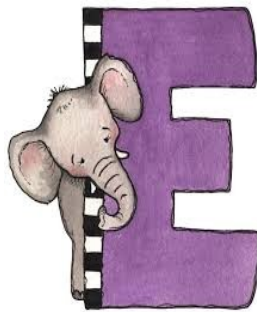
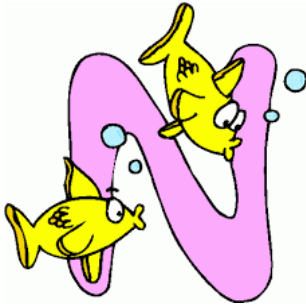
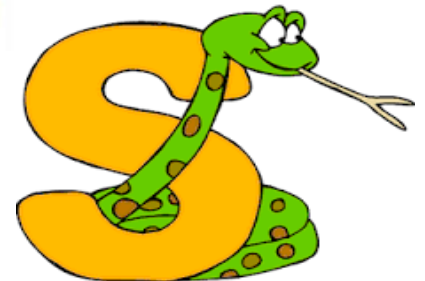


Newspaper



Maria
Marianna



2nd Model Experimental
School of Ioannina,
Greece
D' Class

2014-2015

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.



2



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.





4



Marjoram is indigenous to Cyprus and southern Turkey, and was known to the Greeks and Romans as a **symbol of happiness**.

In its varied forms of: Marjoram essential oil, fresh or dried Marjoram leaves, or Marjoram powder, it has many uses. As a culinary additive, it is commonly used to flavor soups, sauces, salads, and meat dishes. Marjoram is a great antiseptic, antibacterial, antifungal, and antiviral agent.

Marjoram (*Origanum majorana*) is an aromatic herb with sweet pine and citrus flavors. In some Middle Eastern countries, marjoram is synonymous with oregano. The name marjoram (Old French majorane, Medieval Latin majorana) does not directly derive from the Latin word maior (major).





