



Interreg



Līdzfinansē
EIROPAS SAVIENĪBA

Latvija – Lietuva

HERBS FOR YOUR DAILY SUPPORT

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Where I come from

Ozolini overview

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Some facts

- After 17 years of office job left for family business - creating Lauku tēja
- For 10 years now dived deep in herbal wisdom and self-growth
- Idea author of - herbal tea mandala process



Plan of the day

10:00-12:00 - Herb picking
in practice

12:00-12:30 Lunch

12:30-15:00 Herbal Tea
mandala and herbal
properties.



Topics to be covered

- picking
- drying
- storage
- fermenting
- properties
- mixtures



When and how to pick

- when ready
- dry weather
- enough plants in spot
- flowers, whole plant, berries, bark, roots
- only as much as you will need



Drying

- cut or no
- t- 35 degrees
- as fast as possible
- dry, dark place with good ventilation.
- oven or drying devise



Storaging

- glass jars
- dark cupboard
- 4 things to avoid
 - humidity
 - light
 - smells
 - bugs



Fermentation



Fermentation



Fermentation

- why
- how
 - pick leaves
 - let them dry a bit
 - smashit
 - put into jar for 48h
 - roast them to fully dry
 - 90 degrees,
 - ventilator on
 - oven doors bit open



Herbal Tea mixtures

- for daily use choose mixtures over mono tea
- mix 3-7 herbs
- main factors
 - healthy
 - tasty
 - beautiful



Herbal Tea mandala

- intention
- choose 5 herbs
- create mandala



Chamomile

Matricaria chamomilla

- eases pain, can be used to rinse throat.
- anti-inflammatory, helps beautifully in case of cold symptoms.
- for good night sleep
- supports digestive system



Fireweed

Chamaenerion angustifolium

- overall body function strengthening
- boosts immune system
- eases pains also
- headaches
- reach with vitamins and minerals

Blackcurrant

Ribes nigrum



- high dose of vitamin C
- buds - awakens self-healing - thus it helps with autoimmune diseases like allergies, asthma.
- acts as blood thinner to prevent blood clots.



Peppermint

Mentha x piperita

- calming, deep muscles relaxing
- boosting digestive system
- eases pain
- super tasty daily hot drink:-)

Cranberries

Oxycoccus



- cleansing
- boosting kidneys function
- taking care of skin problems
- eases pain
- natural antibiotics

Apples

Malus domestica

- supports heart function
- vitamin C
- boosts digestive system
- adds to the tea sweet and sour taste



Wild raspberry

Rubus idaeus



- promotes sweating, lowers temperature
- great ally in case you have cached cold
- or if you just need a warm drink to boost your spirit and mind



Meadowsweet

Filipendula ulmaria

- natural aspirin
- anti-inflammatory
- calming - if made light infusion
- cleanses blood vessels
- strengthens heart



Calendula

Calendula officinalis

- anti-inflammatory
- calming - for good night sleep
- mild anti-depressant
- supports liver function
- regulates reproductive system for women