



Ko
zadišijo
zeli ...

DO YOU SMELL
THE HERBS ...

Ko zadišijo zeli ...

DO YOU SMELL THE HERBS ...

Pet slovenskih in dva bolgarska LASa se srečuje z enotnim izzivom, kako neizkoriščene potenciale izjemne biotske raznovrstnosti in tradicionalnih znanj s področja zeliščarstva in divjih zeli spremeniti v razvojno priložnost. Z operacijo se rešujejo specifične potrebe po krepitevi kvalitete pridelave in predelave zeli z investicijami v ekološko pridelavo in predelavo zeli, promociji ekoloških zelišč in divjih, prosto rastočih zeli, izobraževanju in spodbujanju ekološke pridelave in predelave ter njihova uporaba.

Five Slovenian and two Bulgarian Local Action Groups (LAG) face a common challenge: how to transform the untapped potential of exceptional biodiversity and traditional knowledge in the field of herbalism and wild herbs into a development opportunity. The project addresses specific needs to strengthen quality production and processing of herbs through investments in organic production and processing of herbs, promotion of organic herbs and wild, freely growing herbs, education and encouragement of organic production and processing, and their use.

PRIJAVITELJ PROJEKTA PROJECT APPLICANT

LAS Od Pohorja do Bohorja LAG From Pohorje to Bohor

PROJEKTNO PARTNERSTVO PROJECT PARTNERSHIP

LAS Od Pohorja do Bohorja · LAS Zgornje Savinjske in Šaleške doline · LAS Raznolikost podeželja · LAS Obsotelje in Kozjansko · LAS Bogastvo podeželja · LAS Samokov · LAS Chirpan

LAG From Pohorje to Bohor · LAG of the Upper Savinja and Šalek Valley · LAG Rural Diversity · LAG Obsotelje and Kozjansko · LAG the Richness of the Rural Area · LAG Samokov · LAG Chirpan

OBDOBJE TRAJANJA PROJEKTA PROJECT DURATION

September 2022 – november 2024

ZNESEK SOFINANCIRANJA AMOUNT OF CO-FINANCING

Sodelujočim petim LAS iz Slovenije je bilo za operacijo sodelovanja odobrenih 476.667,10 EUR EUR nepovratnih sredstev.

Operacijo sofinancira Evropski kmetijski sklad za razvoj podeželja: Evropa investira v podeželje.

The five participating LAGs from Slovenia have been approved 476,667.10 EUR in grant funding for the cooperation operation.

The operation is co-financed by the European Agricultural Fund for Rural Development: Europe investing in rural areas.



Več o projektu [More about project](#)

PROGRAM
RAZVOJA
PODEŽELJA



Evropski kmetijski sklad za razvoj podeželja: Evropa investira v podeželje



Za vsako bolezen rož'ca raste

NATURE HAS A CURE FOR EVERYTHING

Katja Videc

LAS Od Pohorja do Bohorja LAG From Pohorje to Bohor

Slovensko tradicionalno zdravstvo ali ljudska medicina je stoletja reševala tegobe in težave vseh, ki iz številnih razlogov niso prišli do zdravnika. Iz roda v rod so se prenašala znanja iz zelišč, divjih zeli, zdravil in »žaub«, magičnih urokov, zagovorov in kletev. Nabiranje in pridelava zelišč sta se razvijali in ohranjali predvsem v samostanih, kjer se je tudi našlo največ zapisov o posamičnih zeliščih. Kasneje se je za potrebe organiziranega odkupa živilske in farmacevtske industrije razvila sistematična pridelava in predelava nabranih in posušenih zelišč. Danes se pridelovanje zelišč znova povečuje, tokrat z ekološkimi certifikati.

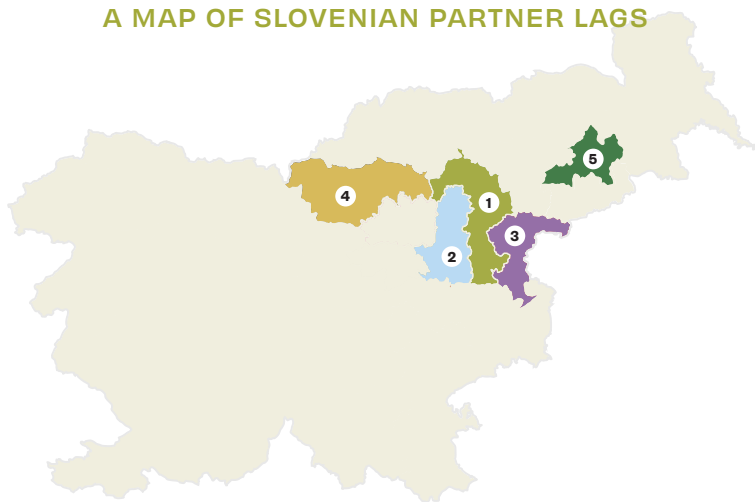
Naravna in kulturna dediščina zeliščarstva na Slovenskem je izredno pestra in bogata, a zaradi nepovezanosti ključnih deležnikov na tem področju ne more razviti svojih potencialov za celovit gospodarski, okoljski in socialni razvoj. Zeliščarstvo je lahko uspešna tržna dejavnost, ki zahteva ogromno ročnega dela za kvalitetne rezultate. Naraščajoče zanimanje in povpraševanje po zeliščnih produktih in vsebinah je vključene LAS v projektu sodelovanja Ko zadišijo zeli ... spodbudilo h krepitvi in razvoju prednosti in priložnosti na tem področju. Specifične potrebe za napredek v kvalitetni ekološki pridelavi in predelavi zelišč se rešujejo z investicijami v opremo, znanje sodelujočih in prenose dobrih praks med udeleženci.

Slovenian traditional health care or folk medicine has for centuries solved the ailments and problems of everyone who, for numerous reasons, could not get to see a doctor. Knowledge of herbs, wild herbs, medicines and ointments, magic spells, protections and curses was passed down from generation to generation. The gathering and cultivation of herbs was developed and preserved mainly in monasteries, where most records of individual herbs were found. Later, for the needs of the organized purchase of the food and pharmaceutical industry, the systematic cultivation and processing of collected and dried herbs developed. Today herb production is on the rise again, this time with organic certification.

The natural and cultural heritage of herbalism in Slovenia is extremely diverse and rich but due to the disconnection of key stakeholders in this area it cannot develop its potential for comprehensive economic, environmental and social development. Herbalism can be a successful business activity that requires a lot of manual labour for quality results. The growing interest and demand for herbal products and contents has encouraged the LAGs involved in the cooperation project Do you smell the herbs ... to strengthen and develop advantages and opportunities in this area. Specific needs for progress in high-quality organic production and processing of herbs are solved by investments in equipment, knowledge of participants and transfer of good practices between participants.

Zemljevid slovenskih partnerskih LAS-ov

A MAP OF SLOVENIAN PARTNER LAGS



1 LAS Od Pohorja do Bohorja

LAG From Pohorje to Bohor

Vodilni partner Lead partner:

Razvojna agencija Kozjansko

Development Agency Kozjansko

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2 LAS Raznolikost podeželja

LAG Rural Diversity

Vodilni partner Lead partner:

SIMBIO d. o. o.

Teharska cesta 49, 3000 Celje

+ 386 (0)3 425 64 66, las@raznolikost-podezelja.si

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3 LAS Obsotelje in Kozjansko

LAG Obsotelje and Kozjansko

Vodilni partner Lead partner:

Razvojna agencija Sotla

Development Agency Sotla

Aškerčev trg 24, 3240 Šmarje pri Jelšah

+ 386 (0)3 817 18 60, las.ok@rasotla.si

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4 LAS Zgornje Savinjske in Šaleške doline

LAG of Upper Savinja and Šalek Valley

Vodilni partner Lead partner:

Savinja, zavod za razvoj podeželja in turizma

Savinja, institute for Rural Development and Tourism

Foršt 6, 3333 Ljubno ob Savinji

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5 LAS Bogastvo podeželja ob Dravi in v Slovenskih goricah

LAG Richness of rural areas along the river Drava and in Slovenske gorice hills

Vodilni partner Lead partner:

Društvo "Bogastvo podeželja"

The "Richness of rural areas" Association

Ormoška cesta 28, 2250 Ptuj

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O bolgarskih projektnih partnerjih

ABOUT BULGARIAN PROJECT PARTNERS

LAS Chirpan

LAG Chirpan

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LAS Samokov

LAG Samokov

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LAS Chirpan

LAG CHIRPAN

Območje LAS Chirpan se nahaja znotraj upravnih meja okrožja Stara Zagora v jugovzhodnem delu Bolgarije. V občini je 20 naselij z upravnim središčem, mestom Chirpan. V občini živi 20.407 prebivalcev.

Chirpan zaradi čudovitih polj sivke vsako leto privabi na tisoče turistov. Lepa in dišeča sivka je razlog za tridnevni junijski festival sivke, ki predstavlja kulturo, življenjski slog in kulinariko okolja.

Kmetijstvo zaseda pomembno mesto v gospodarstvu občine. Skoraj 280 tisoč hektarjev kmetijskih zemljišč je osnova za pridelavo žit in drugih rastlin (pšenice, sončnic in bombaža) ter rastlin za eterična olja. Zelo uspešni so tudi trajni nasadi poljščin. Chirpan ima uveljavljeno tradicijo vinogradništva in proizvodnjo vina.

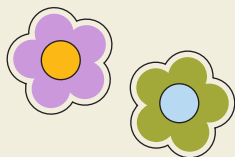
Kulturna in zgodovinska dediščina Chirpana je predpogoj za razvoj alternativnih oblik turizma. Občina ima bogato starodavno zgodovino, kar je razvidno iz izkopavanj na območju Karasura - arheološkega najdišča, ki se nahaja severovzhodno od Chirpana, kjer so bile najdene neprekinjene plasti od prazgodovine do srednjega veka.

The territory of LAG Chirpan is located within the administrative boundaries of Stara Zagora district in southeastern Bulgaria. The municipality has 20 settlements with an administrative center - the town of Chirpan. The municipality's population is 20,407 inhabitants.

Chirpan has established itself as one of the cities on Bulgaria's map that attracts thousands of tourists each year due to its beautiful lavender fields. The beautiful and fragrant lavender is the reason for a three-day June lavender festival that presents the culture, lifestyle, and cuisine of the environment.

Agriculture occupies an important place in the municipality's economy. Almost 280 thousand hectares of agricultural land are the basis for the production of cereals and technical plants (wheat, sunflowers, and cotton) and essential oil plants. Development is also very good in permanent crops. Chirpan has favorable conditions and an established tradition in viticulture and wine production.

