



NATURE TRAIL

medicinal and
poisonous
plants

FLOWER POWER

along the emerald trail



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Kal-Koritnica



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1. RED CLOVER (TRIFOLIUM PRATENSE)

Its Latin name trifolium, tri meaning three and *folium* meaning leaf, derives from its characteristic three-leaflet leaf form. The rare four-leaflet leaf has inspired many mythical folk tales and is considered to bring good luck. The pharmaceutical industry uses this plant to extract substances with similar functions like the female sex hormones (estrogens). Red clover is used to **relieve symptoms of the menopause and prevent illnesses in women that are linked to old age or hormonal imbalance (for example osteoporosis)**.

5. PERFORATE ST. JOHN'S WORT (HYPERICUM PERFORATUM)

Above ground parts of the plant could be used for various treatment purposes. Tea from St. John's wort reduces fatigue and can be ingested to improve emotional well-being. It is considered to be an effective **antidepressant** for coping with mild and moderate depression. St. John's wort oil could be used to **treat wounds and burns**. Its yellow flowers turn red if you crush them among fingers. The numerous dots scattered all over its leaves are glands filled with essential oil. Hold a leaf up to the light and observe how it appears to be perforated? This characteristic inspired its Latin name *Hypericum perforatum*.

Warning: St. John's wort can alter the activity of certain medications. Consult your pharmacist.



2. COMMON DANDELION (TARAXACUM OFFICINALE AGG.)

Its leaves and roots can be used to

- **increase appetite and improve digestion,**
- **cleanse urinary tract** suffering from **inflammation or kidney stones** and
- treat **rheumatism.**

Dandelion also helps prevent and dissolve **gallstones**. The flowers can be used to prepare syrups that increase the appetite and reduce fatigue. Fresh leaves gathered in early spring can be used to prepare salads, soups and other tasty dishes. Roasted roots - chicory - can be used as a coffee substitute.

6. WALNUT (JUGLANS REGIA)

Tea made from walnut leaves is used to stop **diarrhoea**. Used externally it soothes light inflammation of the skin. **A walnut bath can help** reduce excessive sweating.

Walnut kernels are tasty and healthy.

Unripe green walnut shells can be cut up and soaked in alcohol making a liquor for better digestion.



3. YARROW (ACHILLEA MILLEFOLIUM AGG.)

Above ground parts of a blossoming yarrow could be used as a tea or tincture to help you cope with:

- **loss of appetite and indigestion,**
- **stomach or intestinal cramps,**
- **menstrual cramps.**

Used externally it can:

- **treat inflammatory skin diseases,**
- **heal wounds,**
- **aid in the preparation of baths for women to relieve lower abdominal pain.**

The flowers can be white, yellowish-white or pink. Young leaves can be a tasty addition to cottage-cheese dishes or salads. This plant was named after the Greek hero Achilles. Myth goes that he healed his soldiers' wounds with yarrow.

7. STINGING NETTLE, COMMON NETTLE (URTICA DIOICA)

Its roots are very effective in treating **problems related to enlargement of the prostate (benign prostatic hyperplasia)**. Its leaves could be used for internal cleansing to **soothe urinary tract inflammation** and to **prevent the formation of kidney stones**. Also it is used against **rheumatism**. It is commonly used as a wash for **oily hair** or in **anti-dandruff shampoos**. A freshly squeezed juice is a good addition to spring **detox diets**. Young leaves taste great cooked or raw in salads. Due to its high silica content, it has a **beneficial effect on the skin, nails and connective tissues**.



4. RIBWORT PLANTAIN (PLANTAGO LANCEOLATA)

Its leaves are used in **cough syrups**. Taken as a gargle it soothes the **inflammation of the mouth and throat**. **Swelling and itching from insect bites** can be relieved by applying crushed plantain leaves as a compress. Although less effective, Greater and Hoary plantain varieties could be used for similar purposes as Ribwort plantain.

