Laona

COLLABORATORS			
	TITLE : Laona		
ACTION	*NAME*	*DATE*	*SIGNATURE*
WRITTEN BY		January 18, 2023	

REVISION HISTORY			
NUMBER	DATE	DESCRIPTION	NAME

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Chapter 1

Laona

1.1 MAIN

VISITORS GUIDE TO THE PANO AKOURDALIA CHRYSELEOUSA HERB GARDEN

C O N T E N T S

1.2 Introduction

PANO AKOURDALIA CHRYSELEOUSA HERB GARDEN

Welcome ... to our collection of aromatic and medicinal plants of Cyprus.

There are over forty species planted in the garden of the restored village

school-house, and with the exception of only four, these are plants indigenous to Cyprus, found growing naturally on the island. Indeed, six of the plants are endemics, Cyprus being their only natural home.

The main text of this guide consists of a description for each plant in the garden, covering the appearance, habitat in Cyprus, and medicinal, culinary and other properties or uses of each plant. Please do not try any of the medicinal recipes quoted, as many of these are based on folk-lore rather than medical science! In the garden, each species is signposted, to aid identification.

Most of the plants in the garden are aromatics, they manufacture oils of rich fragrance which have a function in helping them survive the hot summer drought of the Mediterranean climate. The oils act to reduce water loss from the leaves by slowing evaporation and coating the leaves with a protective film. The oils also seeem to retard the growth of seedlings near the plant, thus ensuring that there are no competitors for precious soil water in its immediate surroundings. These same oils also afford protection from grazers, as most animals find them distasteful. Appropriately, concentrations of these essential oils peak during the stressful summer season.

Aromatic plants are common in thickets of tall shrubs with scattered trees (maquis vegetation) or areas of scattered, low, spiny vegetation with patches of bare ground in between (garigue) where conditions are too harsh for forest growth. Man’s activities in clearing forests, burning and introducing grazing animals have served to greatly increase maquis and garigue vegetation, at the expense of forest, in Cyprus. Suitable habitat for aromatic plants is thus probably more common now in Cyprus than under the natural, original, conditions of more forest cover. None the less, the habitats of many of the plant species in the museum are threatened by modern development, fire, overgrazing, overcultivation or re-afforestation with non-native trees. The conservation of these plants is vital to the maintenanced if a high biodiversity, and thus produtivity and stability, in the Cypriot ecosystem. These plants also have great potential for use in medical science.

Herbs, defined by herbalists as plants with medicinal properties, have been used by man since the days of hunter-gathering. Their primitive "trial and error" use of herbs developed further with the birth of agriculture and through trade and scholarship.

Herbs were widely used by the ancient Egyptians, Greeks and Romans. Herbalists were prominent in the middle ages, publishing many ’Herbals’ referring to the medicinal properties of plants. The use of herbs declined with the beginning of the Industrial Revolution, but today their use is having a revival as part if the growing interest in natural medicine (including atomatherapy). Many old herbal remedies have been proven invalid, while others have been revived. Herb extracts are still used in modern medicine.

To the back of the garden museum is the Pano Akourdalia communtiy herb plot where lemon balm, thyme, oregano, peppermint, sage and lavender are grown to be dried and sold in the old school-house. At the back of the guide are some recipe ideas using these herbs.

The Chryseleousa Herb Garden is owned by the Pano Akourdalia community and

was set up with the aid of the Laona~Project.

1.3 Laona_Project

THE LAONA PROJECT

The Laona Project was conceived by Friends of the Earth (Cyprus) to demonstrate the feasibility of ecologically sound development in an area of outstanding natural beauty, the Akamas Peninsula and the nearby Laona Plateau.

Securing the interests of the local people is vital to the successful protection of this unique and beautiful region, so the Laona Project is seeking to revitalise the declining economies of nearly villages by introducing sustainable development.

Rather than constructing new mass-tourist complexes which would devastate this fragile environment and swamp traditional cultural and social values, the project is pioneering an alternative strategy in which local people are offered technical and financial assistance to enable them to restore traditional properties in existing villages, for uses as visitor accommodation and for associated small-scale industry. The Project itself is also seeking to improve the local agricultural base.

Responsibilty for the Project rests with the Foundation for the Revival of Laona, which is funded by the European Commission (DGXI, MEDSPA\LIFE Programme), the A.G.Leventis Foundation and other Cypriot supporters.

1.4 Plants

DESCRIPTIONS OF PLANTS IN THE HERB GARDEN

PLANTS OF THE ANARCARDIACEAE (CASHEW) FAMILY

SUMACH
(Rhus coriaria)

TEREBINTH
(Pistacia Terebinthus)

LENTISK
or MASTIC TREE (Pistacia Lentiscus)

PLANTS OF THE LABIATAE (MINT) FAMILY

LEMON~BALM
(Melissa officinalis)

SIDERITIS
(Sideritis perfoliata)

OREGANO

(Origanum dubium)

CYPRUS~OREGANO
(Origanum cordifolium)

MARJORAM
(Origanum majorana)

THYME
(Thymus capitatus)

CYPRUS~THYME
(Thymus integer)

GERMANDER
(Teucrium micropodioides)

English~Name~Unknown
(Micromeria myrtifolia)

CALAMINT
(Calamintha incana)

ROSEMARY
(Rosmarinus officinalis)

SAGE
(Salvia fruticosa)

SAGE
(Salvia willeana)

PENNY~ROYAL
(Mentha pulegium)

MINT
(Mentha longifolia ssp cyprica)

LAVENDER
(Lavandula angustifolia)

FRENCH~LAVENDER
(Lavandula stoechas)

WHITE~~HOREHOUND
(Marrubium vulgare)

PLANTS OF THE GERANIACEAE (GERANIUM) FAMILY

SCENTED~GERANIUM
(Geranium roseum)

PLANTS OF THE CISTACEAE (ROCK ROSE) FAMILY

ROCK~ROSE
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SAGE~LEAVED~ROCK~ROSE
(Cistus salviifolius)

PLANTS OF THE RUTACEAE (RUE) FAMILY

FRINGED~RUE
(Ruta chalepensis)

PLANTS OF THE PHYTOLACCACEAE (INK-CAP) FAMILY

INK-CAP
(Phytolacca pruinosa)

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CAPER
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LAUREL
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IVY
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HONEYSUCKLE
(Lonicera etrusca)

1.5 Sumach

SUMACH (Rhus coriaria)

Appearance: This is a shrub 1-3 metres tall, with toothed leaflets smooth above and velvety below, reddening in autumn. Branches and leaf stalks are hairy. Juice is milky and flowers whitish in long dense erect spikes appearing from June to July. Fruit clustered in a spike of globular berries, brown, purple and hairy.

Habitat: Locally common in the Troodos range in vineyards and on stony mountain sides from 2,000 ft to 6,000 ft.