The cultural and historical heritage of Chirpan is a prerequisite for developing alternative forms of tourism. The municipality has a rich ancient history, as evidenced by excavations in the Karasura area - an archaeological site located northeast of Chirpan, where continuous layers from prehistory to the Middle Ages have been found.



LAS Samokov

LAG SAMOKOV

Ozemlje LAS Samokov se nahaja znotraj upravnih meja okrožja Sofije v jugovzhodnem delu Bolgarije. V občini je 27 naselij z upravnim središčem - mestom Samokov. Prebivalstvo občine je 37.770 prebivalcev. Edinstveno naravno bogastvo na ozemlju občine so Rilska jezera, ki jih je več kot 40 in so razpršena po visokih delih gore Rila. Tu je tudi najvišji vrh Balkanskega polotoka, Musala z 2.925 metri. V regiji tečeta najdaljša reka v Bolgariji, Iskar in najbolj polnovodna reka v Bolgariji, Marica. V občini je nahajališče mineralne vode v bližini vasi Belchin.

Samokov ima bogato kulturno in zgodovinsko preteklost, ki sega čez stoletja. V preteklosti je bil znan kot obrtno središče, kjer so se razvile številne obrti, kot so proizvodnja domačega blaga, usnjarstvo, urarstvo, fotografija. Eden največjih ponosov Samokova iz obdobja bolgarskega preporoda je samokovska šola umetnosti, ki je bila ustanovljena kot slikarska in rezbarska šola ob koncu 18. stoletja.

Mesto Samokov ima odlične športne objekte. Obstajajo dobri pogoji za ekstremne športe, kot so planinarjenje, zmajarstvo, jadralno padalstvo. Le 10 km od Samokova je najstarejše in največje zimsko letovišče Borovets.

The territory of LAG Samokov is located within the administrative boundaries of Sofia district in southeastern Bulgaria. The municipality has 27 settlements with an administrative center - the town of Samokov. The municipality population is 37,770 inhabitants. A unique natural treasure in the municipality's territory is the Rila Lakes, numbering more than 40 and scattered throughout the high parts of Rila Mountain. Here is also located the highest peak of the Balkan Peninsula, Musala at 2,925 meters. The region is crossed by Bulgaria's longest river, Iskar, and its most water-rich river, Marica. The municipality has a mineral water source near the village of Belchin.

Samokov has a rich cultural and historical past spanning centuries. In the past, it was known as a craft center where numerous crafts developed, such as domestic goods production, leather working, watchmaking, and photography. One of Samokov's greatest prides from the Bulgarian Revival period is the Samokov School of Art, established as a painting and wood carving school at the end of the 18th century.

The town of Samokov has excellent sports facilities. There are good conditions for extreme sports such as mountaineering, hang gliding, and paragliding. Just 10 km from Samokov is the oldest and largest winter resort Borovets.

O zeliščih v našem okolju

ABOUT HERBS IN OUR SURROUNDINGS



Šentjanževka St. John's Wort
Hypericum perforatum
Ilustracija Illustration:
Nada Slana

Grilavec, janževka, krčnica, zvonec, šentjanževa roža, krvocistnik. **Učinkovine:** šentjanževka vsebuje 10 % čreslovin, eterično olje z alfa pinenom, hiperozid (hipericin), rutin, flavoiinske glikozide, grenčine, smolo, holin, razne organske kisline, beljakovine, vitamine, ogljikove hidrate. **Uporaba:** notranje pri psihični izčrpanosti, blagih do srednje težkih depresivnih stanjih, živčnem nemiru, težavah z uspanjem in blagih prebavnih težavah, zunanje pri blažjih kožnih vnetjih (na primer sončnih opeklinah), manjših poškodbah kože.

Active ingredients: Saint John's wort contains 10% tannins, essential oil with alpha pinene, hyperoside (hypericin), rutin, flavon glycosides, bitters, resin, choline, various organic acids, proteins, vitamins, carbohydrates and hydrates. **Use:** Internal for psychic exhaustion, mild to moderate depressive states, nervousness, sleeping problems and mild indigestion problems, external for mild skin inflammations (e.g. sunburn), minor skin damage.



Šipek, navadni Common rosehip
Rosa canina
Ilustracija Illustration:
Albina Verhovšek

Uporaba: sodi med najbogatejše vire vitamina C na svetu - zaužijte par plodov zadosti dnevnim potrebam po vitaminu C. Uporablja se za zdravljenje bolezni dihal, za dvig odpornosti, kot blago odvajalo, pri obolenjih ledvic in sečnih poti. Plodovi navadnega šipka se v prehrani uporabljajo za pripravo marmelad in napitkov. Zaradi visoke vsebnosti vitamina C se je šipkov čaj pogosto uporabljal pri prehladnih obolenjih. Če želimo ohraniti največjo vsebnost vitamina C, je šipek potrebno uživati surov (direktno z grma ali v kakšnem drugem pripravku). Če klasično pripravljamo čaj, celotne plodove (sveže/suhe) kuhamo do vretja, vremo vsaj 10 minut, da šipek sprosti svoj okus z nekaterimi učinkovinami, nakar precedimo ter pijemo.

Use: it is one of the richest sources of vitamin C in the world - eating a couple of fruits meets the daily need for vitamin C. It is used to treat respiratory diseases, to increase resistance, as a mild laxative, for diseases of the kidneys and urinary tract. Rosehip fruits are used in food to prepare jams and drinks. Due to its high content of vitamin C, rosehip tea was often used for colds. If we want to preserve the maximum content of vitamin C, it is necessary to eat rosehips raw (directly from the bush or in some other preparation). If you prepare tea traditionally, boil the entire fruit (fresh/dry) for at least 10 minutes so that the rosehip releases its flavor with some active ingredients, then strain and drink.



Dišeči vratič Costmary
Tanacetum balsamita
Ilustracija Illustration:
Albina Verhovšek

Dišeča balzaminka, bazamita, ženska meta, marijine pleničke, jezuščkove pleničke ... lme izvira iz grške besede *athanatos*, kar pomeni nesmrten. V starem Egiptu je bil vratič ena izmed sestavin olj in mazil za balzamiranje mrličev. **Učinkovine:** balzaminka se uporablja pri ledvičnih boleznih, prežene lakoto, preganja mačka, je močno sredstvo za umirjanje glavobola in migren, ureja prebavo ... Je močan antiseptik, zato je čudovita pomoč pri vnetem grlu in koristen za grgranje po posegih v ustni votlini. **Uporaba:** uporaba zelišča je poznana tudi v kulinariki. Je odlična sestavina oziroma začimba za golaž. Mlade liste lahko uporabimo v juhah, solatah in celo na slaščicah.

Known as: alecost, balsam herb, bible leaf, or mint geranium ... The name comes from the Greek word *athanatos*, which means immortal. In ancient Egypt, costmary was one of the ingredients of oils and ointments for embalming corpses. **Effects:** balsamic vinegar is used for kidney diseases, suppresses hunger, chased away hangovers, is a powerful remedy for headaches and migraines, regulates digestion... It is a strong antiseptic, which is why it is a wonderful aid for sore throats and useful for gargling after medical procedure in the oral cavity. **Use:** The use of the herb is also known in cooking. It is an excellent ingredient or spice for goulash. The young leaves can be used in soups, salads and even desserts.



Pravi pelin Common wormwood

Artemisia absinthium

Ilustracija Illustration:

Silva Polajžer

Rastlina izvira iz Azije in najstarejši zapisi o njegovi uporabi v zdravilne namene so nastali leta 1500 pr. n. š. **Učinkovine:** pelin vsebuje eterična olja, bogata s sabinenom in mirrenom, s tujonom in z epoksicimenom. V njem najdemo tudi tanine, karotenoide, flavonoide, grenčine in celo vitamin C. Glavni učinkovini absintin in artabsin se pojavljata predvsem v listih **Uporaba:** pri želodčnih, jetrnih in žolčnih težavah, uporabljal se tudi kot antiseptik

The plant originates from Asia and the oldest records of its use for medicinal purposes date back to 1500 BC. Active ingredients: Wormwood contains essential oils rich in sabinene and myrcene, thujone and epoxy-cymene. It also contains tannins, carotenoids, flavonoids, bitters and even vitamin C. *The main active ingredients absinthin and artabsin appear mainly in the leaves. Use:* for stomach, liver and bile problems, it was also used as an antiseptic.



Navadna ajda Buckwheat

Fagopyrum esculentum

Ilustracija Illustration:

Jožica Zapušek

Pisno je ajda prvič omenjena leta 1426 v gornjegrajskem urbarju pod imenom »poganka« (paganus). Že nekaj stoletij velja za pomembno kmetijsko rastlino. **Učinkovine:** ajda ugodno učinkuje na srce in ožilje. Zmanjšuje prepustnost kapilar in povečuje mikrocirkulacijo. Uživanje čaja ali tinkture lahko pomaga pri visokem

krvnem tlaku, demenci in sladkorni bolezni **Uporaba:** ajdo lahko sejemo čez vse poletje in jo pobiramo, ko je v polnem razcvetu. Odrežemo samo zgornjo tretjino cvetoče rastline.

Buckwheat was mentioned in writing for the first time in 1426 in the Urbar of Gornji grad under the name paganus. It has been considered an important agricultural plant for several centuries.

Effects: Buckwheat has a beneficial effect on the heart and blood vessels. It reduces capillary permeability and increases microcirculation. Drinking the tea or tincture can help with high blood pressure, dementia and diabetes. *Use:* Buckwheat can be sown throughout the summer and harvested when it is in full bloom. Cut off only the upper third of the flowering plant.



Trpotec, veliki Broadleaf plantain

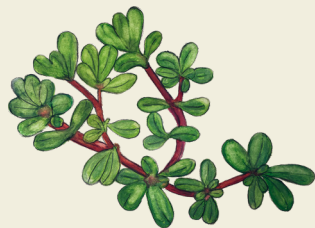
Plantago major

Ilustracija Illustration:

Marjeta Stražar

Učinkovine: za terapevtski učinek so bistvene sluzi, iridoidna glikozida avkubin in katalpol ter feniletanoidni akteozid, izoakteozid in plantamajozid. Listi vsebujejo tudi čreslovine, eterično olje, fenilkarboksilne kisline, klorogensko kislino, kremenčevo kislino, flavonoide, vitamin A (retinol), C (askorbinsko kislino) in K (filokinon) ter veliko mineralnih snovi. **Uporaba:** notranje proti suhemu draždemu kašlju in zunanje za celjenje ran in ustavljanje krvavitve.

