

CURATIVE MELLIFEROUS PLANTS IN TURKEY

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Anzer

- Anzer is one of the hundreds of plants that gives the world-famous anzer honey its taste and smell, and anzer is a kind of thyme.
- Anzer naturally grows in the region named "Aşağı Anzer" and "Yukarı Anzer" that is 2300-2500 m high from the sea in İkizdere, Rize.



Anzer

- It belongs to the Lamiaceae family and its scientific name is *Thymus praecox* subsp.
- This plant can grow up to fifteen-twenty cm in height.
- It blooms for two months starting from June and its flowers are at different sizes.



Anzer

Health Benefits; It is;

Good for pains and twinges.

Used against lungs and brain diseases.

Used by the cancer patients.

Also beneficial for cough and asthma.

Useful against constipation.

Heals heavy injuries.

Strengthens the immune system.

Eases digestion.

Whets the appetite.

Strengthens the memory, eyes, bones and muscles.

Increases the energy of the sportsmen and makes an impact of doping.

Also relieves the nervous system.

Quince (*Cydonia oblonga*)

- Quince is a fruit tree that can grow to four-five m in height and its stem is reddish brown.
 - Anatolia, Turkey is known as the homeland of quince cultivation.
 - Its flower leaves and seed are also curative as well as its fruit.
- Quince is rich in vitamins A and C.



Quince (*Cydonia oblonga*)

Health Benefits

Beneficial for bronchitis and cough.

Good for chronic diarrhea.

Effective against vomiting.

Increases the resistance of the body and whets the appetite.

Cleans the blood.

Beneficial for liver.

Relieves tachycardia.

Sage Tea (*Salvia Glutinesa*)

- It grows naturally and has seven types.
- It is thirty-sixty cm in height.
- It grows in Thrace, Black Sea Region, Mediterranean Region and Eastern Anatolia in Turkey.



Sage Tea (Salvia Glutinesa)

Health Benefits

Reduces sweating.

Aids digestion.

Has the tonic and refreshing effect.

Cures stomach ache.

Liver-friendly.

Cleans the blood.

Beneficial for the teeth and gingiva.

Whets the appetite.

Hawthorn (*Crataegus Pseudoheterophylla* Pojark)

- There are over twenty types of hawthorn in Turkey.
- It is two-four m in height and it blooms in April-May.
- It can be cultivated the country especially in the Western and Southern Anatolia.



Hawthorn (Crataegus Pseudoheterophylla Pojark)

Health Benefits

Tranquilizer effect.

Lowers the blood pressure.

Wide range of usage for the heart and circulatory system diseases.

A diuretic.

Strengthens the memory.

Reduces the blood sugar.

Good for headaches.

Expands the coronary vessels and increases the bloodstream.

Provides more oxygen to the cardiac muscle.

Also used to treat the rhythm disorders of the heart.

Anise (Anethum)

- It is cultivated in the southern and western parts of Anatolia.
- It is also used as a spice with its taste and smell.



Anise (Anethum)

Health Benefits

A diuretic effect and is beneficial for digestion.

Often used against nausea.

Also used against diarrhea.

Beneficial for circulatory disorders.

Good against liver diseases.

Pear (pyri)

- Pear is a fruit that can be cultivated throughout Turkey.
- It is nutritious and refreshing because of the sugary substances and vitamins A, B1, B2 and C it has.
- It has three main types:
Winter pear, autumn pear and summer pear.



Pear (pyri)

Health Benefits

Pear lowers blood pressure to normal level.

Good for kidneys.

Provides the discharge of toxic substances in the body.

Also provides the discharge of urea and uric acid.

Good against nausea.

Advised to the people who want to lose weight.

Beneficial for anemia.

PEACH (*Prunus persica*)

- Its vitamin and mineral value is very high.
- There are about sixty four species of peach in Turkey.
- It ripens from June to September according to its species.
- It is grown in Marmara, Aegean and Mediterranean Region, mainly in Bursa.



PEACH (*Prunus persica*)

- Peach is a summer fruit that belongs to the Rosaceae family.
- It is juicy and sweet.
- It is a plant that likes warm climate.
- It is a deciduous tree which can grow up to 3-7 meters with pink flowers.
- It is very beneficial for people with its fruit, leaves, flowers and cores.