8. GREATER CELANDINE (CHELIDONIUM MAJUS)

Above ground parts of the plant are used to heal **pain and cramps in the upper digestive tract** and can also combat **biliary excretion disorders, stomach bloating and gas**. **Celandine should be consumed only in ready-made mixtures prepared in accordance with professional standards!** In folk medicine, celandine sap is believed to be an effective remedy for warts.



LEGEND	
info point	thematic point
parking lot	hiking trail
viewpoint	road
leaves	bark
flowers	poisonous
fruits	poisonous part
above-ground parts	flowering period
root	size of plant

We kindly ask you not to tear or pick the plants and flowers, especially not at the places where they are presented; then they may disappear and visitors after you would not be able to observe and learn about plant life. Uprooting is absolutely forbidden. Tearing a leaf from the plant in order to smell or try it is allowed. Please do not leave any rubbish behind.

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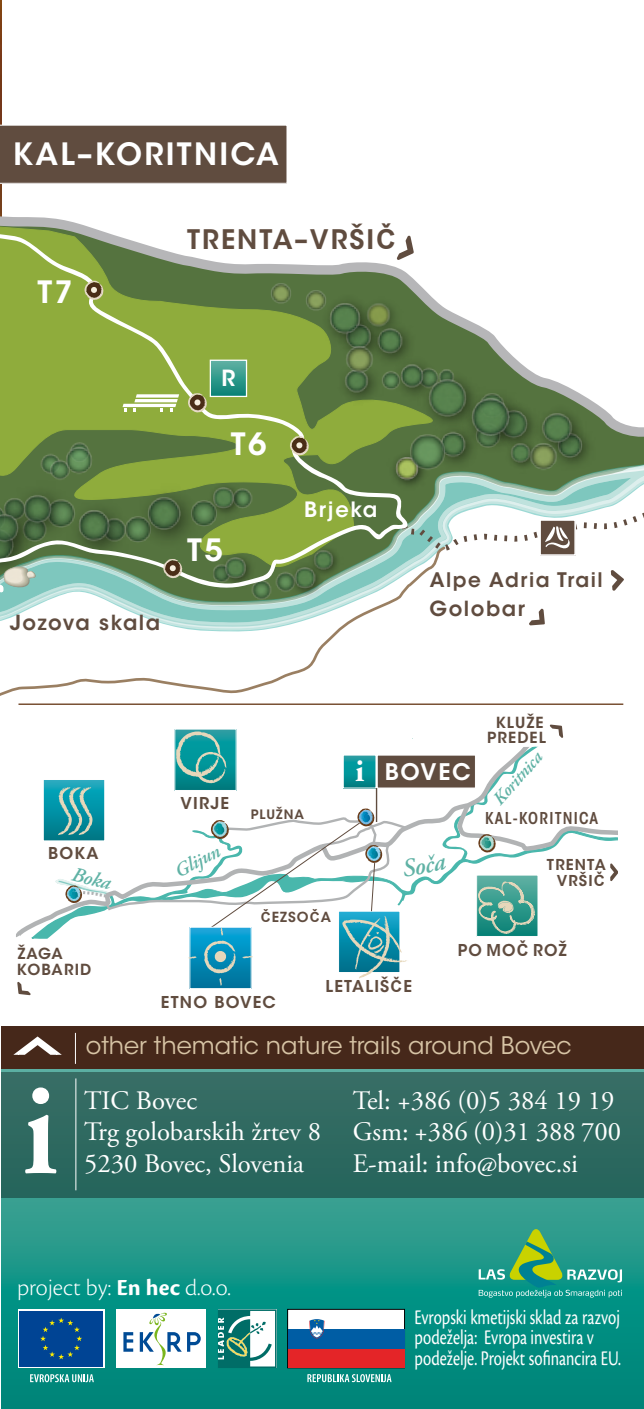
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other thematic nature trails around Bovec

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PROTECTED
PLANT!