Active ingredients: Mucus, iridoid glycoside aucubin and catalpol and phenylethanoid acetoiside, isoacetoiside and plantamaloside are essential for the therapeutic effect. The leaves also contain tannins, essential oil, phenylcarboxylic acids, chlorogenic acid, silicic acid, flavonoids, vitamin A (retinol), C (ascorbic acid) and K (phyloquinone) and many mineral substances. *Use:* Internally against dry, irritating coughs and externally to heal wounds and stop bleeding.



Navadni toliščak ali portulak

Portulaca oleracea

Ilustracija Illustration:

Jožica Zapušek

Učinkovine: vsebuje vitamin A, eno največjih vsebnosti med zelenimi rastlinami, vsebuje vitamin C in vitamine B, riboflavin in niacin, vsebuje veliko kalija, magnezij, kalcij, železo, omega 3 maščobne kisline. **Uporaba:** uporablja se za umirjanje glavobolov, za zdravljenje črevesnih bolezni in boleznij jeter.

Active ingredients: contains vitamin A, one of the highest contents among green plants, contains vitamin C and B vitamins, riboflavin and niacin, contains a lot of potassium, magnesium, calcium, iron, omega 3 fatty acids. *Use:* used to calm headaches, to treat intestinal diseases and liver disease.



Lapuh, navadni Coltsfoot

Ussilago farfara

Ilustracija Illustration:

Kristina Koprivc

Učinkovine: kisli polisaharidi, ogljikovi hidrati (sluz, inulin), flavonoidi (flavonol-kvercetin, kaempferol), tanini, grenke snovi, holin, parafin, fitosteroli (sitosterol, stigmasterol, taraksasterol), triterpeni (amirin), seskviterpeni (tusilagon) in eterična olja. **Uporaba:** uporablja se proti kašlju, pa tudi pri astmi, bronhitisu, laringitisu in oslovskem kašlju.

Active ingredients: acidic polysaccharides, carbohydrates (mucilage, inulin), flavonoids (flavonols-quercetin, kaempferol), tannins, bitter substances, choline, paraffin, phytosterols (sitosterol, stigmasterol, taraxasterol), triterpenes (amyrin), sesquiterpenes (tusilagon) and essential oils. *Use:* Used against coughs, as well as asthma, bronchitis, laryngitis and whooping cough.



Plahatica Lady's mantle
Alchemilla vulgaris
Ilustracija Illustration:
Silva Polajžer

Plahatica raste na vseh celinah. Že od davnih časov je bilo zelišče posvečeno Devici Mariji, kristjani so namreč verjeli, da so listi podobni njenemu plašču, saj se spodaj svetijo. **Učinkovine:** plahatica lahko pripomore k dobremu počutju žensk pred in med menstruacijo. Med drugimi pozitivnimi učinki je tudi pomoč pri slabokrvnosti. Kopeli se uporabljajo za krepitev srca in okončin pri bolnih otrocih. V kopol se doda približno 200 g rastline. Učinkovine plahitice prispevajo k dobri prebavi. Zelišče je koristno tudi za zanemarjene razjede, gnojne rane, drenažo, krepitev srca in vročino. Naši predniki so jo uporabljali pri hernijah in zaradi njegovih spazmolitičnih lastnosti tudi pri epilepsiji. Plahatica je dragoceno zelišče, ki so ga uporabljali tudi pri multipli sklerozii. **Uporaba:** v četrt litra vode dajte veliko žličko čaja in ga pustite, da se za kratek čas namaka. Pijte 1-4 krat na dan, 250 ml. Nekateri viri ne priporočajo pitja med nosečnostjo.

Lady's mantle grows on all continents. Since ancient times, the herb has been dedicated to the Virgin Mary, because Christians believed that the leaves are similar to her mantle, as they shine underneath. Effects: Lady's mantle can contribute to the well-being of women before and during menstruation. Among other positive effects is also help with anemia. Baths are used to strengthen muscles and limbs in sick children. About 200 g of the plant is added to the bath. The active ingredients contribute to good digestion. The herb is also useful for neglected ulcers, purulent wounds, drainage, strengthening the heart and fever. Our ancestors used it for hernias and, due to its spasmolytic properties, also for epilepsy. Lady's mantle is a valuable herb that was also used in multiple sclerosis. Use: Put a large spoonful of leaves in a quarter liter of water and let it soak for a short time. Drink 1-4 times a day, 250 ml. Some sources do not recommend drinking it during pregnancy.



Regrat, navadni Dandelion
Taraxacum officinale
Ilustracija illustration:
Zlatka Solinc

Zgodaj spomladi regrat požene pritlične, podolgovate in močno nazobčane liste. Iz osrednje listne rozete zraste eno do več pokončnih votlih stebel, visokih 5 do 30 cm, ki imajo v sebi bel mleček. Steblo nosi do 5 cm širok cvetni košek, sestavljen iz izključno rumenih jezičastih cvetov. Ko regrat odcveti, se iz vsakega oplojenega cveta razvije puhast plod, ki tvori lepo okroglo »lučko«. Ta je sestavljena iz posameznih semen z dežnikasto koudljico. **Učinkovine:** za izboljšanje slabe prebave in spodbujanje apetita uporabljamo predvsem korenino. Uporabljamo jo lahko tudi kot dodatno zdravljenje pri slabšem delovanju jeter in žolčnika, pri jetrnih boleznih, ob žolčnih kamnih, vnetju žolčnika, zlatenici. **Uporaba:** uživanje regratovih listov je koristno pri zastajanju vode v telesu, motnjah v delovanju ledvic in mehurja, celulitu, revmatskih obolenjih in čezmerni teži. **Uporabni deli:** korenina (radix), zel (herba).

In early spring, dandelions sprout ground-level, elongated and strongly toothed leaves. From the central rosette of leaves grow one to several upright hollow stems, 5 to 30 cm high, which have white sap inside. The stem bears a flower cluster up to 5 cm wide, consisting of exclusively yellow tongue-shaped flowers. When the dandelion blooms, each fertilized flower develops a fluffy fruit that forms a beautiful round "light". This consists of individual seeds with an umbrella-shaped codule. Effects: We mainly use the root to improve poor digestion and stimulate the appetite. It can also be used as an additional treatment for poor liver and gallbladder function, liver diseases, gallstones, inflammation of the gallbladder, and jaundice. Use: Consuming dandelion leaves is useful for water retention in the body, kidney and bladder dysfunction, cellulite, rheumatic diseases and excess weight. Useful parts: root and leaves.



Plešec Shepherd's purse
Capsella bursa-pastoris
Ilustracija Illustration:
Marjana Zupanc

Mesec, plevelka, škofove kapice, divja repica, kobulica, lušec, plešic, riženica, škorbotec, stanovnik, taška, srče. **Učinkovine:** vsebuje holin, acetilholin, prolin, histamin, tiramin, diosmin, čreslovine, lahko hlapljivo olje, smolo, vitamin C, sladkor, saponine, alkaloide, flavonoide, organske in anorganske kisline, maščobno olje. **Uporaba:** pri zaustavljanju krvavitve, je antiseptik in diuretik uporablja se za zdravljenje mehurja, deluje protivnetno.

Known as: Moon, weed, bishop's caps, wild canola, sedge, scallion, heart
Active ingredients: contains choline, acetylcholine, prolins, histamine, tyramine, diosmin, tannins, slightly volatile oil, resin, vitamin C, sugar, saponins, alkaloids, flavonoids, organic and inorganic acids, fatty oil. **Use:** when stopping bleeding, it is an antiseptic and diuretic, it is used to treat the bladder, it has an anti-inflammatory effect.

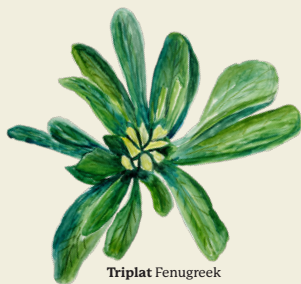


Rumeni dren, drnulja Cornel
Cornus mas
Ilustracija Illustration:
Kristina Koprivc

Divja sadna vrsta z užitnimi plodovi, ki jih imenujemo drnulje so po navadi temno rdeče barve, poznamo pa tudi sorte z rumenimi in oranžnimi plodovi. Nekateri postanejo sladke in primerne za obiranje šele po prvi slani ali sušenju, spite druge lahko uporabimo konec poletja direktno iz dreves saj so primerne za sveže uživanje.

Učinkovine: drnulle, ki niso primerne za sveže uživanje ali jih nismo uspeli vseh pojesti, lahko predelamo. Marmelada je izredno okusna, sladko kislega okusa. Pripravimo lahko tudi omake kot prilogo k mesu, kompote, jih kandiramo ali predelamo v likerje in vino. Plodove sušimo na soncu in jih nato namočimo v čaj, ki pomaga proti črevesnim boleznim in pomirja prebavo. Poleg plodov za čaj sušimo tudi liste. **Uporaba:** zdrav kot dren ni samo pregovor, temveč pomeni dobro cirkulacijo in delovanje telesa. Po pitju čaja rumenega dreva ima človek tudi do štirikrat več energije.

Wild fruit species with edible fruits, which we call cornel or cornelian cherry, are usually dark red in color, but we also know varieties with yellow and orange fruits. Some become sweet and suitable for harvesting only after the first salting or drying, while others can be harvested directly from the trees at the end of summer, as they are suitable for fresh consumption. Active ingredients: The pulp that is not suitable for fresh consumption or that we did not manage to eat all of them can be processed. The marmalade is extremely tasty, with a sweet and sour taste. We can also prepare sauces as a side dish for meat, compotes, candied or processed into liqueurs and wine. The fruits are dried in the sun and then soaked in tea, which helps against intestinal diseases and soothes digestion. In addition to the fruits for tea, we also dry the leaves. Use: Healthy as a cornel is not just a slovene saying, it means good circulation and functioning of the body. After drinking cornel tea, a person has up to four times more energy.



Triplata Fenugreek
Trigonella foenum-graecum
Ilustracija illustration:
Zlatka Šolinc

Ljudsko ime: grško seno, sabljasti triplata. **Učinkovine:** semena vsebujejo 20–30 % sluzi, veliko beljakovin (25 %) in maščobnega olja. Poleg tega so v semenu še eterično olje, trigonelin, grenčine, flavonoidi, steroli, holin, steroidni saponini in mineralne snovi (fosfor, železo, kalij). **Uporaba:** povečuje apetit in spodbuja prebavo, znižuje raven holesterola v krvi in vpliva na znižanje krvnega sladkorja. Pospešuje presnovo in deluje splošno

razstrupljevalno, saj spodbuja delovanje ledvic in jeter.

