



# Herbarium

## Mediterranean Climate Plants

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# Coriander

## Scientific Name:

*Coriandrum sativum*



## Description:

Herbaceous plant with a cylindrical, highly branched stem. The leaves are similar to those of parsley, but more jagged and lighter in colour.

## Benefits:

Improves digestion and helps maintain healthy skin.

## Curiosity:

According to the Bible, the Romans added this herb to cumin and vinegar to preserve meat.

# Anise

## Scientific Name:

*Pimpinella anisum*



## Description:

Annual herb of the parsley family, cultivated chiefly for its fruits, called aniseed.

## Benefits:

Soothes colic and helps combat poor digestion.

# Bay Laurel

## Scientific Name:

*Laurus nobilis*



## Description:

Evergreen tree native to the Mediterranean, the bay laurel is recognized for its shiny leaves and unique aroma.

## Benefits:

In addition to seasoning dishes, its leaves contain essential oils with antioxidant and anti-inflammatory properties, used for digestive and respiratory relief. This versatile plant not only enhances culinary experiences but also carries a rich cultural history and health benefits.

# Thyme

## Scientific Name:

*Thymus vulgaris*

## Description:

Aromatic herb with small leaves, thyme is known for its distinctive aroma and pronounced flavor.

## Benefits:

Rich in essential oils, thyme possesses antimicrobial and antioxidant properties. It is used to relieve respiratory and digestive discomfort. This herb not only enhances dishes but also provides health benefits, valued for its medicinal properties.



# Pepper mint

## Scientific Name:

*Mentha spicata*



## Description:

Mint is an aromatic plant with medicinal properties. It originates from Europe where it was taken to Brazil during the period of colonization.

## Curiosity:

The flavor of the herb is so popular that it began to be used in the gum, candy, ice cream and cosmetics industries due to its pleasant and intense smell.

## Benefits:

One of its common uses and full of benefits is in the form of tea. The tea has digestive, anti-inflammatory, antioxidant, decongestant and analgesic properties. The tea can also be used for bad breath, relieving menstrual and intestinal cramps, gas, treating colds, relieving symptoms of rhinitis, sinusitis and asthma, headaches, improving concentration, reducing symptoms of stress and anxiety.

# Pennyroyal

## Scientific Name:

*Mentha pulegium*



## Description:

Is one of the best-known species of the genus *Mentha*, it is a plant that grows well in humid places or along river courses. Pennyroyal can be found in health food stores or open-air markets, and is used to prepare teas, syrups or even to prepare foods such as fish, flavored oils and meats.

## Benefits:

Pennyroyal is a medicinal plant that offers several health benefits, such as helping to treat flu and bronchitis, improving digestion, combating excess gas, relieving menstrual cramps and warding off insects.

## Curiosity:

Some ancient people used pennyroyal to make crowns to be used in religious ceremonies. The ancient Chinese also made references to its calming virtues.

# Purslane

## **Scientific Name:**

*Portulaca oleracea*

## **Description:**

The purslane is a creeping plant with a smooth, reddish stem. It can be used in food to prepare salads and stews.

## **Benefits:**

Helps control diabetes, care for heart health and prevent the onset of chronic diseases.

## **Curiosity:**

Purslane is one of the most important plant sources of omega-3.

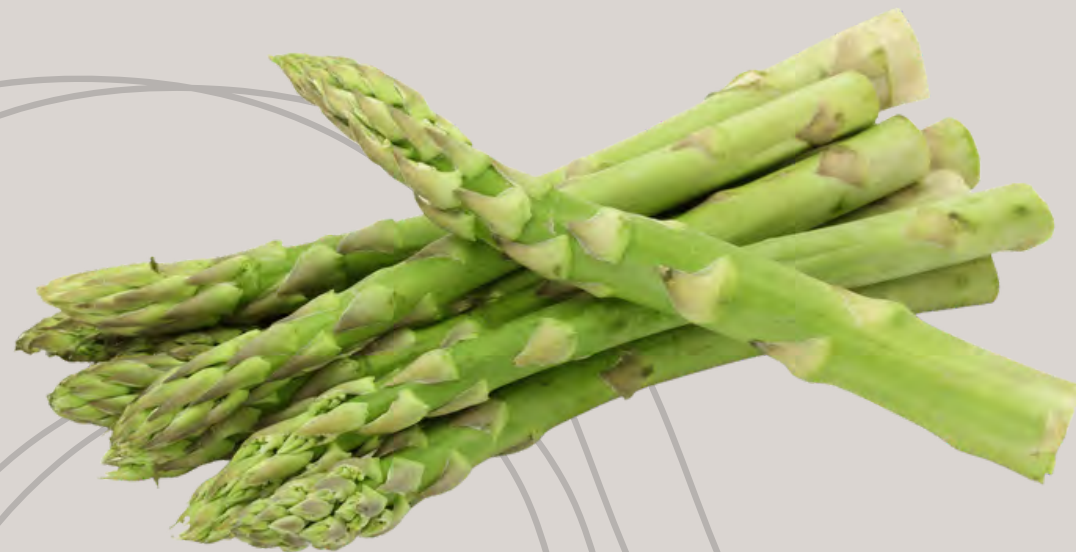




# Asparagus

## Scientific Name:

*Asparagus officinalis*



## Description:

Asparagus is a perennial plant, it is firm and upright, it can be used in soups and meals, there are several types of asparagus.

## Curiosity:

Asparagus can cause a characteristic odor in the urine of the person who consumed it, without any harmful consequences.

## Benefits:

It is rich in folic acid, beta-carotene, magnesium, manganese, phosphorus, fiber and vitamins C, B and K. The vegetable has a diuretic action and helps fight free radicals. It is anti-inflammatory and antioxidant, helps prevent cancer and improves heart health.