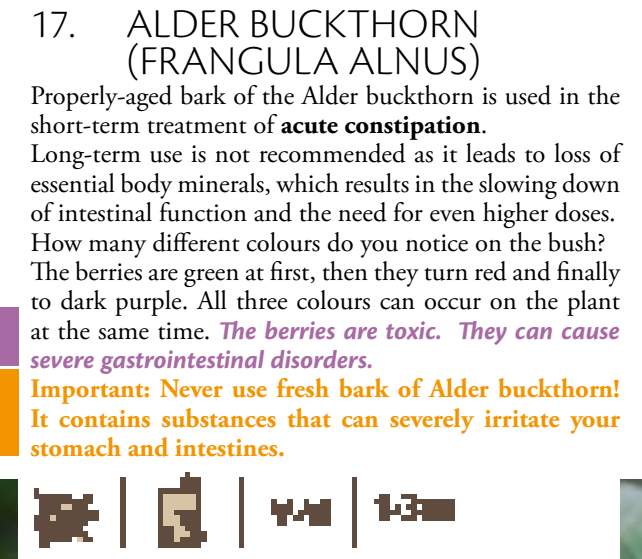
9. LILY OF THE VALLEY (CONVALLARIA MAJALIS)

All parts of the plant are POISONOUS!
Its resemblance to edible wild garlic makes this plant particularly dangerous. Symptoms of poisoning are nausea, vomiting, diarrhoea, dizziness, and the partial loss of sight. Consumption can even lead to cardiac arrest. Although deadly, it is used as a herbal remedy in very small amounts. It is an effective medicine for people with a **weakened heart and it also reduces water retention.**
It must only be consumed in ready-made products prepared in accordance with standards and under medical supervision. Its old Slovene common name *solzica* (tear) probably derives from its hanging blossoms which resemble tear drops. The blossoms turn into red berries in autumn, which look attractive but are not to be eaten under any circumstance – poisonous!



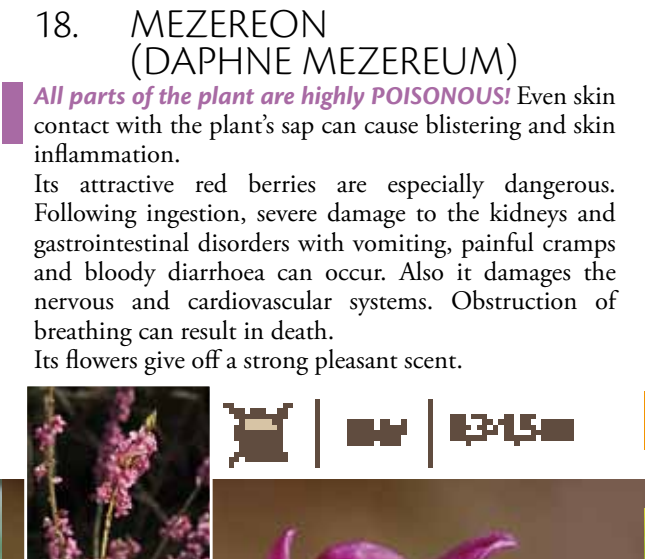
10. VALERIAN (VALERIANA OFFICINALIS AGG.)

The root is used as a mild sedative when treating **anxiety or sleeping disorders**. It also helps to relieve other problems associated with nervousness. When we dry collected roots for tea, they develop a distinctive smell, which is known to attract (especially male) cats. Its stem supports a branched, umbrella-like cluster of white to pink flowers. These flowers bear a fruit with a hairy plume to be carried by the wind.



17. ALDER BUCKTHORN (FRANGULA ALNUS)

Properly-aged bark of the Alder buckthorn is used in the short-term treatment of **acute constipation**. Long-term use is not recommended as it leads to loss of essential body minerals, which results in the slowing down of intestinal function and the need for even higher doses. How many different colours do you notice on the bush? The berries are green at first, then they turn red and finally to dark purple. All three colours can occur on the plant at the same time. **The berries are toxic. They can cause severe gastrointestinal disorders.**
Important: Never use fresh bark of Alder buckthorn! It contains substances that can severely irritate your stomach and intestines.