PEACH (*Prunus persica*)

Health Benefits

Helps digestion.

Has a diuretic effect.

Extracts the water that accumulates in the body.

Helps passing kidney stone and gravels.

Runs the intestines and is good for constipation.

Quenches the thirst.

Strengthens the mind.

PEACH (*Prunus persica*)

Health Benefits

Relieves the chest and it is good for cough.

Good for abdominal pain.

Whets the appetite.

Relaxes the muscles.

Relieves the stress and tension.

Effective against intestinal worms.

COMMON JASMINE

(*Jusminum nudiflorum*)

- Jasmine has species in the colors of white, blue and yellow.
- Apart from the species that are grown as garden plants, some white jasmine species are grown for commercial purposes.
- It is also known as Jasmine, White Jasmine and Turkish Jasmine
- It belongs to the Oleaceae family.



COMMON JASMINE

(Jusminum nudiflorum)

Health Benefits

Relieves the chest, it is an expectorant.

Has tranquilizer effect.

Relieves the rheumatic and articular pains.

Good for diarrhea.

Also good for muscle pains.

Beautifies the skin.

Removes the wrinkles.

Has vasodilator effect.

Diuretic.

Relieves the podagra and joint pains.

Acacia (Robinia Pseudacacia)

- Acacia is a typical garden plant that can be grown all over the world.
- It is generally eight-ten m in height and its blooming period is in May.
- It is a coastal region plant and blooms so often.



Acacia (Robinia Pseudacacia)

Health Benefits

Relieves the apnea.

Reduces the complaints of asthma.

Prevents constipation.

Destroys microorganisms.

Also increases bile acid.

Almond (*Amygdalarum*)

- Almond is a tree that belongs to the rosaceae family.
- It is the harbinger of spring.
- Almond contains copper, iron, zinc, calcium, potassium, carbon hydrates, omega-3 and polyunsaturated fatty acids.



Almond (Amygdalarum)

Health Benefits

Heals the injuries.

Also used against coughing.

A heart and vessel-friendly product.

Relieves the digestive system and it is good for constipation.

Beneficial against headache and pain in the kidney.

When eaten as a snack it stabilizes the insulin level in the body.

Good for the people who are on a diet since it prevents being hungry.

BROAD BEAN (*Vicia Faba*)

- It is a tap rooted annual plant and belongs to the Leguminosae family.
- It takes root to a depth of 110 cm.
- This vegetable which gives name to the Leguminosae family (in Turkish) is rich in vegetable protein and carbon hydrates.
- It is also rich in iron and calcium minerals and contains the vitamins A, C, B and B2.



BROAD BEAN (Vicia Faba)

Health Benefits

A diuretic effect.

Reduces the level of bad cholesterol.

Regulates the blood sugar with the insulin it contains.

With the high rates of natural fiber it contains it is good for constipation.

Good for hemorrhoids and other large intestine problems.

Effective against the skin diseases with injuries.

Reduces the risk of having cancer.

Good for headaches.

Beneficial for chest diseases and cough.

Relieves kidney pains.

Helps passing kidney gravels and stones.

Deadnettle (Lamium / Lamier / Dead-nettle / Laminum)

- White deadnettle (Lamium Album), Yellow deadnettle (Lamium Galeobdolon), Spotty deadnettle (Lamium maculatum), Red deadnettle (Lamium purpureum)
- It is a plant that belongs to the lamiaceae family.
- Twenty seven species of deadnettle has been identified in Turkey and most species can be found in the western and southern Anatolia widely.
- Besides, it can be found at the other Regions from time to time.



Deadnettle (Lamium / Lamier / Dead-nettle / Laminum)

Health Benefits

Relieves the intestinal gas.

Good for sore throats.

Helps the blood clotting.

Strengthens the stomach.

Also strengthens the nervous system.

Good for insomnia.

A regulatory effect on the digestion.

Beneficial against diarrhea.

Used against arteriosclerosis.

Also used for the treatment of hemorrhoids.

WHITE TREFOIL (*Trifolium arvense*)

- This flower is generally cultivated to be used as an animal feed, but besides it is an essential nectar source for the bees.
- It is flowery from the beginning of March to September.
- White trefoil's honey has a nice taste and aroma.
- Turkey is a very rich country in terms of trefoil species and trefoil is generally grown as a fodder plant.



