (at a temperature of no more than 45°C). It is precisely thanks to the tannins of the gorse that it has antibacterial and anti-inflammatory effects. The tannins contained in Wort plant are not burdensome for the stomach, but also have a strong healing effect. However, the abundance of tannins has its advantages, but also disadvantages - people who have complications with the bile, stomach and liver should be careful about the dose they take.

It is a strong anti-inflammatory herb for all female diseases (especially related to the uterus) and various types of bleeding. It is mostly prepared as a tea. Acting as a hormone regulator, the plant stimulates the growth of progesterone. Wort plant is a very healing plant, especially it is very healing for a whole range of women's problems. Today it is mostly used as an infusion, less often as a tincture, powder or extract. In general, yarrow is the number one plant that we should remember for fungal, bacterial and viral inflammations of the body, especially in the genital area, PMS, fibroids, hormonal disorders, menopause problems, menstrual pains. This is a really precious plant for women's health.

Wort plant tea:

For those who are more sensitive (stomach, liver, bile): pour 1 small spoonful of the herb with 1 cup of boiling water, cover and let it stand for half an hour. Then strain, reheat if necessary, sweeten with honey (it works better unsweetened) and drink. Always make a fresh infusion. During the day, drink 2-3 warm cups of tea made in this way.

Bath:

Boil 200 grams of dry or fresh wort plant in three liters of water and pour into a bathtub with the prepared water. Stay in the water for 10 to 20 minutes.

In the Renaissance era in Iceland, it was considered a sacred plant with a reputation for prolonging youth and restoring female beauty. In the early morning, dew drops resting on a deeply furrowed green leaf act like magical pearls full of fairy magic. In the Middle Ages, by collecting these drops, alchemists tried to turn this dew, which, botanically speaking, is a secretion from leaves, into gold and the elixir of life, so vrkuta is attributed a history in mystical rituals. In the past, it was believed that vrkuta was most medicinal if picked at night when the moon was in its last quarter.

Wort plant is not recommended for pregnant women, nursing mothers and people with liver disease. People who take acetylsalicylic acid (aspirin, andol) or another anti-blood clotting agent should consult a doctor before taking vrkuta. In other cases, worth plant is a very safe herb and does not cause contraindications.

7. CALENDAR OF PICKING AND COLLECTION OF MEDICINAL HERBS

Picking wild medicinal plants first of all means collecting medicinal plants in their natural habitat. Of course, these should be places with as little negative impact as possible from human activity. So, away from roads, factories and other pollutants. The more untouched the nature, the higher the quality of the harvested herbs. Every picker must pay attention to some picking rules. First of all, he must know the plants he is harvesting, know how to harvest them correctly, at what time, but also how to protect their habitat. It is also very important to know the basics of movement and behavior in nature in order to reduce the possibility of unpleasant surprises and increase personal safety.

CALENDAR OF PICKING THE HERBS

FEBRUARY

Dandelion	leaf and root
Blackberry	root

MARCH

Elderberry	leaf and sapling
Glaucon Ivy	herb
Comfrey	root
Bramble	root
Violet	flower and leaf
Dandelion	leaf
Fox tile plant	root
White mellow	root

APRIL

Glaucon Ivy	herb
Hawthorn	flower
Violet	flower and leaf
Dandelion	flower
Mouse plant	herb
Wolverine	herb

Vournable Antilles	flower
Fox tile plant	root
Plantain	leaf
Chicory	root

MAY

Elderberry	flower
Glaucon Ivy	herb
Comfrey	flower and leaf
Hawthorn	flower
Levander	flower and leaf
Thyme	herb
Lemon balm	flower
Mouse plant	herb
Wolverine	herb
Vulnerable Antilles	flower
Fox tile plant	herb
Plantain	leaf
Chicory	root

JUNE

Borage	flower
Mulberry	leaf and fruit
See wormwood	herb
Glaucon Ivy	herb
Comfrey	flower and leaf
St. John's wort	herb
Chamomile	flower
Levander	flower and leaf
Nettle	leaf
Bramble	leaf
Thyme	herb
Lemon balm	leaf
Calendula	flower and leaf

Peppermint	leaf
Wormwood	leaf
Wolverine	herb
Vulnerable Antilles	flower
Fox tile plant	herb
White mellow	flower and leaf
Black mellow	flower
Immortelle	flower
Centipede plant	herb
Rosehip	flower
Willow grass	herb
Plantain	leaf
Agrimony	herb
Grape vine	flower

JULY

Borage	flower
Mulberry	plod
Mullein	flower and leaf
See wormwood	herb
Wall garlic	herb
Comfrey	flower and leaf
St. John's wort	herb
Midsummer flower	herb
Mullein	flower and leaf
Chamomile	flower
Nettle	herb
Bramble	leaf
Levander	flower
Thyme	herb
White tatrjan	herb
Calendula	flower and leaf
Peppermint	leaf
Wolverine	herb

Vulnerable Antilles	flower and leaf
White mellow	flower and leaf
Black mellow	flower and leaf
Immortelle	flower
Centipede plant	herb
Rosehip	flower
Willow grass	herb
Plantain	leaf
Agrimony	herb
Chicory	flower
Whirling	leaf

AUGUST

Borage	flower
Wall garlic	herb
Comfrey	flower and leaf
Bramble	fruit
St. John's wort	herb
Midsummer flower	herb
Chamomile	flower
Thyme	herb
Wolverine	herb
Spruce	berries
Plantain	leaf
Agrimony	herb
Grape vine	fruit
Heather	herb and flower
Whirling	leaf

September

Elderberry	berries
Mulberry	crust
Hawthorn	berries
Midsummer flower	herb

Nettle	seeds
Bramble	fruit
Lettuce	herb
Wolverine	herb
White mellow	root
Black mellow	flower and leaf
Immortelle	flower
Centipede plant	herb
Spruce	berries
Rosehip	fruit
Plantain	leaf
Grape vine	fruit
Heather	herb and flower

OCTOBER

Comfrey	root
Hawthorn	berries
Violet	root
Dandelion	root
White mellow	root
Immortelle	flower
Rosehip	fruit
Plantain	leaf
Grape vine	fruit and leaf

NOVEMBER

Comfrey	root
Violet	root
Grape vine	leaf

Picking plants must not be removal. In a certain habitat, we leave one third of the plants untouched for the purpose of restoring the species. Collecting plants is a sustainable and ecologically acceptable relationship with nature. Although we harvest herbs, we leave them the possibility to grow and reproduce.

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Let's preserve natural habitats for ourselves and future generations !!!

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