

CALENDAR
2017



Erasmus+



Fundacja Rozwoju Systemu Edukacji



HEALTHY HERBS OUTLOOK 2015 - 2017





Thyme / Thymus Capitatus



The short information

Prevents flu, anti-pyretic, facilitates digestion, calms the pain in the stomach and intestines, contains many important essential oils, which are found to have anti-septic and anti-fungal applications, lower heart rate.

In which countries grow

Southern Europe, Western Asia and Northern Africa.

Where it grows

On rocky hillsides, in cultivated land and under pine tress on igneous formations.



Erasmus+

**HEALTHY
HERBS OUTLOOK**

2015 - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



FEBRUARY 2017

The short information

The roots, flowers and plants have the ability to heat and thin when drunk and when they become steam, causing menstruation, expel embryos, stones and oura - drunk and the rise and twisting of the intestines, while clean and jaundice and treat those suffering from the liver.

In which countries grow

In all Mediterranean countries.

Where it grows

It grows in direct sunlight positions.



Chamomile / Matricaria chamomilla



Erasmus+

HEALTHY HERBS OUTLOOK

2015 - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					



MARCH 2017



Clover / Trifolium



The short information

It is widely grown as a fodder crop. This plant has some healing properties. The flower tops are used to prepare the remedies. Is considered to be one of the richest sources of isoflavones. It helps to lower cholesterol, improve the urine production the blood circulation and reduce the possibility of the blood clots. It is used to make a sweet tasting herbal tea..

In which countries grow

It is native to Europe, Western Asia and Northwest Africa, North and South America.

Where it grows

It grows in the meadows and fields.



Erasmus+

HEALTHY HERBS OUTLOOK

2015 - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Turnip Common / Agrimonia eupatoria



The short information

Infusion - influences on processes of digestion. Stimulates the secretion of gastric juices, enhances, inhibits bleeding. It is helpful in kidney stones, gallstones, diarrhea, cirrhosis of the liver, inflammation of the bladder and rheumatism.

In which countries grow

In Mediterranean countries, Europe, western Asia, western China.

Where it grows

Next to the forest, along roads, ditches, meadows.



Erasmus+

HEALTHY
HERBS OUTLOOK
2015 - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



MAY 2017

The short information

Marigold flowers can be made into infusion, tinctures and ointments that make work well for skin wound, rashes, burns of all kinds, varicose, diaper rash.

In which countries grow

South Africa, in India and Thailand.

Where it grows

In the gardens, on wasteland, agricultural land and along roads.

ȘCOALA GIMNAZIALĂ "VLAD ȚEPEȘ" VULCANA DE SUS
painted by Bitoc Roberta Daria



Erasmus+

HEALTHY HERBS OUTLOOK

2015 - 2017

Marigold / Calendula Officinalis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



JUNE 2017

The short information
It helps some types of depression so it is used in states of nervous exhaustion, anxiety, nervous imbalances.

In which countries grow
South and North America, India, New Zealand, Australia and South Africa.

Where it grows
Wild areas.



75.YIL ORTAOKULU
Painted by Nurbanu Tukel

St John Wort / Hypericum perforatum



Erasmus+

**HEALTHY
HERBS OUTLOOK
2015 - 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



JULY 2017

The short information
Caper bushes are mainly used for their fruit, which are rich in micronutrients. Known as caper, flower buds widely used pickled as a vegetable condiment. It stimulates the circulation and respiratory system. It stops diarrhea and spasms in the stomach and intestines. It can be used against wasp stings and snake bites.

In which countries grow
In Southern Europe.

Where it grows
It occurs along the coast.



Erasmus+

HEALTHY HERBS OUTLOOK

2015 - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Caper / Capparis Spinosa





Mountain Olympus Tea / Anethum graveolens



The short information

It has anti - inflammatory, antioxidant and anxiolytic effects. The anti - inflammatory and antioxidant properties are due to different apigenin glycosides contained in it in large percentage. Anxiolytic activity, even without the side effects commonly observed in other anxiolytic we get from plant species. The essential oil of mountain tea are particularly active antimicrobial due to its content of carvacrol.

In which countries grow

Greece, Italy, North Africa and Asia.

Where it grows

In the mountains, at an altitude of about 1000 m above sea level.



Erasmus+

**HEALTHY
HERBS OUTLOOK
2015 - 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



The short information

The root of an elecampane is used for the medical purpose. It is especially effective in treatment of respiratory. The roots also stimulate the digestive process as well as the urine production.

In which countries grow

Europe, Northern Asia and North America.

Where it grows

In the gardens, in the meadows and fields.



Elecampane / Inula helenium



Erasmus+

HEALTHY
HERBS OUTLOOK
2015 - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	





Stachys / Stachys officinalis

The short information
Best use to treat digestive disorders and diarrhea. It heals wounds, stops the bleeding. It helps against asthma and epilepsy. Juice with honey helps with swelling, destroys bacteria and toxins, increases blood clotting, strengthens weakened nervous system.

In which countries grow
North Africa (Algeria, Morocco, Tunisia)

Where it grows
In the meadows.



Erasmus+

**HEALTHY
HERBS OUTLOOK
2015 - 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Chicory / Cichorium Intybus



The short information

Chicory preparations are recommended in case of liver and biliary diseases, constipation, diabetes, physical and mental fatigue. Coffee and tea from this plant has good properties for stomach.

In which countries grow

North Africa, Europe and Asia and North America.

Where it grows

In the meadows and wasteland.



Erasmus+

**HEALTHY
HERBS OUTLOOK
2015 - 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			





Rosmarinus / Rosmarinus officinalis



The short information

It is used in the form of infusion is a means of choleric and helps dyspeptic symptoms, and added to a warming bath helps muscular pain, rheumatic disorders and peripheral system. Used in cholelithiasis, general weakness, increasing physical and mental.

In which countries grow

Mediterranean region, northwest Africa and southem Spain.

Where it grows

In the meadows.



Erasmus+

**HEALTHY
HERBS OUTLOOK
2015 - 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31





Erasmus+



Fundacja Rozwoju Systemu Edukacji



The main editors: Kinga Tomaszek and Maria Kita from Poland

Zespół Szkół Nr 1 w Starej Wsi
Stara Wieś 549 34-600 Limanowa

spstarawies1.edupage.org