WHITE TREFOIL (*Trifolium arvense*)

Health Benefits

Used to treat gout and rheumatism.

Also used against leucorrhea by the people.

Rosemary (*Rosmarinus officinalis*)

- It is a bushy-looking plant that is 60-150 cm in height.
- It is known as Hasalban or Kuşdili among the people in Turkey.
- It can be grown anywhere in Turkey.



Rosemary (*Rosmarinus officinalis*)

Health Benefits

The effect of wound healing.

Beautifies the skin.

Good for rheumatic and neurological pains.

Good against constipation.

The tranquilizer feature.

Also good for the headaches.

Used against tachycardia.

Blackberry (Rubus)

- Blackberries usually start to bloom in May and continue till August.
- It is a thorny bush that belongs to the Rosaceae family and that grows naturally on the garden fences or roadsides.
- It has many species and it grows throughout Turkey.
- It is rich in vitamin C.



Blackberry (Rubus)

Health Benefits

Blackberry gives strength to the body.

A diuretic effect.

As a menstrual period stabilizer by women.

Used against coughing.

Also used against gingival bleeding and used to strengthen the gingiva.

Strengthens the eyes.

Used for colitis and intestinal inflammation.

Also helps passing kidney gravels and stones.

A good antioxidant.

The feature to relieve the diarrhea.

Walnut (Juglandaceae)

- It belongs to the Juglandaceae family.
- It has about twenty species and it is cultivated in warm climates and on fertile lands.
- It can grow up to thirty m high.
- It can be a grown almost everywhere in Turkey.
- It doesn't create forests and it is grown in the gardens and farms.



Walnut (Juglandaceae)

Health Benefits

Whets the appetite.

Heals diarrhea.

Good for diabetes.

Used for skin diseases as an antiseptic.

Body-strengthening.

Used against anemia and bone weakness.

A cholesterol and lipid reducer.

Analgesic feature.

Increases sexual power.

Used against colds and the flu.

Good against hemorrhoids.

The feature to cleanse the blood.

POPPY (*Papaver rhoeas*)

- It is an herbaceous plant which has red flowers and is milky.
- It is also known as "aş otu" colloquially. It can grow up to 50-80 cm.
- It grows abundantly on the roadsides and fields.



POPPY (Papaver rhoeas)

Health Benefits

Good against diarrhea.

A painkiller.

Good against dyspnea, asthma and bronchitis.

Useful against whooping cough.

Prevents vomiting and spitting blood.

White Horehound (Marrubium vulgare)

- It belongs to the Lamiaceae family.
- Marrubium has derived from the Hebrew word "marrob" meaning "bitter sap" and "vulgare" means "known by everybody".
- It is a perennial herbaceous plant which is twenty-sixty cm in height, white-colored, with the stem separating into various branches and its smell is very nice.



White Horehound (*Marrubium vulgare*)

Health Benefits

A diuretic, expectorant and it also helps the intestinal gas to be extracted.

The effect of increasing bile.

Also gives freshness to the chest.

Relieves the spasm.

A pain pile effect.

Good for the weakness and anorexia.

Good for the irregularities of women's periods.

Beneficial for asthma and bronchitis.

A heart and liver-friendly plant.

A febrifugal.

Yarrow (*Achillea millefolium*)

- It can grow up to eighty cm high.
- Its dried leaves, flowers and stems are used as curative.
- There are about 40 yarrow species in Turkey and most of them are used for treatment.
- Its leaves are hairy as wool and fragmented; its flowers are white, ivory white, pale yellow or golden yellow in color.
- It is a multi-annual and herbaceous plant.



Yarrow (*Achillea millefolium*)

Health Benefits

A diuretic effect.

Used against women's diseases and inflammation of the ovaries.

Also used for the menopause tensions.

Good for the nerve pain in arms and legs.

A blood cleanser.

Good for irregular menstrual bleeding.

Good against uterine cancer and nausea.

Also beneficial for the migraine.

Effective on nose bleeding.

PINE TREE (Arborem Pinum)

- Some living organisms on pine trees (Red Pine "Pinus Brutia" and Peanut Pine "Pinus Pinea") secrete honey dew (Honey flower "honeydew") which are sweet, and it is transformed into honeydew honey by the honey bees.
- It is more commonly seen in Aydın and Muğla in Turkey.
- It can grow up to seventy m high and it is long-lasting.
- Its leaves, bark, flower and fruits are used as curative traditionally.