Known as: greek hay, saber triplet. **Effects:** The seeds contain 20-30 % mucilage, a lot of protein (25 %) and fatty oil. In addition, the seed contains essential oil, trigonelline, bitters, flavonoids, sterols, choline, steroid saponins and minerals (phosphorus, iron, potassium). **Use:** Increases appetite and stimulates digestion, lowers blood cholesterol levels and lowers blood sugar, accelerates metabolism and acts as a general detoxifier, as it stimulates kidney and liver function.



Pehteran Tarragon
Artemisia dracunculus
Ilustracija illustration:
Silva Polajžer

Prvi zapisi o pehteranovi vlogi v kuhinjski segajo v 9. stoletje. Veljal je tudi kot zaščitnik pred kačami in drugimi plazilci, zakar so mu nadedli ime zmajovo zelišče. Popotniki in romarji so si z njim pomagali pri utrjenih nogah s tem, da so ga vtikali v obuvalo. Ker ima nekoliko antiseptičnih učinkov, so z njim preprečevali, da bi prišlo do okužbe stopal. **Ljudsko ime:** estragon, betram, torkanj. **Učinkovine:** pehteran ima tudi nekatere pozitivne učinke na zdravje. V te namene ga je priporočljivo uživati svežega ali v obliki poparka. Deluje protivnetno, hkrati pa je odlično sredstvo pri spopadanju s črevesnimi zajedavci in glistami. Spodbuja apetit in deluje kot rahlo odvajalo. Pomaga pri težavah s prebavo in prebavili. Blaži želodčne krče in spodbuja izločanje žolča. **Uporaba:** pehteran uporabljamo predvsem kot začimbo oziroma dodatek k jedem. V našem prostoru je najbolj znana jed, v katero ga dodamo, pehteranova potica.

The first records of tarragon's role in cuisine date back to the 9th century. It was also considered a protector against snakes and other reptiles, which is why it was given the name dragon herb. Travelers and pilgrims used it to help their tired feet by inserting it into their shoes. Since it has a somewhat antiseptic effect, it was used to prevent foot infections. Known as: estragon, dragon herb. **Active ingredients:** Tarragon

also has some positive effects on health. For these purposes, it is recommended to consume it fresh or in the form of an infusion. It has an anti-inflammatory effect, and at the same time it is an excellent tool for dealing with intestinal parasites and worms. Stimulates appetite and acts as a mild laxative. It helps with digestion and digestive problems. Relieves stomach cramps and stimulates the secretion of bile. **Use:** Tarragon is mainly used as a spice or food additive. In our area, the most famous dish to which it is added is tarragon potica cake.



Žajbelj Sage
Salvia officinalis
Ilustracija illustration:
Silva Polajžer

V srednjem veku je žajbelj poleg vinske rutice, čistca in trpotca užival velik ugled. Veljal je kot sredstvo za podaljšanje življenja in preganjanje demonov. Že takrat so izdali knjigo, ki na 400 straneh opisuje samo njegovo zdravilnost. Prebivalci Sredozemlja, kjer je njegova domovina, pa so ga kot zdravilno rastlino in začimbo poznali in cenili že veliko prej. **Učinkovine:** deluje antiseptično, baktericidno, fungicidno in virustično; zavira nastanek vnetij in deluje protivnetno; olje se uporablja pri vnetnih obolenjih ustne votline in žrela v obliki izpiranja in grgranja; zmanjšuje delovanje znojnih žlez; uporablja se pri vetrovih, vnetju črevesne in želodčne sluznice.

In the Middle Ages, sage enjoyed a high reputation, along with the vine, and the plainain. It was considered a means of prolonging life and exorcising demons. Even then, they published a book that describes only its medicinal properties in 400 pages. The inhabitants of the Mediterranean, where it is native, have known and appreciated it as a medicinal plant and spice long before. Effects: Works antiseptic, bactericidal, fungicidal and virustatic; inhibits the formation of inflammation and has an anti-inflammatory effect; the oil is used for inflammatory diseases of the oral cavity and throat in the form of rinsing and gargling; reduces the activity of sweat glands; it is used for wind, inflammation of the intestinal and stomach mucosa.



Pegasti badelej Milk thistle
Silybum marianum L.
Ilustracija Illustration:
Marjana Zupanc

Marjinj osat, bodika, oštropec, izvira iz Sredozemlja, je avtohtona rastlina sredozemskih in balkanskih regij. **Učinkovine:** flavonoidi, flavonolignani (silymarin) in mastno olje. **Uporaba:** za zdravljenje toksičnih okvar jeter in kot dodatno sredstvo pri kroničnih vnetjih in cirozi jeter.

Mary's thistle originates from the Mediterranean, is an autochthonous plant of the Mediterranean and Balkan regions. Active ingredients: flavonoids, flavonolignans (silymarin) and fatty oil. Use: for the treatment of toxic liver damage and as an additional agent for chronic inflammation and cirrhosis of the liver.



Ameriški slamniki Purple coneflower
Echinacea purpurea
Ilustracija Illustration:
Marjeta Stražar

Učinkovine: lahko pomagata pri naravni krepitvi odpornosti, saj podpira pravilno delovanje imunskega sistema. Ugodno lahko prispeva k lažšanju draženja in vnetij ustne votline, žrela, grla in glasilk, zaradi česar ga uporabljamo predvsem za podporo dihal pri prehladnih obolenjih. Priporome

lahko tudi k ohranjanju zdravja spodnjih sečil. **Uporaba:** za pripravo čajnega poparka potrebujemo 1-2 grama posušene korenine, ki jo prelijemo z 250 ml vrele vode in pustimo stati do 15 minut. Odcedite in pijte mlačno 2-krat na dan. Poparek mora biti vedno čim bolj svež. Upoštevaty je treba pravilo, da med pripravo ne smemo uporabljati kovinskih predmetov.

Effects: It can help in the natural strengthening of immunity by supporting the proper functioning of the immune system. It can favorably contribute to the relief of irritation and inflammation of the oral cavity, pharynx, larynx and vocal cords, which is why it is mainly used to support the respiratory tract in colds. It can also help maintain the health of the lower urinary tract. Use: To prepare a tea infusion, we need 1-2 grams of dried root, pour it with 250 ml of boiling water and let it stand for up to 15 minutes. Drain and drink lukewarm 2 times a day. The infusion should always be as fresh as possible. It is necessary to observe the rule that metal objects should not be used during preparation.



Rman, navadni Yarrow
Achillea millefolium
Ilustracija Illustration:
Dolores Ptičar

Arman, hrman, jeziček, jermanec, kaček, izvira iz Azije, Evrope in Severne Amerike. **Učinkovine:** grenčina (ahilein), eterično olje, čreslovine, smola, inulin, asparagin, gumi in različni minerali (predvsem kalij). Klorofil te rastline vsebuje neko snov, ki je podobna vitaminu A. **Uporaba:** lajšanje prebavnih težav, kot so prebavni krči, pomanjkanje apetita, napihnjenost in napenjanje, blažje bolečine in krčev (pri bolečih menstruacijah).

Yarrow originates from Asia, Europe and North America. Active ingredients: bitter (achilein), essential oil, tannins, resin, inulin, asparagine, gum and various minerals (mainly potassium). The chlorophyll of this plant contains a substance similar to vitamin A. Use: relief of digestive problems such as digestive cramps, lack of appetite, bloating and flatulence, relief of pain and cramps (for painful periods).



Melisa Lemon balm
Melissa officinalis
Ilustracija Illustration:
Mirjam Drešček

Učinkovine: pripomore k ohranjanju dobrega razpoloženja, k boljшему duševnemu in telesnemu počutju, ter mirnemu spancu. Ugoden učinek lahko ima na prebavo. Blagodejno deluje na ustno votlino, žrelo, grlo in glasilke. Pripomore lahko tudi k dobremu krvnemu obtoku in podpira vzdrževanje naravnega hormonskega ravnovesja. **Uporaba:** v ljudskem zdravilstvu se uporablja kot pomirjevalo pri tesnobi, blagem nemiru ali depresiji in nespečnosti. Damo ga za zdravljenje srčnega utripa, ki ga povzroča stres ali živčno razdraženost. Otrokom ga dajemo kot pomirjujoče sredstvo pri pomanjkanju apetita, prebavnih motnjah, za lajšanje krčevitih bolečin v prebavilih, povezanih z napihnjenostjo, zakisanostjo in nelagodjem. Zmečkane liste ali tinkturo lahko vmasirate pri glavobolih ali migrenah. Zunanje se uporablja tudi za obloge in kopeli pri revmatoidnem artritisu, modricah in oteklinah. Je odlična izbira za vnetne procese na koži. Odrezan del rastline se pojavlja v čajnih mešanica.

Effects: Helps maintain a good mood, better mental and physical well-being, and peaceful sleep. It can have a beneficial effect on digestion. It has a beneficial effect on the oral cavity, pharynx, larynx and vocal cords. It can also contribute to good blood circulation and support the maintenance of natural hormonal balance. Use: In folk medicine, it is used as a sedative for anxiety, mild restlessness or depression and insomnia. It is given to treat heart palpitations caused by stress or nervous irritation. It is given to children who suffer from a lack of appetite, indigestion, to relieve spasmodic pain in the gastrointestinal tract associated with bloating, acidity and discomfort. Crushed leaves or tincture can be massaged for headaches or migraines. It is also used externally for poultices and baths for rheumatoid arthritis, bruises and swellings. It is an excellent choice for inflammatory processes on the skin. The cut part of the plant appears in tea blends.



Baldrijan Valerian
Valeriana officinalis
Ilustracija Illustration:
Silva Polajžer

Ljudsko ime: božastnica, mačja trava, srčna zel, mrtvični koren, odolín, zdravilna špajka **Učinkovine:** vsebuje eterična olja, alkaloide in valerensko kislino. Njegove učinkovine delujejo antidepresivno **Uporaba:** baldrijan se uporablja za lajšanje težav kot so: nemir, razdražljivost, stres ter blage motnje spanja. Uporablja se ga predvsem v obliki čaja.

Known as: St. John's wort, Catnip, Heartwort, healing glue **Active ingredients:** contains essential oils, alkaloids and valeric acid. Its effects have an anti-depressant effect. **Use:** Valerian is used to relieve problems such as restlessness, irritability, stress and mild sleep disorders. It is mainly used in the form of tea.



