

Newspaper



2nd Model Experimental
School Of Ioannina,
Greece
D' class

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Nature gives birth to the strongest aromatics and pharmaceutical plants, where the most extreme climate conditions meet. Such a place is Epirus, the land of ancient Pirrus.





Camomilla (Manzanilla)
The traditional Chamomile
herbal tea is made
from raw material, cultivated
in Greece.

Chamomile is traditionally
used since Hippocrates
and Dioscurides era for the
alleviation of a
variety of symptoms like
constipation, headache,
dizziness, insomnia and stress.



Preparation: For every cup of tea, put a teaspoon of
the blend in the filter coffe machine or boil it. Add
honey or sugar. Recommended 1-3 cups per day.





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OREGANO

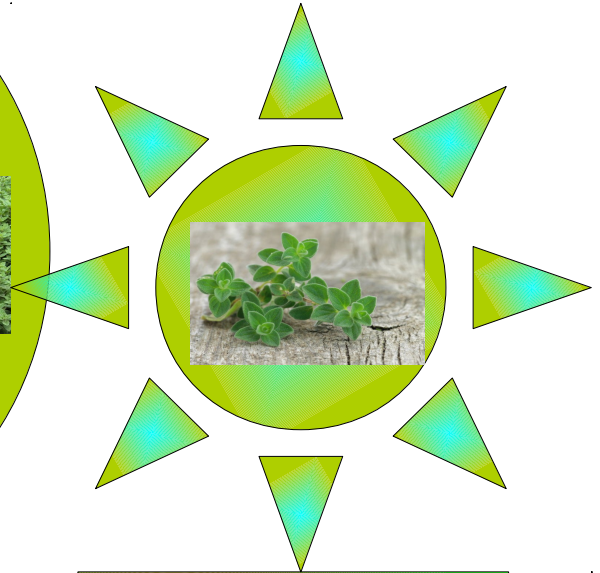
Oregano: It is the most widely known aromatic herb of Greek nature. It's a basic ingredient of the Mediterranean cuisine. Use oregano in cooking and add flavor to your meat, fish, sauces and salads. Apart from its characteristic aroma and flavors, oregano is also known for its salutary effect on human health and its antioxidant activity.



Oregano







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