PINE TREE (Arborem Pinum)

Health Benefits

Used as an expectorant and breathing reliever for the lung diseases and chronic cough.

When used externally it is beneficial for the wounds and anti-rheumatic diseases.

Used against women's diseases, flux and ovaries inflammation.

Good for asthma and bronchitis.

STRAWBERRY (fRAGUM)

- Strawberry is a member of the Rosaceae family.
- It is an herbaceous plant with white flowers.
- About 600 species of strawberry are known so far.
- 6 Species of strawberries are grown in Turkey.
- It is grown on the coastal areas of Marmara and Black Sea, especially in Bursa and Mersin, and in river valleys and on light sandy soils.
- It blooms in spring.
- Thirty-thirty five days after the pollination its white flowers grow to be red, Pink or sometimes white fruits with tiny seeds.



STRAWBERRY (fRAGUM)

Health Benefits

Strawberry is a high nutritional value fruit that strengthens the immune system.

Used diuretically.

Reduces the effects of rheumatism and gout.

Regulates the function of the liver.

Whets the appetite.

Lowers high blood pressure.

Antitoxic.

Kills the microorganisms in the intestines.

Increases the functions of the stomach and intestines.

Prevents the production of kidney stones and gravels.

Prevents the formation of acne on the skin.

BLACK CUMIN (Nigella Damascena)

- It belongs to the Ranunculaceae family.
- Nigella plants whose motherland is Mediterranean basin have about twenty species and most of them can be grown in Turkey.
- Its scientific name was given to the plant because of its black-colored seeds that are also used in the food industry.
- It is an important curative plant that is complimented by our Prophet.



BLACK CUMIN (*Nigella Damascena*)

Health Benefits

Diuretic plant.

Whets the appetite.

Good for sinusitis.

Used against rheumatism.

Beneficial for the dyspnea.

An expectorant.

Used for the toothache and foul breath.

Strengthens the body.

Effective against the flu and colds.

LAURUS (Lauracea)

- It belongs to the Lauraceae family. It has three species.
- Mediterranean laurus (*Laurus nobilis*) is found in Turkey.
- It is a medium-sized tree that can grow up to ten m high and it is an evergreen tree.
- It grows in coastal areas along the Mediterranean coast.
- Its fruit that resembles oil and first green after black in color, and its leaves are used as a curative.



LAURUS (Lauracea)

Health Benefits

Used for indigestion and anorexia.

Used as a preventive against diarrhea and the intestinal gas.

Effective against the flu and cold.

Also used for the toothache, gingival bleeding and pains.

APPLE (*Malus domestica*)

- It has a nutritious fruit.
- It has various species in Turkey such as Amasya, Golden, Starking, sour and Hüryemez.
- Apple is a mild climate, especially cold mild climate fruit.
- Apple needs the winter rest most.
- It grows 500-800 m in altitude.
- There are more than 6500 species of apple in the world.
- There are 460 species in Turkey.



APPLE (*Malus domestica*)

Health Benefits

It strengthens the heart.

It also strengthens the nerves and the muscles.

It is good against nausea.

It runs the kidneys and is diuretic.

It eases the digestion.

It is beneficial for the intestines.

Sour apple reduces the high diabetes.

It is quenching.

It reduces the fever.

It is good for diarrhea.

It increases the secretions of the mouth and the stomach.

It is effective against dysentery, typhoid and paratyphoid.

JUDAS TREE (*Cercis siliquastrum*)

- It is a deciduous tree that generally grows up to five meters.
- It blooms before the leaves like almond and plum trees.
- Its flower is purplish pink in color.
- It can be cultivated in the Aegean and Marmara Regions and especially on the sides of the Bosphorus in Turkey.



JUDAS TREE (*Cercis siliquastrum*)

Health Benefits

It is good against fever and pertussis.

It grows on the sides of the Bosphorus.

It is used as a vasodilator.

It is good against nausea and vomiting.

It is effective against dysentery.

