

POCKET  
HERBS  
BOOK

SNOR  
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# Preface

**H**erbs are plants with a special taste or effect. With fresh, soft young leaves with a peppery or fresh taste, which have a calming or fever-reducing effect.

Plants that grow on wet meadows or on dry sand or between the stones.

In the Middle Ages, herbs played an important role in life. Herbs not only added flavor to meat and soup, but were also used as medicines and dyes. And not to forget as ingredients for magic and love potions.

The significance we attach to herbs has decreased, but we still enjoy their special flavors and we can benefit from their medicinal properties. Herbs remain magical plants that seem to hide secrets.

Gerard Janssen



*Lavandula  
angustifolia*

## LAVENDER

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Lavender is native to the Mediterranean. Its name is derived from the Latin word lavare, which means bathing. That the scent of lavender has a calming effect has now been scientifically proven. Sleep well after a bath with lavender oil.

Seen .....

Date .....

Particularities .....

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LAUREL

The laurel tree is native to the Mediterranean and Black Sea. In Greek mythology, Apollo is depicted wearing a laurel wreath, which was given to winners in ancient times. Cooks have used bay leaves for thousands of years. The anti-inflammatory properties of bay leaf have also been known since ancient times.

# SAGE

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(*Salvia officinalis*)

Sage is originally from Italy. It already appears in the ancient Roman cookbook by Apicius Caelius.

The Romans and monks spread the herb all over Europe. Sage also has medicinal properties: it inhibits the growth of some bacteria.

Traditionally, sage is prescribed for digestive disorders.



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