Materina dušica Wild thyme
Thymus serpyllum
Ilustracija Illustration:
Marjana Zupanc

Divji timijan, bukovca, dušek, materinka je samonikla rastlina, ki je razširjena po Evropi, Aziji, severni Afriki in Severni Ameriki. **Učinkovine:** glavni sestavini sta fenolni spojini timol in karvakrol. V olju so še številni drugi monoterpeni, kot so cincol, geraniol, boneol in linaool. **Uporaba:** pomaga pri prehladnih obolenjih, izboljšuje prebavo, spodbuja izločanje urina (diuretik).

Wild thyme, beech tree, motherwort is a wild plant that is widespread in Europe, Asia, North Africa and North America.

Active ingredients: The main ingredients are the phenolic compounds thymol and carvacrol. There are many other monoterpenes in the oil, such as cincol, geraniol, boneol and linaol. **Use:** Helps with colds, improves digestion, stimulates urine output (diuretic).



Dobra misel Oregano
Origanum vulgare
Ilustracija Illustration:
Jožica Zapušek

Dobra misel, poznana tudi pod imenom divji majaron, divji origano, tosta je trajnica, ki so jo poznali že stari Grki in so jo poimenovali Orosganos, kar v prevodu pomeni gorsko veselje. Rastlina je bila poznana tudi v srednjem veku in so verjeli, da ščiti pred čarovicami in hudicem. **Učinkovine:** dobra misel je nepogrešljiv del domače zeliščne lekarne in pomaga pri lajšanju težav z revmo, podobno kot kava poživilja, preganja utrujenost, pomaga pri hripavosti, zmanjšuje napihjenost, spodbuja prebavo, razkužuje prebavila. **Uporaba:** dobra misel ni le zdravilna rastlina, ampak je dobro poznana tudi kot začimba. Še posebej v grški in italijanski kuhinji. Odlično se poda k testeninam, k paradizniku ter k jedem iz paradiznika, k pečenki, enolončnicam in v solati.

Good thought, also known as wild marjoram or wild oregano, is a perennial plant that was already known to the ancient Greeks and was called Orosganos, which translates as mountain joy. The plant was also known in the Middle Ages and was believed to protect against witches and the devil. Active ingredients: A good thought is an indispensable part of the home herbal pharmacy and helps to relieve problems with rheumatism, just like coffee invigorates, fights fatigue, helps with hoarseness, reduces bloating, stimulates digestion, disinfects the digestive system. **Use:** Good thought is not only a medicinal plant but is also well known as a spice. Especially in Greek and Italian cuisine. It goes perfectly with pasta, with tomatoes and tomato dishes, with roasts, stews and in salads.



Meta Mint
Mentha
Ilustracija Illustration:
Dolores Ptičar

Učinkovine: v ljudskem zdravilstvu se meta uporablja za drenažo, pomiritev kože (v kombinaciji s kafro po pikih žuželk), pri bolečinah v želodcu in pomanjkanju apetita, za pomiritev prebavnih motenj, za lajšanje prehlada in praskanja v glavo ter za odganjanje škodljivih žuželk (repellent). **Uporaba:** lokalna uporaba olja poprove mete na prsih ali okoli obraza je priporočljiva za majhne otroke, da povečajo količino vdihanega zraka, zmanjšajo krče bronhijev in akutne težave z dihalo, povezane tudi z alergijskimi težavami. Iz suhe in sveže mete se pripravi poparek (lužimo približno 10–15 minut), ki ga lahko pijemo 2–3-krat na dan. Čisto eterično olje lahko nakapamo v čaj ali navadno vodo po 10–15 kapljic ali na kocko sladkorja. Podobno ga lahko nakapamo na kožo in jo nežno masiramo. Posušeni ali sveži listi, ki vsebujejo mentol, se uporabljajo pri kuhanju in v kuhinjariki. Listi imajo svež, sladek okus s hladilnim priokusom.

Effects: In folk medicine, mint is used for drainage, to soothe the skin (in combination with camphor after insect bites), for stomach pain and lack of appetite, to soothe indigestion, to relieve colds and scratchy throats, and to repel harmful insects (repellent). **Use:** Local use of peppermint oil on the chest or around the face is recommended for young children to increase the amount of inhaled air, reduce bronchial spasms and acute respiratory problems, also associated with allergic problems. An infusion is prepared from dry and fresh mint (steep for about 10-15 minutes), which can be drunk 2-3 times a day. You can add 10-15 drops of pure essential oil to tea or plain water or to a sugar cube. Similarly, it can be dripped onto the skin and gently massaged. Dried or fresh leaves containing menthol are used in cooking and in the culinary arts. The leaves have a fresh, sweet flavor with a cooling aftertaste.

O divji kulinariki

WILD CULINARY OF THE LOCAL AREA

Karmen Gajšek





Hribovit, gričevnat in ravninski svet med Savo, Savinjo in Sotlo oz. ožje - ob reki Sotli ter Bistrici je imenovan kot območje Kozjanskega in Obsotelja. Območje je znano po bogati, raznoliki in še precej neokrnjeni naravi, zato je v osrčju tudi zavarovano kakor največji slovenski regijski park – Kozjanski park. Dragoceni naravni viri obrečnih, travniških, gozdnih habitatov in mejic ljudem ter živalim od pradavnine omogočajo preživetje, v sodobnem času pa poleg pridelave dodatno zmožnost samooskrbe - dostop do t. i. lokalnih superživil in kulinarčnih posebnosti pod imenom divja hrana. Gre za pripravo različnih jedi in pripravkov, narejenih iz divjih užitnih in zdravnih rastlin pa tudi gob s samoniklih rastišč ali tudi obdelanih površin (t. i. koristni pleveli). Užitne divje rastline v sebi nosijo v povprečju 3-4-krat več vitaminov, mineralov in drugih bioaktivnih učinkovin, ki rastlinam omogočajo življenje, človeku pa krepitev in ohranjanje zdravja.

Gre za preplet starodavnega znanja o preživetju v naravi in zeliščarstvu, tradicionalnih navad ljudi in novodobnega načina življenja. Med

The hilly, rolling, and flat lands between the Sava, Savinja, and Sotla rivers, or more specifically – along the Sotla and Bistrica rivers, are known as the Kozjansko and Obsotelje region. The area is renowned for its rich, diverse, and largely unspoiled nature, which is why at its heart lies Slovenia's largest regional park – Kozjanski Park. The precious natural resources of riparian, meadow, forest habitats, and hedgerows have made it possible for people and animals to survive since ancient times. In modern times, in addition to cultivation, they provide an additional capacity for self-sufficiency – access to so-called local superfoods and culinary specialties, the wild food. This involves the preparation of various dishes and concoctions made from wild edible and medicinal plants, as well as mushrooms from wild habitats or cultivated areas (useful weeds). Edible wild plants contain on average 3-4 times more vitamins, minerals, and other bioactive compounds that enable plants to survive and humans to strengthen and maintain health.

It's a blend of ancient knowledge about survival in nature and

lokalnimi jedmi so tako pogoste divje zeliščne solate (solata iz regrata in/ali njegovih sorodnic radičevk – svinjak, otavčič, škrbinka ...; solata s čemažem namesto česna, solata iz vrtnega plevela z okusom po mladi koruzi: navadna zvezdica (domače ime: kurja črevca), solata iz mladih lipovih listov ali tudi mladih bukovih listov ter listov kislice). Korenine užitnih rastlin so bile prav tako pogosto uporabljene v solatah ali pa posušene, pražene ter zmlete v prah za pripravo domače “kave” – posebej znano iz navadnega potrošnika ali cikoriije ter regrata. Odlične so juhe z divjimi rastlinami (“vodenikina žüpa” – juha iz mehkega osata ali po domače vodenike; čemaževa juha, rmanova juha s krompirjem, t. i. “špinača” iz kopriv. Pripravimo lahko “limonado” iz kislice in zajčje deteljice ali napitek iz strašnice ... Zelo priljubljene so gobje jedi - z jurčki, lisičkami, dedci - pečene, črnimi trobentami – v kašah in rižotah, ocvrte marele, sirovke in golobice na žaru, v kis vložene vijoličaste kolesnice ipd. Z gobami pa se odlično poda tudi svež trpotec in delček mrtvih kopriv. V regiji je znano nabiranje gozdnih jagod, divjih malin, borovnic, šipka, divjih češenj, robid, trnulj - črnega trna in drnulj (za sveže uživanje, marmelade, sirupe, peko sladice, namakanje v žganje, sušenje za čaj) ... Rumeni dren je simbol območja, posebej pilštanjskega in še danes prebivalci radi koristijo njegove plodove v zgoraj opisane namene. V času velike noči kot glavni akter zdravilnih darov narave nastopi korenina hrena in s tem slavje prihoda pomladi ter prvih užitnih, zdravilnih cvetlic: pljučnik, trobentice, vijolice, lapuh ... - vse uporabne za dodatke solatam, okraševanje hrane, zdravilne

herbalism, traditional habits of people, and modern lifestyle. Wild herbal salads are common, including dandelion salad and/or its chicory relatives – cats ears, autumn hawkbit, cabbage thistle; salad with wild garlic instead of garlic, salad from garden weeds with a taste of young corn: common chickweed, salad from young linden leaves or young beech leaves and sorrel leaves. Roots of edible plants were also frequently used in salads or dried, roasted, and ground into powder for making homemade “coffee” – particularly from chicory and dandelion. Excellent soups with wild plants include soft thistle soup, wild garlic soup, yarrow soup with potatoes, “spinach” from nettles. You can prepare “lemonade” from sorrel and wood sorrel or a drink from burnet. Mushroom dishes are very popular - with porcini, chanterelles, king oyster mushrooms - fried, black trumpets - in porridge and risottos, fried parasol mushrooms, grilled milk-caps and russula, pickled wood blewit etc. Fresh plantain and a bit of white deadnettle go excellently with mushrooms. The region is known for gathering forest strawberries, wild raspberries, blueberries, rose hips, wild cherries, blackberries, black thorn, and cornelian cherries – for fresh consumption, jams, syrups, baking desserts, soaking in brandy, drying for tea. The cornelian cherry is a symbol of the area, especially in Pilštanj, and locals still use its fruits for the purposes listed above. During Easter, horseradish root takes center stage as the main actor of nature’s medicinal gifts, celebrating the arrival of spring and the first edible, medicinal flowers: lungwort,

praške, sirupe, čaj idr. Zaključek velikonočnega časa in pastirsko praznovanje pomladi ter ob binkoštih je čas za tradicionalno peko cvrkov iz cvetov bezga in akacije oz. pravilno – robinije. Ti cvetovi kot mnogi drugi deli užitnih rastlin so odlični tudi v palačinkah ali šmornu, poticah, slanih zelenjavnih jedeh (pitah), surovem cvetnem napitku in čaju.