ASTRAGALUS (*Astragalus glycyphyllus*)

- It is a wildering plant of Turkey.
- It is a perennial plant that belongs to the Legumes family.
- It has about 2000 species that differ according to the regions.
- The plant contains asparagine, glycyrrhizin, bitter substances, sugar, proteins, dextrose, manit and flavonoids.
- It is an important plant in terms of beekeeping on the higher parts of the plateaus.



ASTRAGALUS (Astragalus glycyphyllus)

Health Benefits

It is useful for colds and flu.

It is good for chronic fatigue syndrome.

It is good for stomach ulcers.

It can be used against heart and kidney diseases.

It has wound-healing effect.

It is good for indigestion.

It provides improvements on the blood pumping capacity of the heart.

It protects the liver against cell damages.

It helps transport oxygen to the tissues of heart and brain.

MUSTARD (Brassica)

- Mustard belongs to the cruciferae family.
- Three major species grown in Turkey are Black Mustard (Brassica: Sinapis nigra), Brown mustard (Brassica: Sinapis juncea) and White Mustard (Brassica: Sinapis alba).
- According to the species mustards are between 30 cm - 5 m in height and it is an annual herbaceous plant which is durable.
- It grows naturally in the cultivated areas and it is also cultivated especially to be used in salads.



MUSTARD (Brassica)

Health Benefits

It relieves the intestinal gas.

It whets the appetite.

It has diuretic feature.

It is effective on rheumatic pains.

It is used against chronic cough and chest pains.

ALCEA (*Althaea officinalis*)

- Alcea, which belongs to the Malvaceae family is also known as hollyhock.
- It is commonly grown in Turkey.
- Besides presenting a visual feast with its beautiful view it is also a very beneficial herb.
- It grows in gardens all over Turkey.
- It is especially common in the Mediterranean Region.
- It blooms on a long stem in summers.
- The long stem that blooms is generally about 1 - 1,5 m in height.



ALCEA (*Althaea officinalis*)

Health Benefits

It is effective against cough, bronchitis and chest murmurs to relieve the chest.

It is good for kidney stones and urinary tract infections.

It is used to treat constipation.

It is good for mouth and throat infections.

It is used against gastritis.

LINDEN (*Tilia tometosa*)

- There are various kinds of linden tree in Anatolia.
- Two of them which are used for medicinal purposes grow especially in the mountains of Northern Anatolia.
- These are small-leaved linden (*Tilia cordata*) and large-leaved linden (*Tilia platyphyllos*).
- Linden is a tree with large pyramidal hill with dense branches that grows in Marmara, Western Black Sea, Taurus Mountains and Northern Anatolia and it is generally 20-30 m in height.
- Its leaves are heart-shaped.
- Its flowers are dried and drunk like tea.
- It blooms in June-July.



LINDEN (*Tilia tomentosa*)

Health Benefits

It has diuretic effect.

It is calming and eases falling asleep.

It relieves the chest.

It is used against cold and common cold.

It strengthens heart muscles.

It is used against migraine.

STINGING NETTLE

(*Urtica membranacea*)

- It is a large grass covered with stinging tough hairs that belongs to the Urticaceae family and it grows in spring.
- The hairs content formic acid.
- It is 20 - 60 cm in height and grows on roadsides. It is the most affecting plant by the mineral and salt balance of the soil it grows.



STINGING NETTLE

(*Urtica membranacea*)

Health Benefits

It is used against the cancer.

It is useful against arteriosclerosis.

It is good for the headaches.

It gives brightness to the hair, prevents seborrhea and dandruff.

It has a preventive effect on stomach ulcers.

It prevents spreading of the resistant germs.

TARAXACUM (TARAXACUM)

- It is a plant that belongs to the Asteraceae family and grows on roadsides, meadows and ditches.
- Its root contains taraxacin, levulin, inulin and sugar.
- It is a milk carrier perennial plant and its flower is yellow.
- Its root is used as curative.
- Its leaves are at its base and its edges are sharp.
- It grows in all the regions of Turkey.
- It is a perennial plant with the height of 10-50 cm.
- When removed, white milk flows.



TARAXACUM (TARAXACUM)

Health Benefits

It is effective on liver and gall bladder diseases.

It relieves the constipation and whets the appetite.

It is diuretic and bile cleaning.

It heals the urinary bladder and large intestine inflammations.

It relieves the chest and heals the cough.

It is good for hepatitis.