18. MEZEREON (DAPHNE MEZEREUM)

All parts of the plant are highly POISONOUS! Even skin contact with the plant's sap can cause blistering and skin inflammation. Its attractive red berries are especially dangerous. Following ingestion, severe damage to the kidneys and gastrointestinal disorders with vomiting, painful cramps and bloody diarrhoea can occur. Also it damages the nervous and cardiovascular systems. Obstruction of breathing can result in death. Its flowers give off a strong pleasant scent.



11. NORWAY SPRUCE (PICEA ABIES)

Essential oils made out of spruce needles as well as other coniferous trees (pine, fir and larch tree) are used in **productive cough medicines and remedies against cold**. A spruce bath or ointment could be used to combat **rheumatism and to relax muscles**.

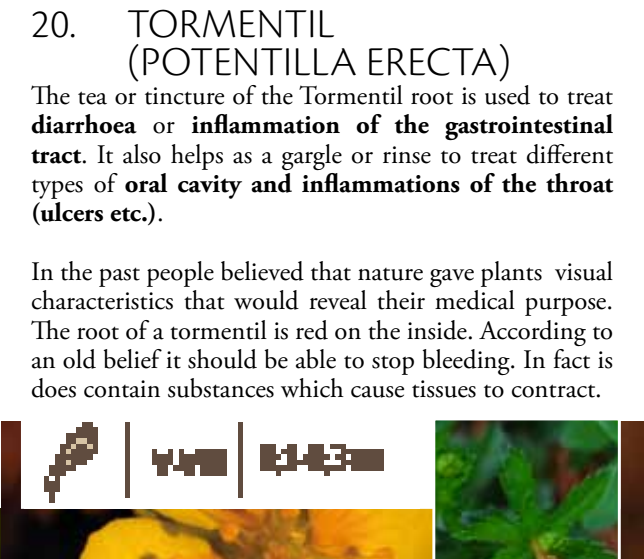
Young spruce shoots smell strongly and have a resinous and slightly bitter flavor. They are used in teas and syrups.



12. LESSER PERIWINKLE (VINCA MINOR)

The plant itself is not used for treatment as it is **POISONOUS!** However, periwinkle is very useful for the extraction of the alkaloid vincamine, which is used in the form of pills to treat poor cerebral blood circulation, particularly amongst the elderly.
It must always be used under medical supervision!

Periwinkle poisons the blood, whereas pure vincamine does not have this negative effect.



20. TORMENTIL (POTENTILLA ERECTA)

The tea or tincture of the Tormentil root is used to treat **diarrhoea or inflammation of the gastrointestinal tract**. It also helps as a gargle or rinse to treat different types of **oral cavity and inflammations of the throat** (ulcers etc.).

In the past people believed that nature gave plants visual characteristics that would reveal their medical purpose. The root of a tormentil is red on the inside. According to an old belief it should be able to stop bleeding. In fact it does contain substances which cause tissues to contract.

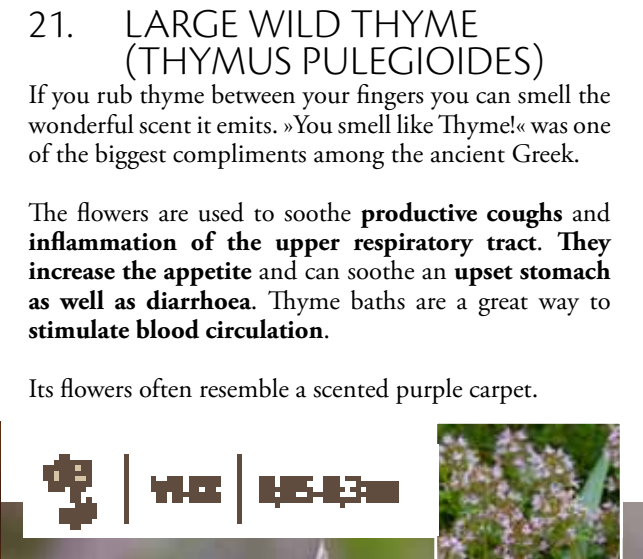


13. COMMON GOLDENROD (SOLIDAGO VIRGAUREA)

Above ground parts of the plant are used in a tea to treat or prevent **inflammation of the urinary tract, kidney stones and kidney sand**.