Uses\Properties: The fruits of the sumach are eaten like capers in the Eastern Mediterranean and also used as a spice, in for example souvlaki. Dried fruits used against diarrhoea and in the treatment of dermatitis. Tons of leaves are collected every year and processed for the production of a tan used in the preparation of leather and for the making of a natural yellow dye. The juice of this plant is poisonous.

1.6 Terebinth

TEREBINTH (Pistacia Terebinthus)

Appearance: A deciduous shrub with compound shiny leaves with a strong resinous smell. Leaves of 4-5 pairs of leaflets and, unlike the similar Pistacia Lentiscus, a terminal leaflet. Flowers, which appear between March and April, in close compound clusters, reddish-purple in colour growing from end of previous years shoot. Fruit small, globular nutlets which are brown when ripe.

Habitat: In Cyprus the Terebinth is found growing on dry rocky slopes and hillsides or in pine forests, particularly in the Troodos and Kyrenia ranges, from just above sea level to 4,000 ft.

Uses/properties: The fruits are used in the baking of a speciality village bread. The plant is rich in tannin and resinous substances and has been known for its aromatic and medicinal properties since classical times, Theophrastos described the resin as having excellent fragrant and setting qualities. A mild sweet scented gum can be produced from the reddish bark and the large reddish horn-like galls often found on the plant are used for tanning leather. Terebinths are traditionally planted over Armenian graves.

1.7 Lentisk

LENTISK OR MASTIC TREE (Pistacia Lentiscus)

Appearance: An evergreen shrub or small tree with dark green leathery leaves. Whole plant has strongly acrid resinous smell. Flowers are catkin like, and appear between February and May. The fruit is a red then black pea-sized berry.
Habitat: Found growing abundantly all over the Island from sea-level to 2,000 ft on sand dunes, dry rocky slopes and hillsides and in lowland pine forests. Common member of maquis community.

Uses\Properties: Mastic, used as a chewing gum for sweetening the breath and preserving the gums since classical times, is the resin of this plant. An oil used for illumination and cookery is produced from the berries in Arab countries, and is also used in making "Masticha", a popular sweetmeat and "Mastiche", a liqueur. In Cyprus, the fruits are used in sausage making and the leaves and stems are burned to smoke meats. The Lentisk is probably the balm of Genesis.

1.8 Lemon Balm

LEMON BALM (Melissa officinalis)

Appearance: An erect perennial with slightly downy lemon scented leaves. Whitish flowers tinged lilac in a lax flower head appear from May to September.

Habitat: Found in open rock-rose garigue, by roadsides or on cultivated ground, but mostly in damp thickets or by stream sides from sea-level to 4,500 ft.

Uses\Properties: Extracts from lemon balm are said to have stimulant, digestive and sedative properties, and to act as a tonic for the heart, brain and peptic system. Lemon balm tea is reputed to have blood pressure normalising properties. In cooking, lemon balm is used for stuffings and in egg dishes. Though the flower tubes of lemon balm are too long to allow bees to forage, bees find a paste made from crushed leaves irresistible. A swarm of bees can be attracted to a convenient locate by smearing such a paste onto an object. Rubbing the hands with lemon balm prevents bees from stinging. A strong decoction of fresh leaves, either with other herbs or on its own adds a lovely fragrance to bath water. An infusion of lemon balm soothes and softens irritations of the skin and smooths wrinkles. Juice of leaves for bites. Dried leaves in pot-pourri.

1.9 Sideritis

SIDERITIS (Sideritis perfoliata)

Appearance An erect perennial, with woody rootstock, which smells of poppies if bruised. Stems are tetragonal and clothed in long and short hairs. Leaves are lance-shaped and a crowded flower head of pale yellow flowers appears between May and July.

Habitat: A rare plant encountered in the Troodos and Limassol areas amongst garigue or in vineyards on open chalk hillsides from 2,500 ft to 3,600 ft.

Uses\Properties: The plant has been used as a substitute for tea and is reputed to have tonic and anti-anaemic properties and also helps to induce perspiration.

NOTE: The generic name Origanum derives from Greek and means, "Joy of the Mountains", relating to its usual habitat.

1.10 Oregano

OREGANO (Origanum dubium)

Appearance: A tetragonal stemmed, aromatic, perennial herb with small, gland-dotted and egg-shaped leaves with slightly toothed margins. Flowers appear from June to September in a dense terminal flower-head. The petals are pale yellow-pink and form a two-lipped flower.

Habitat: Amongst garigue on stony dry hillsides and in mountainous areas, always grows on igneous rocks from 2,000 ft to 4,000 ft. Locally common on Pyrgos and Akamas.

Uses\Properties: Oregano for medicinal or culinary use is best collected between July and October when the fragrant oil (olio origani) concentration reaches its' maximum. Olio origani contains 80%

carvacrol, 15% thymol and tannins. Oregano is used as an expectorant, tonic, digestive and as an infusion in cases of respiratory infections. It can also be used externally for massage and leaves and flowers in hot bath water are very relaxing and beneficial for the skin. In cooking it is used to add flavour to meat dishes, sausages, most Italian dishes but particularly pizzas, salads, egg and vegetable dishes.

1.11 Cyprus Oregano

CYPRUS OREGANO (Origanum cordifolium)

Appearance: An aromatic perennial sub-shrub with wide, smooth, gland-dotted leaves often purplish in colour. Flowers purple or pinkish appearing between June and August.

Habitat: This is a rare endemic plant of Cyprus, growing in moist rocky gorges by mountain streams on igneous rocks between 1,500 ft and 3,000 ft.

Uses\Properties: Unknown, but probably similar to those of other origanums.

1.12 Marjoram

MARJORAM (Origanum majorana)

Appearance: An aromatic perennial much branched herb with dense compact shape. Small egg-shaped grey-green highly aromatic leaves. The flower-head which appears from May to October is terminal, the flowers are reddish pink in colour and two-lipped.

Habitat: An endemic plant of Cyprus growing amongst garigue on dry, limestone hillsides or in open pine forests from sea level to 3,000 ft.

Uses\Properties: Marjoram yields the essential oils terpineol and terpinene. "Tsai Sapsishia" which is an infusion made from dry marjoram leaves is regarded as very beneficial in cases of pharyngitis, tonsillitis or the common cold. Also used as an expectorant and against dyspepsia. The dry stems of this plant are used for making brooms in Cypriot villages. Marjoram has a more subtle taste than oregano and is used similarly in cooking. Dried leaves are often added to pot pourri. A fable has it that Amaracus, perfumer or possibly son to Cinyras King of Cyprus, metamorphosed into marjoram after his untimely death.

1.13 Thyme

THYME (Thymus capitatus)

Appearance: A compact aromatic cushion-like shrublet with narrow glandular leaves. The pink flowers appear between May and October grouped in dense rounded terminal heads.

Habitat: Thyme is one of the dominant plants of garigue vegetation and is common all over Cyprus from sea level to 2,900 ft on dry rocky slopes and waste ground, occasionally on sand dunes or rocks by the sea. The rounded shape of the plant acts to reduce water loss to a minimum allowing it to survive long periods of drought undamaged.

