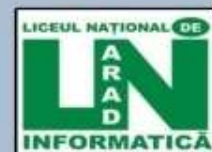




Erasmus+



LICEUL NAȚIONAL DE INFORMATICĂ ARAD

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HERBS AND MEDICINAL PLANTS from the West Plain of Romania

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ERASMUS+ KA220-SCH PROJECT

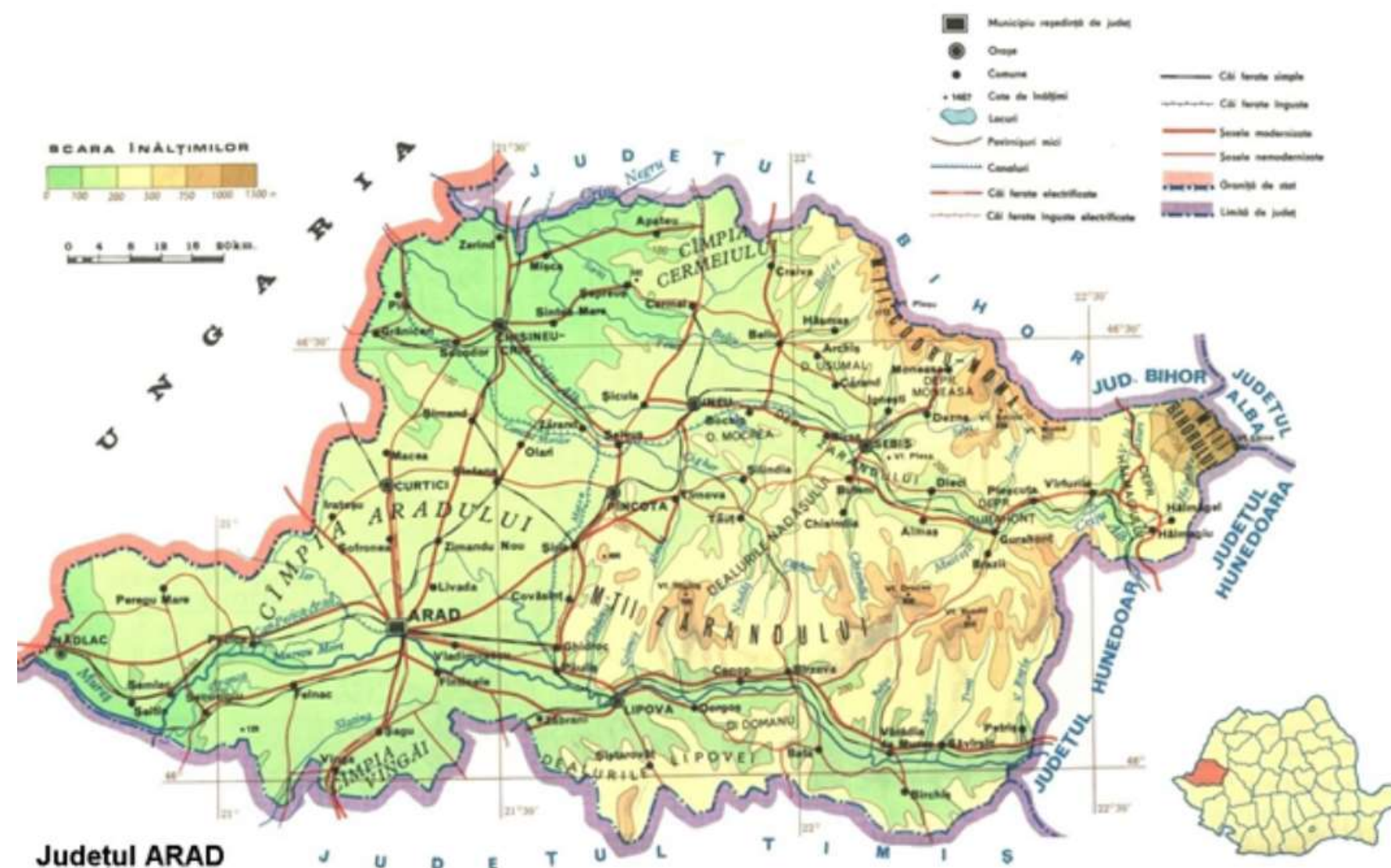


Romania, Spain,
Lithuania, Serbia,
Greece & Turkey



The climate in Arad region is
continental-moderate,
with slight
Mediterranean influences.

