

132



Bay leaves (laurel)

Herbs-aromatics
Latin: "Laurus nobilis"

Edible Parts



The leaves



Vitamins C, A, E, D, K, B

Other uses

Used in the culinary arts as a spice and also used in herbal medicine



111



Buckwheat

Plant species of the knotweed family, Latin: "Fagopyrum Mill"

Edible Parts



The seeds



B vitamins, presence of thiamine binding proteins

Other uses

Used to make buckwheat groats, flour and flakes, among other things



125



Barley

Grass family
Latin "Hordeum"

Edible Parts



The seeds (cereals)



Contains vitamins B, C, E

Other uses

Used for the production of barley malt in brewing and groats



118



Dill

Herb in the celery family Apiaceae
Latin: "Anethum"

Edible Parts



The stems



Vitamins B, A, C, calcium, iron, manganese, phosphorus, magnesium, zinc, copper, potassium, sodium and proteins

Other uses

Has antibacterial activity



111

Buckwheat



May be annual or multiannual, depending on the species



Plant in full sunlight, best develops at about 20°C



Keep with sufficient water



Should be sown in April-May



Since the third decade of July



Best grown on light, nutrient-rich soils



Can be grown all over Europe in natural soil



139



44

132

Bay leaves (laurel)



Cultivated as a perennial plant



Plant in partial sunlight



Does not need to be irrigated frequently



Preferably in the Autumn, immediately after the seed is



Harvested year-round



Soil with pH 6,5-7,5



Preferably in the Mediterranean countries



45



118

Dill



Annual and might be self-seeding plant



Likes full sun



Sufficient soil moisture to keep plants growing well



Sow dill seeds about ¼-inch deep and 18 inches apart



As soon as the plant has four to five leaves, could be harvested



Well-draining soil that's rich in organic matter



Can be grown all over Europe



134



84

127

125

Barley



Planted in Autumn (September) or Spring (March) depends on the species



Plant in full sunlight



Keep slightly moist with frequent shallow watering



Can be grown as summer crop (harvest in July)



When the seed is sufficiently dry



Need sandy to moderately heavy loam soils



Can be grown all over Europe in natural soil



139



26

34

Cabbage



Genus of plants in the mustard family, latin: "Brassica"

Edible Parts



The leaves



Vitamin K

Other uses



Has an analgesic effect, fights carcinogenic cells



55

Chard



Relative of beets, latin: "Beta vulgaris"

Edible Parts



The stems The leaves



Vitamins K, A, and C, as well as a good source of magnesium, potassium, iron

Other uses



Mainly in the Mediterranean diet



48

Corn



Vegetable, of the grass family, latin: "Zea mays"

Edible Parts



The seeds



Vitamins B, D, E, minerals such as potassium, phosphorus, magnesium, selenium and iron

Other uses



As an anti-inflammatory and diastolic drug



153

Black currants



Type of gooseberry shrub latin: "Ribes"

Edible Parts



The fruits



Vitamins C

Other uses



Fruit is suitable for jellies, jams, juices



55

Chard



Gardeners treat it as an annual, as the best harvest is usually the first year



Likes full sun but will tolerate partial shade



Sufficient soil moisture to keep plants growing well



Seeded in Spring



Cut off the outer leaves 1 1/2 inches above the ground when they are tender



Moist, humus-rich soil
Can be grown all over Europe



but the most popular in Mediterranean area



41

129

154



34

Cabbage



Annual



In the sun



Keep with sufficient water



Should be sown in May



Early Autumn (September, October)



Clayey soils that retain some moisture



Can be grown all over Europe in natural soil



49

108

78



153

Black currants



A perennial plant



Prefer cooler positions



Like moist soils



The best time to plant is in early autumn, around mid-October. Harvest can be carried out for several weeks of summer



Drained soils that retain moisture well



Can be grown all over Europe



160

2

14



48

Corn



Annual plant



Likes sun, needs a temperature above 10 °C



Sufficient soil moisture to keep plants growing well



For planting you need a minimum of 8-10°C soil at a depth of 5cm



Late summer, early fall



Can be cultivated on different soils, prefers deep, moist soils



Can be grown all over Europe



134

129

26

20



160

Gooseberries



Species of Ribes
Latin: "Hominem"

Edible Parts



The fruits



Vitamins C, A, B i P

Other uses



Plants are preferred host plant for butterfly; has a good effect on muscular systems



41

Lettuce



Splant of the daisy family, Asteraceae
Latin: "Lactuca sativa"

Edible Parts



The leaves



Vitamin K and vitamin A

Other uses



Has gathered religious and medicinal significance over centuries of human consumption



6

Pineapple



Tropical plant with an edible fruit in the family Bromeliaceae
Latin: "Ananas comosus"

Edible Parts



The fruits



Rich source of manganese and vitamin C

Other uses



Used for textile production



146

Sorrel



Buckwheat family, Polygonaceae
Latin: "Rumex"

Edible Parts



The leaves



Vitamin C, potassium, iron

Other uses



Source of tannin (leather tanning), while leaves and stems are used for a mordant-free mustard-colored dye



41



Lettuce

Annual plant



Best in full sun



Like moist soils



Seeds are sown from early Spring to late Summer to have lettuce throughout the season
Summer and Autumn



Loose, nitrogen-rich soils



Can be grown all over Europe



145 49 129 157 159 148 124



160



Gooseberries

Spiky shrub, growing to a height of one and a half meters



Grows best in warm and sunny positions



Like moist soils



The best time to plant is Autumn
The fruit starts to ripen as early as mid-June, and ripens in August at the latest