Uses\Properties: Thyme is an excellent honey-yielding plant. The plant was used as an incense in temples, and in fact its name derives from the Greek name "thymon" which means to fumigate. Thyme is rich in volatile oil (thyme oil) and has been widely used in medicine and perfumery since ancient times. It was used by the Egyptians as an aroma and for embalming the dead. Roman soldiers hoped to gain courage and strength by bathing in water containing thyme. A beer and thyme soup is reputed to be a cure for shyness. The antiseptic properties and pleasant smell of thyme oil make it an ideal ingredient for cough syrups, toothpastes and soaps. It is also widely used in modern perfumery and cosmetics and as a culinary herb.

1.14 Cyprus Thyme

CYPRUS THYME (Thymus integer)

Appearance: A gnarled aromatic perennial cushion-like subshrub. Leaves stalk-less, linear with long white hairs. The flower-head, a small terminal spike of pink tubular flowers, appears between March and June. The whole plant is less than 10cm high.

Habitat: This endemic species is common on the Troodos range and in the Akamas area growing on rocky hillsides, in cultivated land and under pine trees on igneous formations from 300 ft to 5000 ft.

Uses\Properties: Like T.capitatus, T.integer is a good honey yielding plant, rich in the ethereal oil thymol. Its medicinal properties are thus similar to those of T.capitatus. Infusions from this plant can be used as anti-pyretics and in cases of dysentery and diarrhoea. Thymol is a good antiseptic and bactericide.

1.15 Germander

GERMANDER (Teucrium micropodioides)

Appearance: A mildly aromatic white felted perennial shrublet with a compact domed shape. Leaves are small and cottony. The flowers, which appear between April and July, are purplish or reddish in colour forming dense, stalk-less heads. Fruit egg-shaped nutlets .

Habitat: A rather common endemic species that grows in dry rocky areas, derelict land, clearings in forests and, less commonly, on sandy seashores from sea-level to 2,800 ft. Another member of the garigue.

Uses\Properties: Widely employed in Cypriot folk medicine. Stomach aches were helped with an infusion prepared from leaves and flower heads.

Also used against jaundice and liver bile disorders. Its medicinal properties can be attributed to its high content of tannin, essential oils, balsamatic and other aromatic compounds.

1.16 English Name Unknown

Micromeria myrtifolia (English name unknown)

Appearance: An erect much branched subshrub with tetragonal shoots covered in short, curved, white hairs. Leaves small and almost stalk-less. Pink, purple or occasionally white flowers appear in May and June. Nutlets are elongated and bluntly angled.

Habitat: On rocky limestone and igneous hillsides, sometimes in open pine forests, from sea-level to 4,000 ft.

Uses\Properties: Unknown, but believed to have medicinal properties.

1.17 Calamint

CALAMINT (Calamintha incana)

Appearance: A low aromatic perennial with tetragonal stems covered in whitish hairs. Leaves rounded and hairy on both surfaces with a very strong aroma. From June to December pink or mauve flowers with purplish nerves and a tubular shape appear.

Habitat: Grows on dry rocky ground, fallow fields, roadsides and occasionally on sand dunes or by dried up streams and irrigation channels from sea-level to 4,900 ft.

Uses\Properties: A Cypriot folk remedy for nephritis and other kidney disorders is, "boil one handful of dry leaves in one oke of water administer by mouth four times a day to sufferer for at least one week". Kidney pain and colics can also be treated by rubbing externally with boiled or hot leaves.

1.18 Rosemary

ROSEMARY (Rosmarinus officinalis)

Appearance: This is a dense, evergreen, aromatic, perennial shrub. Leaves are leathery and folded inwards along the margins, green and rough above and white-felted below. Flowers which appear from January to March (all the year round in cultivated varieties) lilac pink in lax clusters.

Habitat: Very rare as a wild plant in Cyprus but is probably indigenous between Yialousa and Ronnas bay on the Karpas Peninsula, on maritime rocks and fixed sand dunes near sea level, though it is possible

that it was introduced there , accidentally, in the remote past. Widely cultivated elsewhere on the island..

Uses\Properties: The flowers of rosemary are very attractive to bees and the famous Narbonne honey is derived largely from this plant. The flowers and leaves of rosemary are rich in the essential oil, olio rosemarini, which is an essential ingredient of Eau de Cologne, hair lotions, cold creams etc. Plant has antiseptic, tonic and insecticidal properties. An infusion from the leaves can be used as a digestive. Leaves boiled in wine are traditionally used for bruising or arthritis. In the middle ages "Hungary water", a preparation for rheumatism using rosemary invented for Queen Elizabeth of Hungary was extremely popular, especially after it proved so revitalising to the Queen that the King of Poland proposed marriage! Rosemary was also used to fumigate hospital wards in the Middle Ages. Rosemary is also supposed to strengthen the memory. Students in ancient Greece would wear garlands of it around their heads during exams. There may be some truth to these theories as rosemary is now known to stimulate local circulation. In modern medicine rosemary is used as a stimulant to the circulation and a tonic to the nervous system being excellent for relieving headaches and migraines. Externally it is useful in rheumatic complaints and for aiding blood flow to the scalp in conditions of hair loss or dandruff. Rosemary has always been seen as a plant of graves and cemeteries in many cultures and civilisations. The Greeks and Romans regarded it as important in religious ceremonies and as a symbol of fidelity. In cookery rosemary is sometimes used as a conserve or for jam making and also with roast meats in stuffings marinades and egg dishes. It is also good with sweeter things such as jelly and fruit drinks and as a tea.

1.19 Sage1

SAGE (Salvia fruticosa)

Appearance: A perennial evergreen aromatic undershrub with grey-green leaves, hairy below and wrinkled above, and woody stems. From February to July violet two-lipped flowers appear in erect terminal spikes.

Habitat: Grows on dry rocky limestone slopes and edges of or clearings in pine forest, or in riverbeds or amongst garigue by the sea or on sand dunes or roadsides from sea-level to 5,000 ft.

Uses\Properties: The plant contains olio salviae, camphor, tannin as well as other aromatic compounds. It is commonly used for tea on the Island, an infusion being made from shade dried leaves. This tea is sold in coffee shops as "Spatsia" or "faskomelo" and is regarded as a good general tonic, good for the brain, senses and memory and also beneficial in cases of tonsillitis, sore throats, bronchitis and respiratory infections in general. It also has good expectorant action and is said to be good for stomach, nerves and blood.

1.20 Sage2

SAGE (Salvia willeana)

Appearance: A low-growing strongly aromatic herb sometimes carpeting the ground. Whole plant is hairy glandular with rounded or elongated leaves. Flowers, which appear from May to October, are white or tinged mauve.

Habitat: Salvia willeana is an endemic plant to Cyprus, locally common in the Troodos range. It grows on moist rocky mountain sides under pines, junipers or golden oaks from 3.450 ft to 6,400 ft.