Goldenrod is also effective as an additional remedy to fight **different types of bacterial inflammation of the ureter**. Then it is usually combined with other herbs such as horsetail, cranberry, restharrow or bearberry.

Yellow colour and the form of the plant resemble rods of gold (lat. virgaurea).



21. LARGE WILD THYME (THYMUS PULEGIOIDES)

If you rub thyme between your fingers you can smell the wonderful scent it emits. »You smell like Thyme!« was one of the biggest compliments among the ancient Greek.

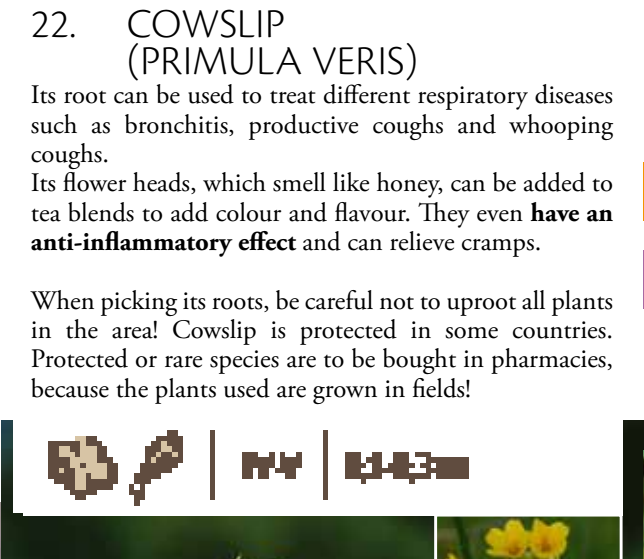
The flowers are used to soothe **productive coughs and inflammation of the upper respiratory tract. They increase the appetite** and can soothe an **upset stomach as well as diarrhoea**. Thyme baths are a great way to **stimulate blood circulation**.

Its flowers often resemble a scented purple carpet.



14. NORTHERN WOLFSBANE (ACONITUM LYCOCTONUM)

The plant is not used as an herbal remedy, since all of its parts are **POISONOUS**. It contains the alkaloid **aconitine**, one of the strongest herbal toxins. Symptoms of poisoning can occur within 30 minutes after ingestion: burning itching in the mouth and throat, which spreads onto the skin, strong sweating and fever, headache, urinary tract disorders, impaired hearing and vision, paralysis, coma and death.
Aconitine can even be absorbed through your skin.



22. COWSLIP (PRIMULA VERIS)

Its root can be used to treat different respiratory diseases such as bronchitis, productive coughs and whooping coughs. Its flower heads, which smell like honey, can be added to tea blends to add colour and flavour. They even **have an anti-inflammatory effect** and can relieve cramps.

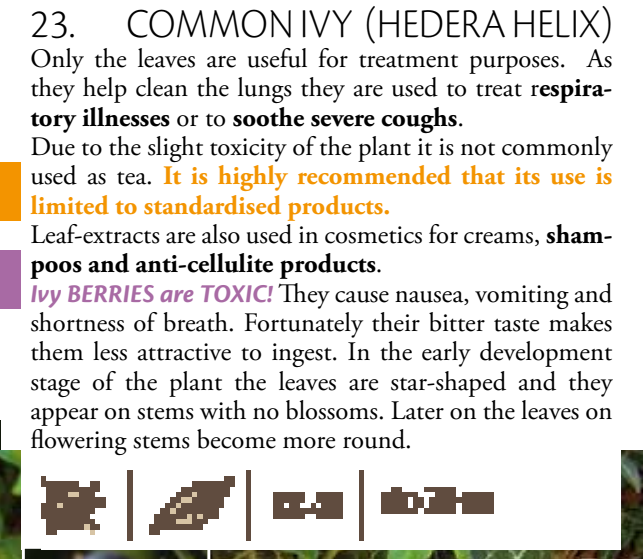
When picking its roots, be careful not to uproot all plants in the area! Cowslip is protected in some countries. Protected or rare species are to be bought in pharmacies, because the plants used are grown in fields!



