



LINDE / Lime Tree

Tilia cordata

recognize

Heart-shaped leaves, typical flower with whitish sepals and petals

enjoy

The tender leaves can be used to make spinach in spring.

The flowers can be added raw to salads or lightly steamed and eaten as a vegetable with pasta, for example. As a tea, Lime tree loosens mucous and is recommended to relieve coughs.

appreciate, discover ...

The lime tree is considered a place of power, a tree of love, a tree of judgment, a dancing tree...



MINZE / Mint

Mentha spicata

recognize

unmistakable fragrance when you rub the leaves!

enjoy

Refreshing addition to salads and desserts. Can also be boiled down with a little sugar and garlic and enjoyed as a chutney. As a tea, mint is said to have a stimulating effect on the gall bladder and to be antibacterial and analgesic in the stomach/intestines.

Mythology

According to the Greeks, it originated from jealousy: When Hades seduced the nymph Minthe, his wife Persephones turned her into a herb.



ROSMARIN / Rosmaryn

Rosmarinus officinalis

recognize

Narrow, leathery leaves, purple lipped flowers, unmistakable fragrance.

Enjoy

Rosemary is ideal as a spice for potatoes and pizza. Chopped in large quantities as pesto or in dough for rosemary bread. A rosemary bath is said to have an aphrodisiac effect - relaxing and softening skin.

Mythology

Rosemary is considered to be Aphrodite's gift to mankind and is often included in wedding bouquets.



GIERSCH / Bishop's Weed

Aegopodium podagraria

recognize

Leaves with typical 3 x 3 division. Triangular stem. White umbels.

enjoy

The young leaf tips can be used from spring to late fall, e.g. as an addition to salads. Taste similar to parsley. Like all wild herbs, it is rich in vitamins and minerals. Bishop's Weed/Goutweed flowers can also be baked into pancakes.

Cultural history

In ancient Rome, goutweed was used to alleviate gout, the "disease of kings", e.g. due to excessive consumption of meat and alcohol.



HOLUNDER / Elderberry
Sambucus nigra

recognize

Typical umbel flower shape, sweetly scented.

Enjoy

Steep elderflowers in water with lemon and boil down with sugar to make syrup. The flowers taste very good baked in small pancakes. The tea is easy to make by drying the flowers and is said to stimulate digestion and strengthen the immune system.

appreciate, discover ...

In mythology, elderberry stands for fertility and as a gateway to the underworld.



MALVE / Mallow
Malva neglecta

recognize

Typical round, divided leaves, light purple flowers

Enjoy

Mallow leaves can be chewed on the go as a “vitamin-rich snack”. As they are tender and relatively “juicy”, the leaves are suitable for salads or steamed with a little onion and lemon as spinach. The flowers are used for teas (against stomach irritation), ointments and creams.

appreciate, discover ...

Mallow incense sticks were used to promote fertility



SALBEI / Sage
Salvia officinalis

recognize

Whitish, leathery leaves. Unmistakable fragrance.

Enjoy

Sage chips can easily be fried in oil with a little salt or baked with oven vegetables, for example. Dipped in beer batter, they become crispy “sage mice”. Sage tea is considered antiviral, antibacterial and anti-inflammatory, e.g. for colds.

appreciate, discover ...

In Chinese and Celtic tradition sage leaves are given to chew in emergencies.



ORIGANO
Origanum vulgare

recognize

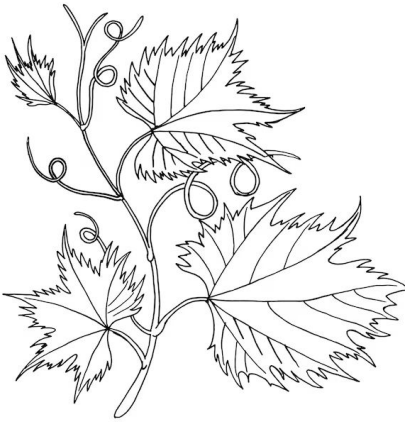
Numerous, small, slightly egg-shaped leaves. Very spicy.

Enjoy

Oregano is suitable for pestos, salads and as a seasoning for sauces in all Mediterranean dishes. The flowers are very nice in herb quark or salads. Oregano is considered a “bacteria killer”.

appreciate, discover ...

Oregano is also known as the herb of luck. According to Greek mythology, it is said to have been created by Aphrodite, the goddess of love.



WEINBLÄTTER / wine

Vitis vinifera

recognize

Typical leaf shape and branched tendrils, tart taste

Enjoy

Vine leaves can be filled with a wide variety of ingredients. Boil briefly (1-2 minutes) and rinse with cold water. Tender, young leaves are also suitable for adding to spinach or salads. The flavonoids, polyphenols and proanthocyanidins are said to help strengthen and repair the walls of veins and arteries.

appreciate, discover ...