Uses\Properties: These are similar to salvia fruticosa. Its Latin name "salvia" means health and from early times it was believed to be a source of good physical and mental health. Sage can also be used to halt milk production in nursing mothers and has strong antiseptic action, starting a couple of hours after intake and lasting several days. Extracts or infusions (tincture salviae) are used as tonics and antidiarrhoids. Widely used in cookery. A fine light coloured honey with good flavour and slow granulation is produced by bees foraging on sage.

1.21 Penny Royal

PENNY ROYAL (Mentha pulegium)

Appearance: This is a strongly aromatic low or erect perennial with stems cloaked in small whitish hairs. It has short stalked oval leaves which are scarcely toothed and lilac flowers arranged in whorls appearing from June to August. The fruit is a nutlet.

Habitat: Common by stream sides and on marshy ground from sea-level to 1,000 ft.

Uses\Properties: A nutritious salad can be made from fresh pennyroyal leaves dressed with vinegar and olive oil. The antiseptic properties of pennyroyal make it useful in cases of mouth infections and chewing leaves is also a good way to rid the mouth of garlic and onion smells. It is rich in the essential oil, "olio menthae" which consists of menthols, alcohols, tannins, picric compounds and aldehydes. Widely used in medicine of the past with similar actions to peppermint. It is a good tonic and has remarkable stimulating action particularly to the uterine muscles and should therefore be avoided during pregnancy. It is said to act as an aphrodisiac in high doses. It can be used as an infusion, extract or raw vegetable. This is a good bee plant yielding nectar freely.

1.22 Mint

MINT (Mentha longifolia ssp cyprica)

Appearance: An erect perennial with musty or pungent odour. Stems tetragonal, flowers in an elongated terminal spike, lilac or white in colour appearing from June to November.

Habitat: This is an endemic to Cyprus growing on moist ground by streams and springs from 200 ft to 5,400 ft, but generally above 2,000 ft.

Uses\Properties: Mint is rich in olio menthae and is widely employed in medicine. It is used externally for massage for migraine and as an antiseptic for the nose and pharynx. Headaches, dizziness or gastric aches can be treated using infusions from fresh or dried leaves or the essential oil. Mint tea has traditionally been used as a cure for sleeplessness. Gargling with the tea can be effective in treating tonsillitis and bronchitis can be cured by inhaling the steam from boiled fresh leaves. It is also widely used in cookery and is a good honey yielding plant.

1.23 Lavender

LAVENDER (Lavandula angustifolia)

Appearance: An aromatic shrub-like perennial. It has greyish leaves and stems. Fragrant purple-blue flowers in long spikes which appear in June and July.

Habitat: L. angustifolia is the lavender of commerce and is quite widely cultivated in Cyprus but is not a native of the Eastern Mediterranean region. It likes to grow in full sunlight, on chalky, well-drained soils.

Uses\Properties: Sachets of lavender are commonly used to perfume clothes and keep moths away. Well known as a medicinal plant since ancient times and still widely used in Islamic medicine. Used in bath water since Roman times and indeed the English name may have derived from the Latin "lavare" (to wash). It is reputed to have excellent tranquillising effects, inhalation soothing troubled nerves and depression. The well-known herbalist Culpeper advises it for fainting, headaches, stomach complaints and many other things. Oil of lavender is an excellent antiseptic for external use on cuts, burns or bites. Salmons' "Herbal" of 1710 states,"...it is good also against the bitings of serpents, mad dogs and other venomous creatures...". The oil content of plants growing on relatively poor soils will be greater. The oil is also widely used in perfumery. The flowers produce nectar freely this being stored at the base of the flower protected by a ring of hairs. The flower tube is about six millimetres long the perfect length for a hive bee. Still widely used in modern medicine its wide range of properties and versatility making it a useful domestic remedy for minor ailments and also important in professional practice.

1.24 Lavender2

FRENCH LAVENDER (Lavendula stoechas)

Appearance: A highly aromatic square-stemmed shrub with soft, narrow, grey-green leaves, covered area with dense white velvety hairs, and growing 30 to 60 cm high.Conspicuous purple bracts (leaf-line structures) stand above the compact head of dark purple flowers, which appear from March

to May.

Habitat: Grows on dry, rocky hillsides, most commonly on pillow lava. From 500 to 1500 feet altitude. Locally abundant.

Uses\properties: This valuable honey-yielding plant grows to provide excellent cover on unstable slopes. The plant is rich in balsamic and aromatic substances (olio lavandulae), though not as much so as the cultivated lavender (Lavandula angustifolia). The oils of the plant are used in perfumery and as a tonic and antiseptic (especially for external wounds). It is a well-known medicinal plant of ancient times and is still widely employed in Islamic medicine. Sprigs used to perfume linen and keep away moths, or to throw in bath water as a relaxant and skin tonic. In Cyprus the sprigs are used to decorate the bier constructed on Good Friday in memory of Christ's burial.

1.25 White Horehound

WHITE HOREHOUND (Marrubium vulgare)

Appearance: Malodourous greyish-white perennial with toothed leaves and compact clusters of white flowers, which appear from February to October.

Habitat: Waste ground and roadsides, or sometimes on rocky, calcareous hillsides from sea level to 4,500 ft.

Uses\Properties: Traditionally, Horehound tea is deemed most effective in the treatment of coughs and other respiratory infections. The brew must be mixed with honey and lemon juice before it becomes drinkable! It may also have stimulant properties.

1.26 Geranium

SCENTED GERANIUM (Geranium roseum)

Appearance: Aromatic sub-shrub with lobed leaves and showy flowers. Seeds dispersed by style rolling elastically upwards.

Habitat: An introduced garden plant.

Uses\Properties: The leaves are used for the distillation of a sweet scent. Plants of the Geranium family are rich in geraniin, essential oils and tannin and have been employed in folk medicine for centuries. Extracts from the plants are widely used in eye and skin care.

1.27 Rock Rose

ROCK ROSE (Cistus creticus)

Appearance: A densely branched aromatic shrub with rounded, gland-dotted, hairy leaves. Purple-pink 5 petalled flowers with numerous stamens appear between February and June. The fruit is a hairy woody capsule containing numerous seeds.

Habitat: Common on dry stony hillsides in garigue and low maquis vegetation from sea level to 5,000 ft.

Uses\Properties: The leaves of the plant yield ladanum (an aromatic medicinal resin) used both in modern perfumery and medicine.

1.28 Sage Rock Rose

SAGE LEAVED ROCK ROSE (Cistus salviifolius)

Appearance: An aromatic shrub with soft sage-like leaves. Long stalked white flowers appear between February and May, seldom lasting more than a day on the plant.

Habitat: This rock rose can dominate garigue or maquis vegetation and also the under storey of pine forests, giving a fine display of flowers in spring. Grows on both calcareous and non-calcareous formations from sea-level to 4,500 ft.

Uses\Properties: Like all cistus species this plant exudes ladanum, a dark gum with a pleasant, strongly aromatic, odour. According to legend this ladanum is secreted from the dew of Heaven, just like manna. Medicinally, ladanum is used against many disorders, taken internally or externally, while smelling it is enough to protect against infection from the plague and the smoke is said to be good for the eyes according to tradition folk healers. The plant is attractive to bees mainly for its pollen.