Območje s svojo razgibano pokrajino in izredno biotsko pestrostjo sodi med pomembne naravne in ekološko bogate predele Slovenije. Ogromno znanja in veščin o naravnih dobrinah okrog nas je izgubljenih, zato je ključnega pomena ponovno učenje – usvajanje starih modrosti, do katerih lahko še dostopamo, ter upoštevanje novih dognanj za bogastvo vsakdana in trajnostno prihodnost človeka. Danes naša območja naseljujejo tudi mnoge t. i. tujerodne invazivne rastlinske vrste, ki izpodrinjajo življenjski prostor avtohtonemu rastlinstvu – vendar sočasno mnoge od teh predstavljajo tudi izredno hranilne, zdravilne ali drugače uporabne rastline, ki predstavljajo neizkoriščen potencial. Dober tek z vloženi poganjki japonskega dresnika, popraženo zlato rozgo in pečenimi gomolji topinamburja; za zdravilni okras še cvetovi nedotike in enoletne suholetnice. Če vas pestijo kakšne prebavne težave, pa na zdravje s tinkturo ambrozije!

Opozorilo: uživanje zelišč, divjih zelišč, gob in receptov v tej knjižici je na lastno odgovornost.

primroses, violets, coltsfoot – all usable as salad additions, food decoration, medicinal powders, syrups, tea etc. The end of the Easter season and the shepherds' celebration and Pentecost, is the time for traditional frying of elderflower and acacia (black locust) fritters. These flowers, like many other parts of edible plants, are also excellent in pancakes or Kaiserschmarrn, cakes, savory vegetable dishes (pies), raw flower drinks, and tea.

The area, with its diverse landscape and extraordinary biodiversity, is among the important natural and ecologically rich regions of Slovenia. A vast amount of knowledge and skills about the natural resources around us has been lost, so it is crucial to relearn – acquire old wisdom that we can still access and consider new findings for the richness of everyday life and a sustainable human future. Today, our areas are also inhabited by many non-native invasive plant species that displace the habitat of indigenous flora. However, at the same time, many of these represent extremely nutritious, medicinal, or otherwise useful plants that represent an untapped potential. Enjoy your meal with pickled Japanese knotweed shoots, sautéed goldenrod, and baked Jerusalem artichoke tubers; for healthy decoration, add flowers of touch-me-not and annual fleabane. If you're troubled by any digestive issues, cheers with ragweed tincture!

Disclaimer: consumption of herbs, wild herbs, mushrooms, and recipes in this booklet is at your own risk.



Slovenski
partnerji

SLOVENE PARTNERS

1

LAS Od Pohorja do Bohorja
LAG From Pohorje to Bohor

EKO Zeliščna
kmetija Kalan

ECO Herb Farm Kalan

Iz majhnega zraste veliko in družina Kalan je to vzela zares. Svojo strast do zelišč spremenila v poklic in se začela profesionalno ukvarjati z nabiranjem zelišč za trg.

Postali so prva registrirana zeliščna kmetija v Sloveniji, ki se izključno ukvarja s pridelavo in predelavo zdravilnih in aromatičnih rastlin. Vključeni so tudi v ekološko kontrolo. Kot pionirji na področju zeliščarstva so posegli tudi na urejanje zakonodaje, ki ureja pridelavo zelišč v samostojni Sloveniji. Začeli so urejati zakonsko podlago o statusu pridelovalcev, dopolnilni dejavnosti na kmetiji, davčni zakonodaji s področja pridelave in predelave zelišč in NPK zeliščar pridelovalec. Ustanovili so tudi društvo Arnika, ki združuje pridelovalce in predelovalce zdravilnih zelišč v Sloveniji.

Danes so še vedno največja zeliščna kmetija v Sloveniji in pridelujejo skoraj 50 različnih zelišč, ki jih sami prodajajo s svetovanjem o uporabi in pripravi.



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From small things grow big things and the Kalan family took this to heart. They turned their passion for herbs into a profession and began to professionally collect herbs for the market.

They became the first registered herbal farm in Slovenia, which exclusively deals with the cultivation and processing of medicinal and aromatic plants. They are also included in organic control. As pioneers in the field of herbalism, they contributed to the regulation of the legislation governing the cultivation of herbs in Slovenia. They began to regulate the legal basis on the status of growers, complementary activities on the farm, tax legislation in the field of herb production and processing, and National Vocational Qualification. They also founded the Arnika association, which brings together growers and processors of medicinal herbs in Slovenia.

Today, they are still the largest herb farm in Slovenia and grow almost 50 different herbs, which they sell themselves with counselling on use and preparation.

Ekokmetija *Habjan*

ECO Farm Habjan

V zavetju grajskega hriba, na pragu mesta Celje je Ekokmetija Habjan, na kateri se že od leta 2008 kmetuje na strogo nadzorovan ekološki način. Ukvarjajo se s pridelavo zelenjave in živinorejo ter pridelujejo skoraj 30 vrst različne zelenjave. Naročeno zelenjavo, nabrano tik pred dostavo, dostavljajo vrtcem in šolam ter različnim mrežam skupnostnega naročanja, tudi lokalnim hotelom, gostincem in trgovinam. Po vnaprej naročeno zelenjavo lahko potrošniki pridejo tudi na domačijo, ali pa jim jo dostavijo na dom.

Posebnost ponudbe kmetije je ekološko pridelan česen, iz katerega so med prvimi v Sloveniji ustvarili fermentirani črni česen, ki ga je mogoče najti tudi v nekaterih butičnih trgovinah z zdravo prehrano. Z vključitvijo v projekt Ko zadišijo zeli ... so sledili želji, da kot ekološki pridelovalci zelenjave svojo ponudbo razširijo še z ekološkimi zeliščji. Tako so pričeli pridelovati drobnjak, peteršilj in baziliko.



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In the shelter of the castle hill, at the threshold of the city of Celje, lies the Habjan Eco farm, which has been farming in a strictly controlled organic way since 2008. They are engaged in vegetable production and animal husbandry, growing almost 30 different types of vegetables. They deliver ordered vegetables, harvested just before delivery, to kindergartens and schools, various community ordering networks, as well as local hotels, restaurants, and shops. Consumers can also come to the homestead for pre-ordered vegetables, or have them delivered to their homes.

A specialty of the farm's offer is organically grown garlic, from which they were among the first in Slovenia to create fermented black garlic, which can also be found in some boutique health food stores. By joining the project Do you smell the herbs ... they followed their desire to expand their offer as organic vegetable producers with organic herbs. Thus, they began growing chives, parsley, and basil.



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Plahtica

Na ugaslem ognjeniku na Blatnem Vrh pri Jurkloštru je na 170 let stari domačiji nastal ogleda vreden ekološki keltski zeliščni vrt, ki ga je navdihnili naravno rastišče plahtrice, ki je znana kot zavezница ženskih src. Na kmetiji ekološko pridelujejo več vrst zelišč, iz katerih pripravljajo čaje, tinkture in prehranska dopolnila. Kmetija se poleg zeliščnega vrta dopolnjenega s kolesom medicine, čutno potjo in nebeškim bajerjem, ki ga je navdihnili keltsko označevanje svetih mest v naravi, pohvali z zeliščnim inkubatorjem, kjer se zelišča spreminjajo v inovativne izdelke. Skozi sodelovanje v projektu Ko zadišijo zeli ... je nova pridobitev lesena kad za zeliščne kopeli na prostem in tako je ponudba obogatena z inovativno wellness storitvijo, aromaterapijo. Za ljubitelje narave, zelišč in kulturne krajine je na kmetiji odlično poskrbljeno. V ponudbi kmetije najdete vrsto izdelkov iz zelišč, možnost ogleda zeliščnih vrtov in organizacijo delavnic.

On an extinct volcano at Blatni Vrh near Jurklošter, on a 170-year-old homestead, a noteworthy ecological Celtic herb garden was created, inspired by the natural habitat of lady's mantle, known as an ally of women's hearts. The farm organically grows several types of herbs, from which they prepare teas, tinctures, and food supplements. In addition to the herb garden complemented by the medicine wheel, sensory path, and heavenly pond inspired by Celtic marking of sacred places in nature, the farm boasts a herbal incubator where herbs are transformed into innovative products. Through participation in the project Do you smell the herbs ... a new addition is a wooden tub for herbal outdoor baths, and thus the offer is enriched with an innovative wellness service, aromatherapy. The farm takes excellent care of nature lovers, herb enthusiasts, and cultural landscape admirers. The farm's offer includes various herbal products, the possibility of visiting herb gardens, and workshop organization.

Šola za hortikulturo in vizualne umetnosti Celje

School of horticulture and Visual Arts Celje

Šola za hortikulturo in vizualne umetnosti Celje je prva in najstarejša šola v zgodovini slovenske hortikulture. Skozi svojo dolgo zgodovino je šola vzgojila številne strokovnjake, ki so s svojim znanjem in veščinami bistveno prispevali k hortikulturnemu napredku ter prepoznavnosti hortikulture v Sloveniji.

Šola je s sodelovanjem v projektu tako pridobila nov učni poligon za izobraževanje na področju pridelave ekoloških špargljev kot tudi strokovne podlage za nadaljnji razvoj poklicnega usposabljanja kvalifikacije zeliščar pridelovalec/zeliščarka pridelovalka. Z delavnico "Urbana oprema" pa je šola želela predstaviti, na kakšen način se lahko zelene površine na individualnih in javnih površinah poudarijo z grajenimi prviniami, ki so lahko večnamenske.

The School of Horticulture and Visual Arts Celje is the first and oldest school in the history of Slovenian horticulture. Throughout its long history, the school has educated numerous experts who have significantly contributed to horticultural progress and recognition of horticulture in Slovenia with their knowledge and skills.

Through participation in the project, the school gained a new learning ground for education in organic asparagus production as well as professional foundations for further development of vocational training for the qualification of herb grower. With the "Urban Equipment" workshop, the school wanted to demonstrate how green spaces in individual and public areas can be enhanced with built elements that can be used for multiple purposes.



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Občina Štore

Municipality Štore

Občina Štore se ponaša z eno izmed najlepših slikovitih hribovskih vasic v Sloveniji, Svetino. Poleg zelenih gričev sta podoba krajev v Štorah močno zaznamovali dve gospodarski panogi – rudarstvo in železarstvo.