The soils are diverse,
but generally
quite good for many
aromatic plants.





CULINARY HERBS FROM ARAD REGION



BASIL - fresh or dried, for sauces, salads, meat dishes.

PARSLEY - leaves and root, widely used in Romanian cuisine.

DILL - indispensable in pickles, soups, sauces.

LOVAGE - Romanian specific, for soups.

THYME - for steaks, sausages, traditional dishes.

OREGANO - often used in Italian cuisine, but also cultivated in our country.

ROSEMARY - goes well with lamb, pork, poultry.

SAGE - used in sauces, teas and remedies.

MINT - teas, desserts, soft drinks.

CORIANDER - both the leaves (“green coriander”) and the seeds.

MARJORAM - seasoning for sausages, soups.

TARRAGON - indispensable in Transylvanian “tarragon soup”.



Dill = mărar Annual herb, parsley family
 Good fortune, prosperity, and protection



Basil
 =
Busuioc



Annual herb, mint family



Basil
 Good wishes, love, protection, and healing



Summer Savory
 =
cimbru

Annual herb, mint family

Symbol:
 Courage, strength and activity
 Symbol:



Lasting in the rarest and enduring love

Use:
 culinary dishes, e.g. fish chicken, sauces and vinegar



Tarragon
 =
tarhon



Sowing change

Plants

LOVAGE (*Levisticum officinale*)

Uses: Leaves, stems, and seeds are used as a culinary herb (similar to celery); roots used in traditional medicine.

-Medicinal: Traditionally used as a diuretic, for digestive issues, and to relieve sore throats.

MINT (*Mentha* spp.)

-Uses: Widely used in teas, culinary dishes, confectionery, and aromatherapy.

-Medicinal: Known for aiding digestion, soothing headaches, and relieving nausea.





Sowing change

Medicinal/aromatic plants from Arad region

ECHINACEA (coneflower) – immunity, teas and supplements.

• St. John's WORT – for teas, tinctures.

LAVANDER – increasingly popular for teas, oils, decorations.

LEMON BALM – soothing tea.

CHAMOMILE – one of the most cultivated medicinal plants.

SEA BUCKTHORN – for juices, syrups, supplements.

CALENDULA OFFICINALIS (marigold) – teas, tinctures, ointments.



Sowing change



CHAMOMILE (*Matricaria chamomilla* or *Chamaemelum nobile*)

-Uses: Flowers used in calming teas, herbal remedies, and skincare products.

-Medicinal: Known for anti-inflammatory, sedative, and digestive benefits.

CONEFLOWER (*Echinacea* spp.)

-Medicinal: Widely used to boost the immune system and reduce cold.

PARSLEY

(*Petroselinum crispum*)

-Uses: Popular culinary herb for garnishing, flavoring, and salads.

-Medicinal: Traditionally used for freshening breath, aiding digestion, and as a diuretic.





Sowing change

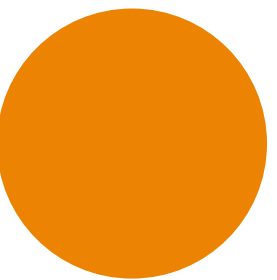
LAVENDER & ROSEMARY



Lavender field at Mailat, near Arad city



- an aromatic evergreen shrub with leaves



In traditional medicine and as an ingredient in cosmetics.

The rosemary plant has even been used in traditional medicine to improve memory, solve digestive problems, improve the immune system, and reduce pain

MARIGOLDS & SAGE

annual/biennial plant,

40–80 cm tall, with balsamic scent;

easy to grow in Romania;

ornamental and useful.



both ornamental and
medicinal,

brings health benefits.





Sowing change

MILK THISTLE & PLANTAIN



**main remedy for liver
diseases due to silymarin;**

perennial;

drought resistant.



beneficial plant,

**grows
spontaneously in
gardens, fields,
and roadsides.**



‘Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine to the mind.’ Luther Burbank (1849 – 1926) Botanist

What did the
bee say to the
flower?
‘Hello, honey!’

Why do plants hate
math?
Because it gives
them square roots!

What did the plant
say to his Valentine?
‘You are my soil-
mate.’

How do plants
contact each
other?
With the tel-leaf-
phone.



SOWING CHANGE (SCH): ROOTS FOR INCLUSION AND SELF-KNOWLEDGE THROUGH A SUSTAINABLE EUROPEAN NATURE



Thank You



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