1.29 Rue

FRINGED RUE (Ruta chalepensis)

Appearance: A malodorous shrublet with much branched leafy stems. Yellow-green flowers in a much branched flower-head appear between February and May. Fruit a globose capsule.

Habitat: This plant grows in rocky limestone areas and on cliffs from sea-level to 2,200 ft.

Uses\Properties: Rue is one of the better known medicinal plants with renowned antiseptic and uretic properties. Infusions from the leaves of rue are an effective aborticide and can also act as stomach tonics and perspirants. Rue has been used, along with other herbs, in preparations for soothing earache and toothache. The seeds, taken in wine, can be an

antidote for poisons. Cats are attracted by the plant, but, strangely, find the odour of crushed leaves repulsive.

1.30 Ink Cap

INK-CAP (Phytolacca pruinosa)

Appearance: A non-aromatic perennial with a woody rootstock and reddish, pith rich stems. The large, smooth leaves are tapering in outline. Between April and July small greenish yellow flowers, crowded into a spike, appear. Fruit is a fleshy berry, black in colour, containing compressed seeds.

Habitat: Grows on dry rocky mountainsides, by roadsides and in forest clearings from 3,000 ft to 5,600 ft. It is commonly encountered on the higher slopes of the Troodos mountains.

Uses\Properties: Ink produced from the fruits and flowers of this plant has been used for centuries, hence the local name "melanies" meaning inky. The leaves, fruits and roots have purgative properties.

1.31 Caper

CAPER (Capparis spinosa var. canescens)

Appearance: A hardy non-aromatic perennial with fleshy leaves and many hooked thorns. The four petalled, large, sweet scented, white flowers appear from May to August opening near sunset. Fruit a largish, globular berry.

Habitat: Grows all over the Island from sea-level to 2,800 ft particularly in rocky places and often on old walls.

Uses\Properties: The unopened flower buds and young shoots of caper are collected and preserved in olive oil and vinegar for use in salads. The plant also has medicinal properties. Antiseptic, diuretic and tonic properties are attributed to substances found in the flower buds and roots. It can also be used against the common cold and in the treatment of arteriosclerosis. Eye infections can be treated with an eye wash made from caper.

1.32 Chaste Tree

CHASTE TREE (Vitex agnus-castus)

Appearance: A densely branched deciduous perennial shrub growing up to 15 ft tall. It has lance-shaped leaves divided into several leaflets, dark green above and light green below. It flowers from June to December producing fragrant violet or white bell-shaped flowers . The slightly aromatic berries resemble peppercorns.

Habitat: Grows on river banks and in damp areas mainly in the lowlands, from sea level to 2,000 ft.

Uses\Properties: The berries of the plant were known as "monks pepper" and were used in place of pepper by medieval monks as they were believed to subdue sexual desires. This is why the plant was named the chaste tree. Medicinally the plant is still used in the treatment of eye diseases and for soothing stomach aches. The flexible twigs are used for basket making in Cypriot villages.

1.33 Laurel

LAUREL (Laurus nobilis)

Appearance: A bushy tree with dark green leathery leaves highly aromatic when crushed. Small clusters of yellowish flowers appear among the leaves from February to April. The bark is grey-black and shiny and the fruit is a black berry.

Habitat: Laurel is found growing from 100 ft to 4,000 ft in the Troodos range, the Akamas and the Kyrenia range, on moist rocky ground by streams and springs. It is also widely cultivated on the Island.

Uses\Properties: The fragrant oil of bay is extracted from the fruits of laurel and is effective in the treatment of rheumatism. It is also used in many cosmetic creams and hair lotions. Oil of bay is also used to treat lice infections and pediculosis. The leaves of the laurel are used to flavour food. The laurel was considered sacred to the Greek and Roman god Apollo and garlands of bay leaves were used to decorate victors. In latter days scholars and poets would wear wreaths of laurel when receiving honours, the term "baccalaureate" deriving from this practice. The wood is hard wearing and used for making walking and fire sticks.

1.34 Myrtle

MYRTLE (Myrtus communis)

Appearance: This is a dense aromatic evergreen shrub between 1 and 3 metres tall. The

The bark is reddish, and creamy white, sweet-scented flowers appear from May to August. Edible blue-black berries develop in the summer.

Habitat: A member of the garigue or maquis growing along the edge of water channels and on dunes by the sea with juniper from sea-level to 5,000 ft. Grows all over Cyprus and is locally common on the Troodos and Kyrenia ranges.

Uses\Properties: Strongly aromatic "Eau d'Anges", used in perfumery is obtained from the flowers, leaves and bark, and indeed "myrtus" means perfume in Greek. The berries have medicinal properties and were widely

used in ancient times to prevent hairloss, amongst other things, and myrtle oil is still used as an antiseptic, nasal decongestant and against sinus infections and colds. Fresh leaves or oil in bathwater are good for the skin and relaxing. An acid drink is made from fermented myrtle berries. The wood is durable, heavy and fine grained making it highly workable, it also makes excellent charcoal.

According to Greek mythology, the nymph Daphne turned herself into myrtle to avoid the attentions of Apollo. Myrtle was considered a symbol of love, peace, a happy married life and was sacred to Aphrodite in ancient Greece. Winners at the Olympic Games were crowned with wreaths of myrtle. Church floors are still strewn with myrtle at Easter time. The Romans garlanded poets and playwrights with myrtle.

1.35 Rock Samphire

ROCK SAMPHIRE (Crithmum maritimum)

Appearance: A small aromatic perennial, much branched with smooth, fleshy leaves. From July to November small greenish-yellow flowers in terminal clusters appear. Fruit is oval in shape.

Habitat: Found at Cape Greco, Protaras, Ayia Napa and the Akamas on rocky or rarely sandy seashores around sea-level.

Uses\Properties: Rock samphire contains a fragrant oil rich in eugenol and other aromatic substances which are widely used in modern perfumery and medicine. The plant also contains sulphates, iodine compounds, vitamins and pectin and the tender leaves and stem tops can be eaten pickled in vinegar. The iodine content makes the plant beneficial in cases of thyroxine insufficiency and thyroidites. Plant extracts also have digestive and purgative properties.

1.36 Fennel

FENNEL (Foeniculum vulgare)

Appearance: An erect perennial or biannual up to two metres high with smooth stems, feathery leaves and small yellow flowers in numerous heads. The sub-species vulgare has sweet tasting fruit while the more common sub-species piperitum has acrid tasting fruit.

Habitat: The sub-species vulgare flowers between April and September and grows in fields and gardens from sea-level to 5,600 ft, perhaps always as an escape from cultivation. The sub-species piperitum flowers from June to October and grows on sandy shores, sand dunes, in dry stony fields, on hillsides, and in dry riverbeds from sea-level to 4,000 ft.