Poleg industrijske kulturne dediščine je za občino Štore značilna tudi raznolika kulturna krajina, ki nudi odlične naravne pogoje za rast (divjih) zeli. Ob želji, da občane in druge obiskovalce spomnijo na tradicijo zelišč, so v okviru projekta Ko zadišijo zeli ... vzpostavili zeliščno pot, ki povezuje spodnji industrijski del z zgornjim stanovanjskim delom, kjer je upravno središče občine. Pot predstavlja pomembno in varno povezavo, ob njej pa so urejena korita z zasaditvijo različnih zelišč, kar obuja nekoč pomembno tradicijo nabiranja, pridelave in predelave zelišč ter opozarja na značilne divje zeli in zelišča, ki se uporabljajo tudi v lokalni kulinariki (vinska rutica, drobnjak, bazilika ...). Pot je dostopna vsem ranljivim skupinam.

The Municipality of Štore boasts one of the most beautiful picturesque mountain villages in Slovenia, Svetina. In addition to green hills, two economic sectors - mining and ironworking - have strongly marked the image of places in Štore.

Besides industrial cultural heritage, the Municipality of Štore is also characterized by a diverse cultural landscape that provides excellent natural conditions for the growth of (wild) herbs. With the desire to remind citizens and other visitors of the herb tradition, within the project Do you

smell the herbs ... was established a herbal path that connects the lower industrial part with the upper residential part, where the administrative center is located. The path represents an important and safe connection, along which planters with various herbs are arranged, reviving the once important tradition of gathering, growing, and processing herbs, and drawing attention to characteristic wild herbs that are also used in local cuisine (rue, chives, basil...). The path is accessible to all vulnerable groups.



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Občina Laško

Municipality Laško

Občina Laško se ponaša s prepletom naravnih lepot ter bogate zgodovine in turistične ponudbe. Znana je po svojih vrelih zdravilnih voda, ki so prispevali k razvoju dveh termalnih biserov - Thermane Laško in Rimskih term, za katera je značilna raznolika wellness ponudba.

Občina Laško si s projektom Ko zadišijo zeli ... prizadeva za ohranjanje in promocijo lokalne dediščine. V okviru projekta so uredili prireditveni prostor na prostem z zeliščnim vrtom in rudarsko tematsko potjo. S postavitvijo predstavitevni panojev, ki prikazujejo rudarsko dejavnost in zeliščna območja, želijo v občini ozaveščati o pomenu zelišč in pridelavi ter spodbujati ekološko pridelavo in predelavo zelišč. Postavili so tudi štiri pametne klopi, ki obiskovalcem omogočajo sproščujoč oddih in možnost polnjenja mobilnih naprav.

The Municipality of Laško boasts a mix of natural beauty, rich history, and tourist offerings. It is known for its healing water springs that contributed to the development of two thermal pearls - Thermana Laško and Rimske Terme, which are characterized by diverse wellness offerings.

Through the project Do you smell the herbs... the Municipality of Laško strives to preserve and promote local heritage. As part of the project, they arranged an outdoor event space with a herb garden and a mining-themed path. By setting up presentation panels showing mining activities and herbal areas, the municipality aims to raise awareness about the importance of herbs and wild-growing herbs and encourage organic production and processing of herbs. They also installed four smart benches that allow visitors to enjoy a relaxing rest and the possibility of charging mobile devices.



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Občina Podčetrtek

Municipality Podčetrtek

Občina Podčetrtek, kot partner v projektu Ko zadišijo zeli ..., nenehno nadgrajuje turistično infrastrukturo na tematski način. Zeliščna pot je nov turistični produkt v destinaciji Podčetrtek, ki je vreden obiska. Povezuje Terme Olimia z mestnim središčem in gradom, pretežno poteka skozi gozd in je makadamske izvedbe. Pot je tematska, poudarja tradicijo zeliščarstva ter ekološkega kmetijstva z interaktivnimi informacijskimi tablamami, ki jih razvija projektno partnerstvo. Ob poti bo postavljena urbana oprema, ki bo obiskovalce poučila o uporabi zelišč v kulinariki, dvigu odpornosti in aromaterapiji. Občina Podčetrtek slovi po termalnih vrelih, naravnih lepotah ter bogati kulturni dediščini, kar jo postavlja med priljubljene turistične destinacije.

The Municipality of Podčetrtek is continuously upgrading its tourist infrastructure and making it thematic. The Herbal Path is a new tourist product in the Podčetrtek destination that is worth visiting. It connects Terme Olimia with the town center and the castle, mostly running through the forest and is made of gravel. The path is thematic, emphasizing the tradition of herbalism and organic farming with interactive information boards developed by the project partnership. Urban equipment will be placed along the path, educating visitors about the use of herbs in culinary arts, boosting immunity, and aromatherapy. The Municipality of Podčetrtek is famous for its thermal springs, natural beauty, and rich cultural heritage, which makes it a popular tourist destination.



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Zavod za kulturo, turizem in razvoj Rogatec

Institute for Culture, Tourism and
Development Rogatec

Zavod za kulturo, turizem in razvoj Rogatec je na razširjenem območju Muzeja na prostem, ob sprehajalni poti do kamnarske bajte in proti razgledišču, vzpostavil zeliščni vrt pod ekološko kontrolo. Zavod za kulturo, turizem in razvoj Rogatec v projektu sodeluje kot strokovna podpora s področja zeliščarstva in ekološkega certificiranja. Od začetka zasaditve leta 2013 so se vrtovi do leta 2016 obsežno razširili in sedaj na površini 15 arov raste 80 vrst različnih zelišč, tako trajnic kot enoletnic.

Vrtovi so opremljeni z lesenimi tablicami, ki predstavljajo zelišča, kot so drobnocvetni vrbovec, sivka, žajbelj, melisa, kamilica in številna druga. Zelišča uporabljajo za pridobivanje čajev, čajnih mešanic, dišavnic, hidrolatov ter izdelkov naravne kozmetike. Poleg prodaje sadik in svežih zelišč Zavod ponuja zeliščne delavnice, kjer se udeleženci seznanijo z lastnostmi zdravnih zelišč, izdelavo zeliščnih izdelkov in uporabo zelišč v kulinariki, kot so zeliščni sirupi in namazi.

The Institute for Culture, Tourism and Development Rogatec has established a herb garden under ecological control in the extended area of the Open-Air Museum, along the walking path to the stonemason's hut and towards the viewpoint. The Institute for Culture, Tourism and Development Rogatec participates in the project as expert support in the field of herbalism and organic certification. From the beginning of planting in 2013, the gardens were extensively expanded until 2016, and now 80 types of different herbs, both perennials and annuals, grow on an area of 15 ares.

The gardens are equipped with wooden plaques representing herbs such as willowherb, lavender, sage, lemon balm, chamomile, and many others. The herbs are used for producing teas, tea mixtures, aromatics, hydrolats, and natural cosmetic products. In addition to selling seedlings and fresh herbs, the Institute offers herbal workshops where participants learn about the properties of medicinal herbs, the production of herbal products, and the use of herbs in culinary arts, such as herbal syrups and spreads.



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4

LAS Zgornje Savinjske in Šaleške doline

LAG of Upper Savinja and Šalek Valley

Blue Hill – gojenje *sivke*

Blue Hill – Lavender Farm

Delo s pravo sivko se je začelo v letu 2015, ko je bilo na posestvu v Topolšici zasajenih nekaj sto sadik prave sivke. Kmetija se nahaja na 630 metrov nadmorske višine v Topolšici. Za pot od polja do izdelka poskrbita ambiciozna lastnika sama in z ekološkim načinom pridelave oplemenitita svoje poslanstvo. Žetev na kmetiji je opravljena ročno, ko je sivka v polnem razcvetu, kar daje čebelam, čmrljem in metuljem dovolj časa, da opravijo kvalitetno pašo na grmičkih sivke. Ročna žetev zagotavlja visoko kakovost arome in visoko vsebnost učinkovin, zato je tudi kvaliteta končnega izdelka visoka. Izdelki iz sivke so od leta 2020 tudi mednarodno ocenjeni. V zadnjih letih so izdelki prejeli 3 šampijone kakovosti za Kulinarično sivko, Sivkin sirup in BIO mazilo za obraz. Ostali izdelki so prejeli zlata priznanja, ki potrjujejo prizadevanja za doseglo najvišje kakovosti.

Work with lavender began in 2015 when several hundred saplings of real lavender were planted on the estate in Topolšica. The farm is located 630 meters above sea level in Topolšica. Ambitious owners themselves take care of the journey from the field to the product and refine their mission with an organic method of cultivation. Harvesting on the farm is done by hand when the lavender is in full bloom, which gives bees, bumblebees and butterflies enough time to perform quality grazing on the lavender bushes. Hand harvesting ensures a high quality of aroma and a high content of active ingredients, which is why the quality of the final product is also high.



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Since 2020 lavender products have also been evaluated internationally. In recent years, the products have received 3 quality champions awards for Culinary lavender, Lavender syrup and BIO face ointment. Their other products received gold awards, confirming the efforts to achieve the highest quality.

Ekološka kmetija *Potočnik Poprask*

Organic Farm *Potočnik Poprask*

Ekološka kmetija *Potočnik Poprask* je družinska kmetija, ki se nahaja v hribovitem predelu Skorna, med Šoštanjem in Šmartnim ob Paki. Mlada gospodarja sta obogatila tradicionalno dejavnost s svežimi idejami in razširila obstoječo ponudbo na eni izmed prvih ekoloških kmetij v Šaleški dolini. Kmetija *Potočnik Poprask* je ponosna nosilka ekološkega certifikata že od leta 2003, ki potrjuje, da so njihovi sadni, zeliščni in pekovski izdelki preverjeno vrhunske kakovosti iz zdravih lokalnih sestavin. Ponudbo že nekaj časa bogatijo izdelki iz zelišč, predvsem osvežilni sirupi, ki jih ponujajo tako na domu kot v lokalnih trgovinah širom Slovenije. Obiskovalci se lahko seznanijo z gojenimi in samonikli zelišči, ki jih res ne manjka v okolici kmetije, prav tako pa je kmetija vključena v krožno zeliščno pot po Šmartnem ob Paki, kar je še razlog več za obisk.