It increases the breast milk.

THYME (*Thymus serpyllum*)

- Thyme grows on the grassy shores of the farms, forest sides and meadows.
- It is a naturally-growing plant and grows all over Turkey. Because it needs sunlight and warmth it increases on the rocky and mountainous regions where soil temperature is high.
- It contains etheric volatile oil; Thymol (around 50%), Carvacrol, Borneol, Cymol, Pimen, Tannin and flavones.
- It is primarily used as a spice in Turkey.
- Around 40 species of thyme grows in Turkey.



THYME (*Thymus serpyllum*)

Health Benefits

It is a powerful antiseptic.

It is a disinfectant.

It tranquilizes effect.

It regulates blood circulation.

It is used in strong diarrheas.

It is used against cough, and is an expectorant.

It is used as a vasodilator.

It is effective on dental pains and bleedings.

It is good against nausea.

It is used to reduce lipid and cholesterol.

CHESTNUT (Castanei)

- Chestnut, one of the first fruits to be discovered by human beings was an essential part of the great feasts of the palaces in ancient times since it was regarded as sacred.
- Chestnut is the fruit of a plant with length up to 30 meters.
- The fruits are covered with thorny cases.
- It is an important source of energy for people.



CHESTNUT (Castanei)

- 100 grams of chestnut contains about 200 calories.
- It is very rich in potassium, phosphorus, magnesium, chloride, calcium, iron and sodium minerals.
- It also contains vitamins C, B1, B2, B6, E and PP.
- In Turkey chestnut producible regions extend from Eastern Black Sea to Marmara and Aegean coasts till Antalya.



CHESTNUT (Castanei)

Health Benefits

It is used to lower the blood pressure.

It is good against the prostate complaints.

It strengthens the blood vessels.

It prevents the formation of varicose veins and hemorrhoids.

It strengthens the nerves.

It is good for liver fatigue and swelling.

It strengthens the stomach.

It heals anemia.

It is beneficial for physical and mental fatigue.

It also strengthens the muscles.

CHERRY (*Prunus avium*)

- Cherry belongs to the Rosaceae family.
- It grows in many regions of Turkey.
- There are approximately 1500 species of cherries in Anatolia.
- Cherry is one of the most popular fruits of spring.
- It has an attractive taste.
- It is rich in vitamin C and also it contains carotene thanks to vitamin A.
- It also contains vitamins B1, B2, B5 and magnesium and calcium.



CHERRY (*Prunus avium*)

Health Benefits

It cleans and dilutes the blood.

It strengthens the stomach, relieves stomach aches, and it is a gall cleaner.

It is kidney-friendly, protects the body against toxics.

It prevents formation of gravel and stones in the kidneys.

It is a good diuretic; it extracts the uric acid and urate salts.

It helps losing weight and extracts body water.

It eases digestion.

It provides the intestines work and prevents constipation.

It is very beneficial to the skin.

It is good against the diseases such as rheumatism, gout, osteoarthritis, arteriosclerosis.

It lowers the cholesterol.

It relieves the liver.

LAVENDER (*Lavandula angustifolia*)

- It is a bushy plant that can grow up to 1 meter length.
- Its leaves are silvery, thin, long and narrow.
- Its flowers are dark purple, has a special and nice smell; it is collected when it is a gemma and dried in a cool, airy place.
- Lavender is grown especially in the Mediterranean Region as an ornamental plant.
- It is used in perfume and cosmetics industry because of its unique pleasant smell.



LAVENDER (*Lavandula angustifolia*)

Health Benefits

It is a diuretic and getter.

It is good for rheumatism.

It is effective on stomach and intestinal diseases and stomach spasms.

It is also good for asthma.

It is beneficial against the complaints of general liver disease or liver failure.

It has aphrodisiac effect.

It has a tranquilizer effect and good for insomnia.

MINT (*Mentha piperita*)

- Mint is a perennial plant with green fragrant leaves.
- It is pungent and hairless, its branches are angular and its flowers are purple in color.
- It is one of the plants with the greatest medical benefits.
- Its many species can grow anywhere in the world. Its leaves and flowery tips are used.
- It contains menthol 1-3%, menthone, flavonoids, phenols, tripterygenin and volatile oil containing tannin.
- It has antispasmodic and antiseptic feature.