Uses\Properties: The whole plant and especially the seeds are rich in "olio foeniculi", which consists mainly of anethin which imparts an aniseed-like flavour to the plant. The leaves are used to flavour fish sauces, cutting through the oilyness of fish and fresh cut in soups or

with beans. The ancient Greek name for the plant means to grow thin and fennel has long been attributed with slimming properties. Its' diuretic action and appetite suppressing properties may explain this. Fennel stimulates breast milk production as it contains galactogogues. It is also used as gripe water for babies. The Romans used fennel to reduce flatulence while Pliny considered it good for the eyesight and an antidote for snake bites. In modern medicine it is used as a digestive tonic, reducing flatulence. It is also used in eye washes and as a diuretic.

1.37 Elecampe

ELECAMPE (Inula viscosa)

Appearance: A perennial or annual with unstalked, narrow, hairy, gland-dotted and highly aromatic leaves. The plant forms a dense mass branching from the ground. Tiny closely packed yellow flowers appear from August to November.

Habitat: Grows from sea-level to 5,000 ft in moist situations all over Cyprus by roadsides, riversides and on bare ground. It is often the first plant to colonise recently cleared ground.

Uses\Properties: The plant has been used in the past for treating enteritis and gonorrhea. Powdered leaves were employed to treat burns. The roots which are rich in inulin, resins and other aromatic compounds are employed as powders or infusions for their expectorant, diuretic and tonic properties. The plant is an efficient insect repellent and is often rubbed on window shutters in villages and used to repel fleas by striking mattresses with fresh stems.

1.38 Everlasting

EVERLASTING (Helichrysum italicum)

Appearance: A sub-shrubby perennial with linear greyish, inrolled leaves which have a curry like fragrance when crushed. Densely globular clusters of yellowy flowers appear from June to September.

Habitat: Found growing on rocky mountainsides, on igneous formations only between 1,000 ft and 5,600 ft.

Uses\Properties: If gathered before flowers are fully open and hung upside down for about a week to dry out the flower heads will last for years without losing their colour, hence their use in pot pourri.

1.39 Wormwood

WORMWOOD OR ABSINTH (Artemisia apsithicum)

Appearance: Perennial herb with deeply cut leaves which are aromatic. Flower consists of a head of small closely packed stalkless florets giving the Appearance of a single large yellow flower.

Habitat:

Uses\Properties: Absinth is used in flavouring both food and drink.

1.40 Elder

ELDER (Sambucus nigra)

Appearance: A shrubby deciduous tree with fragrant, divided leaves. White, hermaphrodite flowers in flat topped masses appear between April and July. Fruit is a berry-like droupe, purplish-black when ripe.

Habitat: Found commonly all over Cyprus both on cultivated and waste ground. It is commonly cultivated in towns and villages and is almost certainly an introduced plant. Occurs from sea-level to 4,000 ft.

Uses\Properties: The plant is a traditional source of various dyes, black dye from the bark and roots, green dye from the leaves and various violet dyes from the berries. Elder wine, syrup and cordial are made from the flowers and berries. Widely used in traditional and modern medicine. The bark contains the purgative sambucine, the flowers fragrant oil, the fruits tannin, muselage, potassium nitrate and vitamin C. An infusion from elder flowers known as "Tsai zambucos" is taken to combat colds, fevers, pharyngitis, tonsilitis, nephritis and stomatitis in Cyprus. Traditionally bark and root extracts were used as laxatives and leaf extracts as ointment for bruises. Elder flower water used in eye and skin lotions. In modern medicine the flowers are employed for their strong diaphoritic action against fevers and also as diurectics and expectorants. It is often taken as a hot infusion to increase the sweating effect. The wood is highly resistant and holy crosses amongst other things are made from it, partly because it is believed that Judas hung himself from an elder tree.

1.41 Asparagus

ASPARAGUS (Asparagus stipularis)

Appearance: A non-aromatic sprawling shrub or climber with smooth, green stems and leaves reduced to small scales. Branches are stiff and sharp pointed. Greenish-white, bell-like flowers, in small clusters at the bases of branchlets, appear between March and June. Fruit a blue-black berry.

Habitat: Grows on dry rocky or sandy ground by the sea or on rocky slopes

inland or more rarely in thin pine forests, from sea-level to maybe 2,000 ft, but mainly in the lowlands. Widespread.

Uses\Properties: Young shoots of asparagus are collected from the wild and eaten as vegetables. They are rich in potassium phosphate, calcium, manganese, cobolt compounds and iron, making them excellent is cases of anaemia. However, asparagus can cause insomnia if eaten in large quantities. The plant, especially the young stems, contain asparagine used as a diuretic in medicine and also in cases of arrhythmia and other heart complaints. It is also useful for the treatment of bronchitis, respiratory infections and rheumatism.

1.42 Oleander

OLEANDER (Nerium oleander)

Appearance: A robust, evergreen, leggy shrub with bitter and highly poisonous sap. Has dark green lance-shaped leaves in pairs or threes. Pink, white or sometimes purple flowers appear between May and July. Fruits are long and cylindrical releasing numerous feathery seeds.

Habitat: Common all over Cyprus along water courses and in damp ravines from sea-level to 3,000 ft. Also commonly used as an ornamental plant, particularly along roadsides.

Uses\Properties: The milky, poisonous juice of the leaves and flowers are rich in salicine and other alkaloids. Preparations from the plant are used as a cardiant, while infusions are used externally against psoriasis. Oleander leaves shoved into the entrance of a rats' burrow will kill the occupants as they eat the leaves in an effort to escape.

1.43 Liquorice

LIQUORICE (Glycyrrhiza glabra)

Appearance: An erect sub-shrubby perennial about 1 metre high and woody at the base. Roots are long, tough and often sweetly flavoured. Leaves are divided, the leaflets being wide, gland-dotted and glutinous. Purplish-violet flowers appear on the upper parts of the stems from May to June.

Habitat: Grows in sandy or marshy fields near sea-level.

Uses\Properties: As well as making the well-known sweet, liquorice is an ancient flavouring and medicine listed in all traditional pharmacopoeias in one form or another. It is a very popular cough remedy having anti-inflammatory, soothing and healing properties.

1.44 Damask Rose

DAMASK ROSE (Rosa damascena)

Appearance: Sprawling or erect shrub with armed branches. Leaves are divided into 5-7 leaflets, slightly downy. Between May and June sweetly scented pink flowers appear.

Habitat: Widely cultivated in Cyprus, this is a very ancient garden rose probably of hybrid origin. Also occurs as an escape from cultivation in hedges, on roadsides and in clearings in pine forests.

Uses\Properties: A sweet preserve is made from the petals which has cathartic properties. Also used in making rose water, attar of roses and in perfume making.

1.45 Juniper

PHOENICIAN JUNIPER (Juniperous phoenicia)

Appearance: An aromatic evergreen shrub or small tree with gland-dotted, scale-like leaves. Has separate male and female cones and flowers between February and April. The fruits are globular and have a shining reddish-brown colour when they mature, in the second year.