The organic farm Potočnik Poprask is a family farm located in the hilly area of Skorna, between Šoštanje and Šmartno ob Paki. The two young owners enriched the traditional activity with fresh ideas and expanded the existing offer on one of the first organic farms in the Šalek Valley. Farm Potočnik Poprask has been a proud holder of the organic certificate since 2003, which confirms that their fruit, herbal and bakery products are verified to be of top quality from healthy local ingredients. Their offer has now been enriched by herbal products, especially refreshing syrups, which are offered both at home and in local shops throughout Slovenia. Visitors can learn about cultivated and wild herbs, which there are plenty in the farm's surroundings, and the farm is also included in the circular herb trail around Šmartno ob Paki, just one more reason to give them a visit.



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Občina Šmartno ob Paki

Municipality Šmartno ob Paki

Občina Šmartno ob Paki leži v severovzhodnem delu Slovenije ob stiku treh dolin – Šaleške ter Spodnje in Zgornje Savinjske. S površino približno 18 km² je sicer majhna, a slikovita občina, ki se ponaša z bogato zgodovino, kulturno dediščino in naravnimi lepotami. Leži na nadmorski višini okoli 300 metrov in je obkrožena z gričevnatim terenom ter rodovitnimi polji. Skozi občino teče reka Paka, ki je poleg farnega zavetnika sv. Martina občini dala ime. Okolica ponuja številne možnosti za rekreacijo na prostem, kot sta pohodništvo in kolesarjenje ter raziskovanje kulturne in naravne dediščine.

Nabor pohodniških in kolesarskih poti je z letošnjim letom bogatejši za Zeliščno pot, ki ne predstavlja zgolj pohodniške izkušnje, ampak tudi spodbudo k aktivnemu in zdravemu življenju ter trajnostnemu razmišljanju. Povezuje 10 zeliščnih korit, v katerih rastejo zelišča, ki uspevajo v lokalnem okolju. Vsako zelišče ima svojo zgodbo in svoje zdravilne moči, ki se ob koncu poti povežejo v edinstven kulinarični ali kozmetični izdelek.

The municipality of Šmartno ob Paki is located in the northeastern part of Slovenia at the junction of three valleys - Šalek Valley and the Upper and the Lower Savinja Valley. With an area of approximately 18 km², it is a small but picturesque municipality that boasts a rich history, cultural heritage and natural beauty. It lies at an altitude of about 300 meters and is surrounded by hilly terrain and fertile fields. The Paka river flows through the municipality, which, in addition to the patron saint of the parish, St. Martin gave the name to the municipality. The surrounding area offers many opportunities for outdoor recreation, such

as hiking and cycling, as well as exploring cultural and natural heritage.

The range of hiking and cycling trails is richer this year for the Herbal Trail, which is not only a hiking experience, but also an encouragement to an active and healthy life and sustainable thinking. It connects 10 herb beds, in which the herbs from the local environment thrive. Each herb has its own story and its healing powers, which at the end of the journey are combined into a unique culinary or cosmetic product.



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LAS Bogastvo podeželja ob Dravi in v Slovenskih goricah

LAG Richness of rural areas along the river Drava and in Slovenske gorice hills

Zavod za usposabljanje, delo in varstvo Dornava

Institute for training, work and care
Dornava

Zavod za usposabljanje, delo in varstvo dr. Marijana Borštnarja Dornava izvaja dejavnosti za otroke, mladostnike in odrasle osebe z zmerno, težjo in težko motnjo v duševnem razvoju in z dodatnimi motnjami, ki so namenjene doseganju višje kakovosti življenja in varstva vključenih uporabnikov.

Glavni namen projekta Ko zadišijo zeli ... je bil postavitev aroma-terapevtskega parka s ciljem sprostitve in druženja obiskovalcev v prijetnem okolju. Opazovanje narave, zaznavanje prijetnih vonjav in poslušanje blagodejnih zvokov deluje sproščujoče. Gojenje zeli in vrtnarjenje pa ima vrednost tudi v ohranjanju kognitivnih in motoričnih sposobnosti. Dodatno vrednost terapevtski park pridobi z druženjem uporabnikov z zunanji stanovalci, z druženjem z ljudmi iz skupnosti.

The Dr. Marijan Borštnar Institute for Training, Work and Care Dornava carries out activities for children, adolescents and adults with moderate, severe and profound intellectual disabilities and additional disorders, aimed at achieving a higher quality of life and care for the included users.

The main purpose of the project Do you smell the herbs ... was to establish an aroma-therapeutic park with the goal of relaxation and socializing of visitors in a

pleasant environment. Observing nature, perceiving pleasant scents, and listening to beneficial sounds has a relaxing effect. Growing herbs and gardening also have value in maintaining cognitive and motor skills. The therapeutic park gains additional value through the interaction of users with external residents, through socializing with people from the community.



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Turistična kmetija *Lovrec*

Tourist Farm Lovrec

V središču Slovenskih goric v občini Destrnik, stoji v dolini, ki je obdana z vinsko trto, turistična kmetija Lovrec. Z vrha hriba pa nanjo gledata dva apartmajnska kompleksa. Nudijo vam vrhunsko vino in dobrote iz domače kuhinje po predhodnem naročilu, kot so štajerska gibanica, jabolčni štrudelj, narezek z mesom iz tunke, kislá štajerska juha, svinjska pečenka in mnoge druge jedi, ki bodo zagotovo razveselile vaše brbončice. Otroci lahko v družbi staršev uživajo na sprehodu med vinogradi, vožnji s kolesom ali na igralih. Ponujajo pa tudi sprostitev v vročih lesenih kadeh z uporabo aromatičnih kopeli kadi. Gostitelji organizirajo tudi vodene ogledé po okolici z željo, da gostje поблиže spoznajo okoliške kraje. Tako vas popeljejo na panoramski ogled Destrnika, ogled viničarije ter Maistrove spominske sobe in cerkve sv. Urbana, v družbi z njimi pa se lahko povzpnete tudi na Maistrov stolp.

In the heart of Slovenske Gorice in the municipality of Destrnik, the Lovrec tourist farm stands in a valley surrounded by grapevines. Two apartment complexes overlook it from the hilltop. In addition to this, they offer premium wine and homemade culinary delights by prior arrangement, such as Styrian gibanica, apple strudel, cold cuts with meat from the tunka (traditional meat preservation), sour Styrian soup, roast pork, and many other dishes that will surely delight your taste

buds. Children can enjoy walks through the vineyards with their parents, cycling, or playing on the playground equipment. They also offer relaxation in hot wooden tubs with aromatic bath treatments. The hosts organize guided tours of the surroundings, wanting guests to get to know the local area better. They take you on a panoramic tour of Destrnik, a visit to the vineyard cottage and Maister's memorial room, the church of St. Urban, and you can also climb the Maister Tower in their company.



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Kmetijska zadruga Ptuj

Agricultural Cooperative Ptuj



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Zadruga opravlja trgovsko in proizvodno dejavnost. Trgovska dejavnost se izvaja preko mreže maloprodajnih poslovalnic in veleprodajnega Centralnega skladišča. Proizvodna dejavnost zadruga obsega kooperacijsko organiziranje kmetijske proizvodnje, oskrbo proizvajalcev s kmetijskim repromaterialom ter odkup kmetijskih pridelkov, živine in mleka. Zadruga se zaveda tudi velikega pomena samooskrbe z lokalnimi proizvodi, zato prispeva k ohranjanju in krepitvi le-te z vzpostavitvijo prodajnih koticikov s ponudbo lokalnih proizvodov v svojih izbranih prodajalnah.

V okviru projekta Ko zadišijo zeli ...

Kmetijska zadruga Ptuj v prodajni program svoje maloprodajne mreže vključuje zelišča in izdelke iz zelišč lokalnih zeliščarjev. Tako zadruga sodeluje pri spodbujanju pridelave zelišč, bogatitvi ponudbe zelišč v lokalnem okolju ter širitvi mreže ponudnikov s področja zeliščarstva, vključenih v projekt.

The cooperative carries out trading and production activities. Trading activity is carried out through a network of retail stores and a wholesale Central warehouse. The cooperative's production activity includes cooperative organization of agricultural production, supply of agricultural raw materials to producers, and purchase of agricultural products, livestock, and milk. The cooperative is also aware of the great importance of self-sufficiency with local products, therefore it contributes to maintaining and strengthening it by establishing sales corners with local products in its selected stores.

Within the project Do you smell the herbs ... the Agricultural Cooperative Ptuj includes herbs and herbal products from local herbalists in the sales program of its retail network. Thus, the cooperative participates in encouraging herb production, enriching the herb supply in the local environment, and expanding the network of herbalism providers involved in the project.

Društvo *Poetovio* LXIX

Society *Poetovio* LXIX

Društvo *Poetovio* LXIX obuja zgodbe stare več kot 2000 let in organizira predstavitve načina življenja v antičnem Rimu. Največji dogodek so Rimske igre, ki jih organiziramo že od leta 2008. V zadnjih letih smo uredili stalni predstavitveni prostor v neposredni bližini mesta Ptuja in ga imenovali Rimski kamp *Poetovio*. Na skoraj 40.000 m² površin predstavljamo replike obrtnih dejavnosti in stavb na kmetijski površini smo zasadili veliko kultur, kot so vinska trta, zelišča (rožmarin, sivka, žajbelj) in vrtnice, ki so bile simbol lepote v antiki.

V projektu *Ko zadišijo zeli* smo tako zasadili vrtnice sorte *Damascena*, ki jih bomo v prihodnje uporabljali za izdelavo rožne vode in ekstraktov. V naš koncept je vključenih več kot 40 društev, ki ustvarjalno sodelujemo med seboj in tvorimo uspešno turistično zgodbo.

The Poetovio LXIX Society revives stories that are more than 2000 years old and organizes presentations of the way of life in ancient Rome. The biggest event is the Roman Games, which we have been organizing since 2008. In recent years, we have established a permanent presentation space near the city of Ptuj and named it the Roman Camp Poetovio. On almost 40,000 m² of land, we present replicas of craft activities and buildings. On the agricultural area, we have planted many cultures such as grapevines, herbs (rosemary, lavender, sage), and roses, which were a symbol of beauty in antiquity.

In the project Do you smell the herbs ..., we planted Damascena variety roses, which we will use in the future to produce rose water and extracts. Our concept includes more than 40 societies that creatively cooperate with each other and form a successful tourism story.



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Za vsebino informacij so odgovorne LAS Od Pohorja do Bohorja, LAS Zgornje Savinjske in Šaleške doline, LAS Raznolikost podeželja, LAS Obsotelje in Kozjansko, LAS Bogastvo podeželja. Organ upravljanja, določen za izvajanje Programa razvoja podeželja za RS za obdobje 2014–2020, je Ministrstvo za kmetijstvo, gozdarstvo in prehrano.

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