15. MEADOW SAFFRON (COLCHICUM AUTUMNALE)

Do you know any plant that blossoms in autumn and produces seeds next spring? This is Meadow Saffron, a beautiful, but one of the **most POISONOUS** plants. **All parts of it are toxic.**

The first signs of poisoning are nausea, vomiting and diarrhoea which can occur already in two hours. Various organs may start to disfunction after two days. It can lead to disturbed blood circulation and death because of respiratory failure.
The pharmaceutical industry uses Meadow Saffron as a raw material in the production of medicines to treat gout and some types of cancer



23. COMMON IVY (HEDERA HELIX)

Only the leaves are useful for treatment purposes. As they help clean the lungs they are used to treat **respiratory illnesses or to soothe severe coughs**. Due to the slight toxicity of the plant it is not commonly used as tea. **It is highly recommended that its use is limited to standardised products.**

Leaf-extracts are also used in cosmetics for creams, **shampoos and anti-cellulite products**.

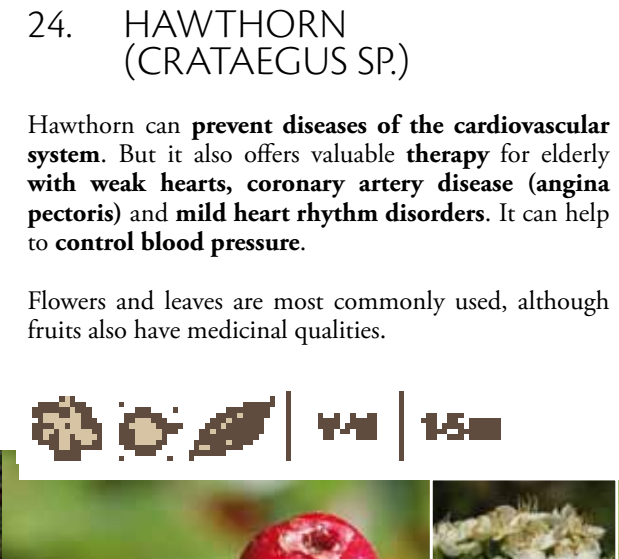
Ivy BERRIES are TOXIC! They cause nausea, vomiting and shortness of breath. Fortunately their bitter taste makes them less attractive to ingest. In the early development stage of the plant the leaves are star-shaped and they appear on stems with no blossoms. Later on the leaves on flowering stems become more round.



16. SMALL-LEAVED LIME (TILIA CORDATA)

Botanists distinguish two species of Lime, called also Linden tree: Large-leaved lime (*Tilia platyphyllos*) and Small-leaved lime (*Tilia cordata*). Both of them are used in medicine.

Tea from dried flowers is used to fight **colds, facilitate perspiration and soothe dry coughs and sore throat**. It is also used as a **mild sedative** and to **boost the immune system**. A blend of lime, chamomile and elderflower is a great remedy for cold. **Caution: We should not drink too much of linden flower tea, because it stimulates the heart and increases the pulse rate.**



24. HAWTHORN (CRATAEGUS SP.)

Hawthorn can **prevent diseases of the cardiovascular system**. But it also offers valuable **therapy** for elderly **with weak hearts, coronary artery disease (angina pectoris) and mild heart rhythm disorders**. It can help to **control blood pressure**.

Flowers and leaves are most commonly used, although fruits also have medicinal qualities.