Habitat: Found from sea-level to 1,000 ft on rocky ground, in pine forest, maquis and on dry slopes. Very common in the Akamas and Akrotiri areas.

Uses\Properties: The fruits contain a bitter tasting mix of tannins, organic acids and resins and the whole plant is rich in fragrant oil. It is known for its' flavouring and aromatic properties especially when used in gin. Medicinally infusions and extracts are used as antiseptics, stomach tonics, diuretics and in the treatment of cystitis and urinary infections. Used externally against dermatitis. The wood is very decay resistant and was used in house building in classical times. Pitch was also obtained from this plant. This plant could be the "Cedar of the Wilderness" mentioned in the old testament.

1.46 Ivy

IVY (Hedera helix)

Appearance: A perennial, woody, evergreen climber sometimes spreading on the ground to form a carpet. Young leaves are three lobed while those on flowering branches are egg shaped. Yellowish-green flowers in terminal clusters appear between August and October. Fruit globular, black at maturity.

Habitat: Found under trees and in rocky shady places, usually by water. Common at higher elevations on the Troodos range. Usually above 1,500 ft but descends to 300 ft on the Karpas peninsula.

Uses\Properties: Ivy contains saponins, hederagenine and organic acids and is a valued medicinal plant. Preparations from the plant are used as anti-spasmodics, purgatives, and in cases of rhinitis and cataracts. However, both fruit and leaves are irritants to the skin and must be used with caution.

1.47 Honeysuckle

HONEYSUCKLE (Lonicera etrusca)

Appearance: A climbing deciduous perennial shrub. Creamy yellow sweet-scented flowers in terminal heads appear between May and July. Fruit a small red berry.

Habitat: Found growing in high maquis and forest areas from 1,000 ft to 4,500 ft. Locally common in the Marathasa range, at Stavros tis Psokas and Stavrovouni.

Uses\Properties: The bark is employed for its' diuretic, perspirant and emetic properties. The berries are poisonous, causing fatigue and somnolence. Food poisoning caused by food left too long in copper containers can be treated with an emetic made from an infusion of the bark.

1.48 Uses

USING THE HERBS GROWN AT THE PANO AKOURDALIA HERB PLOT

BEAUTY~TIPS

HERBAL~DRINK~TIPS

HERBAL~CULINARY~OILS
RECIPE IDEAS

LAMB~KOKKINISTO
(with tomatoes and wine)

KHORTA~STO~FOURNO
(Oven Baked Vegetables)

FLAOUNES
(Easter Cheese Cakes)

PSAROSOUPA
(Fish soup)

TURKEY~AND~WALNUT~PIE

1.49 Beauty Tips

BEAUTY TIPS

The current trend of "green" or natural living has subsequently led to an increased usage of commercial herbal cosmetics, however, it works out to be a lot cheaper if you make your own pure beauty products.

The following herbs can be used for face packs (see instructions below) and aid various skin conditions, with the following beneficial effects:

- Lemon balm helps smooth wrinkles.

- Thyme helps to clear acne and spots, it is also reasonably astringent.

- Mint is excellent for cleansing ingrained dirt and spots. However, it is a strong astringent so only half the recommended amount of herbs should be used in packs for sensitive skin.

All of the above herbs also leave your skin feeling well refreshed and cleansed.

- Face packs. These are easy to make and simple to use using the following method:

1. Chop 3-4 handfuls of fresh herbs.
2. Put them into a saucepan with boiling water with just enough to cover the herbs.
3. Leave to simmer until the herbs form a thick mash.
4. Leave to cool slightly.
5. While mixture is still warm apply to face withcotton wool. (NOTE: avoid applying to eyes and mouth).
6. Leave on for 10-15 minutes or until dry. 7. Rinse off with lukewarm water and pat skin dry.

Do not expect instant results.

HAVE FUN!!!

1.50 Herbal drinks

HERBAL DRINK TIPS

Herbal teas or tisanes can be used as remedies for a variety of ailments, but you must bear in mind that their effects are not instant. Listed below are some herbs and their recognised treatments:

- Lemon balm is a general tonic and is soothing and relaxing.
- Mint is good in the treatment of stomachaches, heartburn, diarrhea, headaches, nausea and colds.
- Sage is a good general tonic.
- Thyme is good for cough and sinus ailments.

To make tisanes, which can be served hot or cold, follow this step-by-step

procedure:

NOTE: Allow one tablespoon of fresh herbs or one teaspoon of dried herbs per cup.

1. Put specified amount of herbs into cup.
2. Pour on boiling water.
3. Leave to infuse for 5-10 minutes until yellowy in colour.
4. Strain and discard herbs.
5. Add sugar if desired.
6. It is now ready to drink.

ENJOY YOUR REFRESHING TISANE!!!

1.51 Herbal Oils

HERBAL CULINARY OILS

Herbal oils are very useful to have in a kitchen for marinating and flavouring various dishes and salads.

Popular herbs used in culinary oils are thyme, oregano, fennel and rosemary. To make these oils follow the method below:

1. Crush the fresh herbs.
2. Put 2 tablespoons in a ½ pint bottle or jar.
3. Fill ¾ full with sunflower, vegetable or olive oil.
4. Add one tablespoon of wine vinegar.
5. Add a few whole peppercorns.
6. Tightly seal the container and place in hot sunlight.
7. Leave for 2-3 weeks, shaking container regularly.
8. Strain the oil after this time squeezing the oil out of the herbs and discard.
9. Repeat the process with fresh herbs for another 3 weeks.
10. Oil is now ready for use. 11. Pour into a clean bottle and decorate with a whole sprig of fresh herbs.

HAPPY COOKING!!!

1.52 Lamb Kokkinisto

LAMB KOKKINISTO (with tomatoes and wine)

Serves 6-8 persons.

Ingredients:
- 1280gr (1 oke) lamb,
- 1/2 glass wine,
- 4-5 sieved tomatoes,
- 1 onion,
- aromatic vegetables (carrots, celery, onions, leeks),
- THYME,

- salt, pepper,
- olive oil.

Method:
1. Cut the meat into big pieces and put into a deep dish.
2. Cover it with a little oil and wine, add the aromatic vegetables, cut into small pieces, and marinate it in this sauce for 2-3 hours.
3. Drain the meat well and saute it in hot oil.
4. Drain it well again and put it into a cooking pot with a little broth or water.
5. Bring the pot to the fire and leave the meat to cook.
6. Add wine, the vegetables, THYME, tomatoes, a bit of broth.
7. Leave to simmer until well done.
8. If you want it to have a red colour, add diluted tomato paste.
9. Season with salt and pepper and serve with potatoes covered in MINT and boiled vegetables.

("The Cypriots at Table", Marios Mourdjis)

1.53 Khorta sto fourno

KHORTA STO FOURNO (Oven Baked Vegetables)

Serves 6-8 persons.