Sandy and sandy-clay soils, fertile, rich in humus and nutrients



Can be grown all over Europe



130 153 14



146



Sorrel

Annual, biennial, and perennial plant



Twilight, sunshine



Likes moist soils



From seeds sown in Spring or by rhizome splitting in Autumn



Recommend picking small leaves - the big ones can be bitter (in May)



Clay, fertile



Can grow in Europe



6 19



6



Pineapple

Annual plant



Best in full sun
Likes moist soils, It can also be grown in a pot at home, is self-sufficient



During the warm season first crop is harvested 18-24 months after the establishment of the plantation



Fertile, permeable soil, acidic



Grown in South America, Asia but can also grow in Europe



146 19



13

Raspberries



Of the rose family
Latin: "Rubus idaeus"

Edible Parts



The fruits



Vitamin C, A, B6,
manganese thiamine,
riboflavin, calcium, zinc

Other uses

Leaves can be used fresh
or dried in herbal teas,
providing an astringent
flavor



20

Watermelon



Type of plant of the family
cucurbits
latin: "Citrullus"

Edible Parts



The fruits



Rich in antioxidants,
vitamins A, C

Other uses

Contains a lot of water,
hydrates the body



139

Wheat



Family of grass
latin: "Triticum"

Edible Parts



The seeds



The flowers



Vitamins E, B, magnesium,
iron, calcium, phosphorus,
potassium, zinc, sodium,
copper, manganese

Other uses

Used in bakery,
confectionery, pasta,
cooking products



27

Zucchini



Variety of pumpkin, selected
in Italy
latin: "Cucurbita pepo"

Edible Parts



The fruits



Vitamins C, PP, B1, carotene

Other uses


Has an alkalisng effect, thus
preventing acidification of the
body




20


Watermelon


 Annual fruit

 Sunshine

 Likes moist soils

 Sow watermelon seeds about 5 weeks before planting it permanently in Spring

 Best time to harvest watermelons starts from August till September

 Fertile, humid, slightly moist

 Can grow in Europe

 **48**  **158** **106**

13

Raspberries

 Perennial plant

 Best in full sun

 Medium-humid substrates

 Traditionally planted in the Autumn as dormant canes or in Spring

 Harvested when comes off the receptacle easily and has turned a deep color (usually August)


 Well drained soil


 Can also grow in Europe


 **49**  **130**


27


Zucchini


 Annual plant


 Sunshine



 Moderate soil moisture

 Seeds in May

 Best time to harvest starts from June till October


 Fertile; slightly acidic to neutral (pH 6-7)


 Can grow in Europe


 **49**  **19**

139


Wheat


 Annual plant

 Sunshine


 Moderate soil moisture

 Winter wheat - October, Spring wheat - March

 Best time to harvest starts from August till September

 Best to cultivate on very good wheat complex soils

 Can grow in Europe

 **48**  **26**

69



Cream

Edible Parts



The milk



Dairy

Other uses



Link to other card eg: milk/cheese/yogurt



83



Leather

Edible Parts

Not edible



Animal rawhide and skins



Other uses



Eventual link to other card eg: cow/pork



76



Honey

Edible Parts



From the nectar of flowers



Sweets

Other uses



Eventual link to other card eg: juice



104



Yoghurt



Origins: milk (card no 70)



Dairy

Other uses



Link to other card(s): milk/cream



83

Leather



Durable and flexible material from animal rawhide and skins



Animal rawhide and skins



Created by tanning animal rawhide and skins



Long life span



Produced all over the world



Used to make a variety of articles: footwear, automobile seats, clothing, bags, book bindings, fashion accessories, furniture



17

11



69

Cream



Dairy product composed of the higher-fat layer



Milk



Skimmed from the top of milk before homogenization



Short life span



The cream is produced all over the world



Usefulness, place in the ecosystem, but also ecological downsides



104

70



104

Yoghurt



Food produced by bacterial fermentation of milk



Popular all over the world; short consumption lifespan



Produced by bacterial fermentation of milk; bacteria used to make yogurt are known as yogurt cultures



Natural probiotic, high calcium content, good effect on bones



70

69



76

Honey



Produced by bees



Nectar



Made by bees by processing the nectar flower of honey plants



Long life span



Produced all over the world



Strengthens the heart, soothes the nerves, revives the brain, heals wounds, has antibacterial properties



38



97



Oil, olive oil, etc...



Origins: of plant, animal, fish origin



Oil

Other uses



Link to other card(s): sunflower, fish



90



Spices



Origins: of plant (herbs, vegetables; some of the most popular herbs are thyme, pepper, basil, cumin)



Mainly: vegetables, herbs

Other uses



Link to other card(s): chilli pepper/pepper/cumin, etc



90

Spices



Spice is a seed, fruit, root, bark, or other plant substance primarily used for flavoring or coloring food



Popular all over the world; long consumption lifespan



Distinguished from herbs, which are the leaves, flowers, or stems of plants used for flavoring or as a garnish



Used in medicine, religious rituals, cosmetics or perfume production



120



50

130

97

Oil, olive oil, etc...



Liquid substances insoluble in water and soluble in organic solvents, highly viscous



Popular all over the world; long consumption lifespan



May be pressed, refined from plants or taken from animal fats



Healthy, especially plant-based ones, include omega3; animal by raising blood cholesterol levels



79