In various cultures, dreaming of vine leaves is a sign of a rich, long life.



LAVENDEL / Lavender

Lavandula angustifolia

recognize

Typical lanceolate leaves. Flowers are evenly arranged close to the stem.

Enjoy

Lavender is a healthy, tasty addition to baked goods or as lavender butter. Very tasty together with mint as a syrup.

As a tea, oil or in scented cushions, it is said to promote sleep.

appreciate, discover ...

In mythology, lavender embodies healing, innocence, loyalty and peace of mind. Derived from lavare, the Latin word for washing.



THYMIAN / Thyme

Thymus vulgaris

recognize

Small growth, dark green lanceolate leaves. Unmistakable fragrance.

Enjoy

Delicious in pestos or with sesame seeds on pizza dough (zatar in the Arab world). Thyme and lemon butter is a simple, delicious spread. The tea is recommended for coughs. Thyme contains lithium, which has antidepressant properties and supports the production of serotonin.

Mythology

Thymos meant "courage" in Greek mythology.



MELDE / Tree spinach

Chenopodium giganteum

recognize

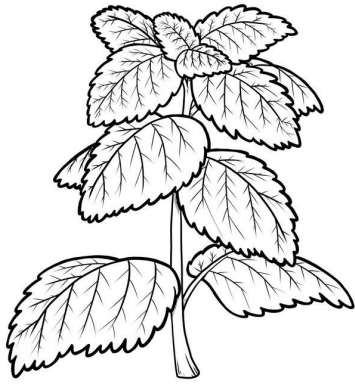
The inner leaves have a typical purple color, alternate

enjoy

Tender leaves that can be steamed with a little onion and oil and eaten as spinach. A vitamin, mineral and protein-rich base for smoothies or as an addition to gnocchi or quiche.

Use

In Sweden, the fast-growing plant is also used as a substitute for petrol in the production of biofuels.



MELISSE / Melissa
Melissa officinalis

recognize

Heart-shaped, cross-opposite leaves, white flowers

Enjoy

The delicate leaves and flowers can be added to salads, herbal quarks or pestos. Lemon balm tea is considered calming and antispasmodic, and baths are used for inflammation and relaxation.

Cultural history

The name refers to its use as a bee pasture (Melis = honey).



SCHACHTELHALM / Horsetail
Equisetum arvense

recognize

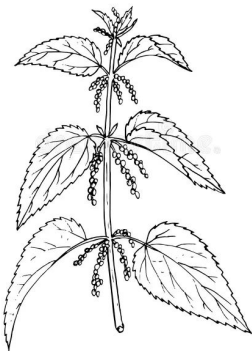
Characteristic growth habit, stems with a star-shaped cross-section, branches arranged in "whorls"

Enjoy

Young horsetail twigs are delicious in salads. In Japanese and French cuisine, the brown spore spikes are considered a delicacy (steamed). Horsetail decoction is used on plants against aphids.

Cultural history

Also known as horsetail, it was once used to clean tin due to its high silica content.



BRENNESEL / Nettle
Urtica dioica

recognize

Heart-shaped, opposite leaves, typical stinging hairs

Enjoy

The tender upper leaves make a tasty soup and a vitamin and protein-rich base for smoothies. The small fruits can be dried and added to salads or muesli, for example. As a tea, it is recommended for bladder or prostate problems and respiratory problems.

Mythology

Dedicated to the thunder god Donar / Thor in Germanic mythology.



SCHAFGARBE / Yarrow
Achillea millefolium

recognize

Finely branched leaves, flowers in white, dense umbels. Bitter.

Enjoy

As it is somewhat bitter, add in small quantities to herbal quark, scrambled eggs, herb strudel, salad or potatoes, for example. This versatile medicinal plant can also be used for teas, bath additives or tinctures.

Mythology

According to Greek legend, Achilles healed the wounds of his comrades-in-arms in the Trojan War with the help of this plant.



EICHE / Oak

Quercus rubor

recognise

Typical leaves with “curvy” edges, typical fruits with scaly “beret” caps

enjoy

Oak acorns must first be roasted, peeled and soaked to remove the tannins. The acorns can then be mashed, dried or ground. Acorn flour can be used to bake nutrient-rich bread, for example.

Mythology ...

Due to its size, the oak tree was often considered a preferred target for lightning and was therefore a symbol of proximity to the divine.

Let me know if you want other species to be included..

See also workshops and knowledge quizzes at www.faircustomer.ch/quiz

The sheets are listed twice so that the document can be printed double-sided and cut vertically in the middle. This creates cards with the drawing & name on one side and information on identification, use and mythology on the reverse.

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