Ingredients:
- 2 tablespoons olive oil,
- 1 medium onion, sliced,
- 2 cloves garlic, crushed,
- 2oz (50gr) stoned black olives,
- 2 large firm tomatoes grated or 1 425gr can of tomatoes, well mashed,
- 1 tablespoon tomato puree dissolved in a glass of hot water,
- 2 large potatoes, peeled or scrubbed and sliced thinly lengthways,
- 2 medium courgettes, sliced lengthways,
- 1 medium aubergine, sliced lengthways,
- 1 green pepper, sliced into rings,
- 1 teaspoon OREGANO,
- 4oz tasty cheese grated,
- salt and pepper.

Method:
1. Heat the oil in a saucepan and cook the garlic and onion until soft but not brown. Add the olives, tomatoes, tomato paste and parsley. Season and simmer for 10 minutes.

2. Oil a large casserole dish and layer the potatoes, courgettes and aubergines in the bottom. Sprinkle over half of the cheese. Add the green pepper and OREGANO.

3. Pour over the tomato sauce and cover with the remaining cheese.

4. Bake the vegetables, uncovered, in a medium oven gas mark 4, 350'F, 180'C for between 45-60 minutes, depending on the depth of the dish.

1.54 Flaounes

FLAOUNES (Easter Cheese Cakes)

Makes about 12. Ingredients:

Yeast dough:
- 1 ½ lbs (750gr) strong plain flour,
- 1 sachet easy bake yeast,
- 1 teaspoon salt,
- 2 teaspoons sugar,
- 2 tablespoons olive or vegetable oil,
- water to mix.

Cheese filling:
- 8oz (250gr) cheddar cheese ot 12oz flaouna cheese if available,
- 4oz (100gr) halloumi,
- 1 tablespoon flour,
- 1 teaspoon baking powder,
- 1 tablespoon crushed dried MINT,
- 4 eggs, lightly beaten.

To finish:
- 1 egg, beaten,
- sesame seeds.

Method:

1. Sift flour into a large bowl. Stir in the yeast, salt and sugar. Add the oil and enough water to make a firm dough. Knead for at least 5 minutes until smooth and elastic. Put the dough in a plastic bag and leave in a warm place for an hour to rise.

2. For the filling, coarsely grate the cheeses, add the flour and baking powder then gradually stir in the beaten egg and seasonings until you have a stiffish paste (keep some of the beaten egg back if the mixture becomes too runny).

3. Divide the dough into egg sized pieces and roll these into 4'' (10cm) discs.

4. Place a generous tablespoon of filling in the centre of each pastry disc, spreading it slightly. Pull dough up at 3 points to make a triangle, or 4 points to make a square. You should stilll be able to see the filling in the middle.

5. Press corners together to seal and leave to rise. Just before baking, brush with beaten egg and sprinkle some sesame seeds over the finished flaounes.

6. Bake in a hot oven gas 8, 450'C, 230'C for 12-15 minutes until cheese filling is puffed and flaounes are golden.

7. Serve warm or cold.

("The Taste of Cyprus", Gilli Davies)

1.55 Psarosoupa

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PSAROSOUPA  (Fish soup)

Serves 4-6 persons.

Ingredients:
 - 2 tablespoons sunflower or olive olil,
 - 1 large onion, sliced,
 - 1 clove garlic, crushed,
 - 3 large juicy tomatoes or 2 tablespoons concentrated tomato puree,
 - 1 glass / 200ml dry white wine,
 - 2 tablespoons chopped parsley,
 - small piece lemon peel,
 - 1 tablespoon of LEMON BALM,
 - salt and pepper.

Method:
1.  Heat  the  oil in a large soucepan and gently fry the onion and
    garlic till soft but not brown.

2.  Add the grated fresh tomatoes or tomato puree.

3.  Add  the  cleaned  fish,  wine,  parsley,  lemon  peel, LEMON BALM and
    seasoning.

4.  Add  enough  water to cover all the ingredients and bring to the boil.
    Cover the pan and simmer or 30 minutes.

5.  Strain the soup and reheat.

6.  Serve with chunks of  fresh bread.

("The Taste of Cyprus", Gilli Davies)
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1.56 Turkey & Walnut pie

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TURKEY AND WALNUT PIE

Serves 4-6 persons.

Ingredients:
 - 2 tablespoons butter,
 - 2 cups sliced mushrooms,
 - ¼ cup plain flour,
 - 1 ¼ cups double cream,
 - 2\3 cup sour cream,
 - 1 tablespoon THYME,
 - 1 tablespoon SAGE,
 - 1 bay leaf,
 - 700 gr cooked turkey cubed,
 - 2\3 cup chopped walnuts,
 - 3 cups chilled puff pastry,
 - 1 egg yolk.
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Method:

1. Pre-heat the oven to 220'C.

2. Melt the butter in a saucepan and add the mushrooms. Cook for 3 minutes stirring all the time. Remove pan from heat and place mushrooms on a plate.

3. Stir the flour, salt and pepper into the pan juices to make a smooth paste. Gradually add the double cream and the sour cream stirring all the while. Stir in the THYME, SAGE and bay leaf. Return pan to the heat and cook for 10 minutes stirring all the while.

4. Remove the bay leaf.

5. Return the mushrooms to the pan and add the turkey and the walnuts.

6. Spoon the mixture into a deep pie dish and set aside.

7. Roll out the dough to about ½ cm thick. Cut off a strip of dough about 1cm wide or long enough to fit the rim of the pie dish. Moisten the rim with a little water and press down the dough strip. Moisten the strip with water.

8. Lift the remaining dough onto the rolling pin and lay it into the pie dish. Trim and crimp the edges to seal.

9. Make a small slit in the centre of the dough and brush the top with the egg yolk.

10. Place the pie in the oven and bake for 50 minutes. Reduce the temperature to 190'C and continue baking until pastry is golden brown.

11. Serve immediately.

("The Encyclopedia of Herbs and Spices", Pamela Westland)

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1.58 Acknowledgements

ACKNOWLEDGEMENTS

We would like to take this opportunity to thank Mark Hellicar and Stella for their pretty pictures, Sarah Hellicar for her coffee making and of course her translation efforts, Simon Gilligan for his kind offer to use his computer. Their time, efforts and generosity were greatly appreciated.

Great thanks also to Dinos and Antonis of Vavel Computers (the best Amiga centre in Nicosia) for scanning the pictures drawn by Mark and Stella.

1.59 Who_wrote_it

THE AUTHORS OF THIS DOCUMENT

This guide was written by Martin Hellicar and Pippa Gilligan. The drawings are by Stella Constantinou and Mark Hellicar. Thanks go to Julie Cochrane and Simon and Lea Gilligan for their invaluable assistance.

Pippa Gilligan did this as part of her degree course at Leeds Metropolitan University.

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Amigaguide Version by Simon Gilligan, from the original Final Writer document.

1.60 Anybody_Interested_Ware

ANYBODY INTERESTED ???

If anyone finds this interesting please drop an email to:

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The scanned picture files of the plants have all been reduced in size to ensure that the Aminet archive is not too big. The originals are available from Simon Gilligan. Just email a request for a bigger picture if needed.