

2.

HEALING NATURE

MEDICINAL AND CULINARY PLANTS IN THE CASTLE GARDEN

Medicinal and culinary plants are used to cure illnesses, preserve health, and flavour our food. Many medicinal plants were also used in ancient cultures, they were used as the first „medicines“. We have long known about plants that can improve well-being, relieve pain, reduce inflammation, boost the immune system, or provide aromatic benefits.

Herbs can be used as tinctures, oils, teas, ointments, alone or in mixtures, externally and internally.

Attention: if you want to use herbs, you must know their effect and their correct dosage!



Lavender (*Lavandula angustifolia*)



A perennial plant with purple, white, or blue colour, edible flowers, and a very strong scent. Its name is derived from the Latin term 'lavare' (to wash). You can use it for anxiety, drink it as a syrup or mix it into your food. You can use it in your home for decoration, for scenting, and to keep moths away.

Coneflower (*Echinacea purpurea*)



With its colourful flowers growing on long stalks, it is one of the most splendid herbs of summer. It can be used to boost the immune system or to reduce inflammation in the form of tinctures and ointments.

Sage (*Salvia officinalis*)



Perennial plant with bluish or purplish flowers, strong scent and aroma. It can be used in medicine for its antibacterial effect against sore throat or fever and externally for bruises. In the kitchen, it is mainly used to season red meat and poultry.

Thyme (*Thymus vulgaris*)



Purple-flowered, evergreen perennial with a pleasant aroma. Cough and pain reliever, antiseptic. We can use it as seasoning, air freshener in our homes, and as a cosmetic for skin and hair care.

Horse Chestnut (*Aesculus hippocastanum*)



The tree whose fruit is not edible, yet it heals. In medicine, the seeds, flowers, leaves and bark of the plant can be used to treat rheumatism and arthritis. It can also be made into a bio-detergent.

Dandelion (*Taraxacum officinale*)



The tiny yellow flowers can be found almost anywhere in the grass. One of our most nutrient-rich spring crops (vitamins A and C, phosphorus). In medicine, its root is mainly used as an appetite stimulant, digestive aid, and to lower cholesterol. Its tender leaves can be used in salads.

Yarrow (*Achillea millefolium*)



Wild, perennial plant with small white flowers in the family Asteraceae. In medicine we can use almost every part from the flower to the root, as a tea or cream, as an anti-inflammatory, wound healer, antispasmodic.

Ribwort Plantain (*Plantago lanceolata*)



This is a white-flowered, herbaceous, perennial plant most often found in fields, meadows, and pastures. It can be used internally to soothe coughs, reduce inflammation, and externally to heal wounds and insect bites.

WHAT DOES BIODIVERSITY MEAN?

Biodiversity that has developed over billions of years as a result of evolution is essential for the survival of the human race. Biodiversity is the diversity of living things, and we humans are a part of it.

It has three main pillars:



The diversity of species on our planet



Diversity within species



Species diversity in different ecosystems

Why is biodiversity important?

Most of us take nature's diversity for granted, ignoring its importance and vulnerability. Our lives depend on nature for many things. We take advantage of its services (food, clean water, air) as well as its important functions (pollination of plants, relaxation, and recreation).

The following tables show the threats to this fragile balance and what we can do to protect it.

Make a tea!

Calming tea

Half a teaspoon of dried lavender, half a teaspoon of dried chamomile, one teaspoon dried lemongrass. Soak in hot water for about 5 minutes.

It is essential after a long, cold winter day!

EcoTip

BUILD AN INSECT HOTEL IN YOUR GARDEN!

Insects are useful inhabitants of our environment. They kill pests, help with pollination, 'clean up' dead animals and plants, and return useful nutrients to the soil. In order to protect insects and promote their settlement, we have placed insect hotels along the path.



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MAP OF THE PATH
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