MINT (*Mentha piperita*)

Health Benefits

It relieves indigestion and gas complaints.

It prevents nausea.

It is effective in the stomach pains and intestinal spasms resulting from gas thanks to its antispasmodic effect.

It is good for constipation and diarrhea.

It is a fungi-killer.

It relaxes the chest of the patients with bronchitis.

It relieves the throat of the patients with pharyngitis.

It is a painkiller.

It is effective for sprains.

EUCALYPTUS (*Eucalyptus globulus*)

- Eucalyptus is a wide tree genus which has many species.
- It can grow up to 40 meters length.
- Its production is done with seed.
- Eucalyptuses are large trees that bloom purple flowers in June-July.
- It is grown around Muğla and Antalya in Turkey.
- It has more than 100 species.
- It has also great benefits on beekeeping.



EUCALYPTUS (Eucalyptus globulus)

Health Benefits

It is good for respiratory diseases.

It stops cough, heals throat inflammations and nasal inflammations.

It cleanses the urinary tract.

It is used as an antiseptic on the skin.

It has expectorant effect.

It is refreshing and strengthening.

It prevents the formation of acne and dandruff.

It strengthens the immune system.

It is beneficial for the rheumatic pains and nerve inflammations.

It heals skin ulcers and wounds.

It is good for muscle stiffness.

It relieves migraine pains.

It is good for the inflammations of the throat and sinusitis inflammation.

Sunflower (*Helianthus annuus*)

Health Benefits

Sunflower is very beneficial for the development of children's bones and brain.

It is an expectorant and effective for opening the air passages.

It is recommended for keeping cholesterol in balance.

It is a heart-friendly plant.

DAISY (Compositae)

- It is an annual plant that grows on the roadsides, fields and moorland widely.
- It especially grows more than usual after snowy winters and rainy springs.
- It has many branches, its leaves are in pieces, and its flowers are white and yellow in the middle.
- Daisies are dried in the shade and used as curatives.
- Daisy contains tannin, volatile oil, bitter substances and vitamin B.
- It is grown almost everywhere in Turkey.



DAISY (Compositae)

Health Benefits

It is diuretic.

It whets the appetite.

It is tranquilizer and antipyretic.

It is getter and heals diarrhea.

It has wound healing feature.

It cleans the bile.

It is beneficial to hemorrhoids.

It is also effective for inflamed wounds.

It is used for the beauty of the skin.

CORNFLOWER (*Centaurea cyanus*)

- Many species of cornflower grows naturally in Turkey.
- It is a perennial plant. Its flowers are purple and very beautiful.
- It's collecting and marketing has started in recent years.
- It is of great value for beekeeping.
- Cornflower is very common in Turkey.



CORNFLOWER (*Centaurea cyanus*)

- It is mainly located in the Central Anatolia.
- Its blooming period starts in May and lasts until the end of August.
- It can grow up to 1 meter length.
- It is also known as bluebottle.
- It contains anthocyanins, bitter substances, salts, glycosides, yellow substance, flavones and blue pigment.



CORNFLOWER (*Centaurea cyanus*)

Health Benefits

It whets the appetite.

It helps digestion.

It is diuretic.

It gives comfort and freshness to the body.

It helps the kidney to expel gravel.

It is beneficial against cough, shortness of breath and bronchitis with its chest relieving effect.

CORNFLOWER (*Centaurea cyanus*)

Health Benefits

It is good for eye diseases.

It is a painkiller.

It is an antipyretic.

It is beneficial for the skin disorders, rashes and itchy skin diseases.

It helps the excretion of toxic substances with its blood cleaner effect.

It has anti-inflammatory effect.

It reduces the rheumatic complaints.

ORANGE (*Citrus sinensis*)

- Orange belongs to the Citrus family.
- Other well-known species of this family are sour orange, lemon, blood orange and grapefruit.
- Orange is cultivated for its flowers as well as its fruit.
- It is generally cultivated in the Mediterranean Region and on the coastal regions of the Black Sea in Turkey.
- It is generally 6-10 meters length.



ORANGE (*Citrus sinensis*)

- Orange provides calcium entering the body.
- The calcium that an orange contains is equal to 100 grams of milk.
- Orange is rich in vitamins A and C, and calcium, iron and magnesium.
- It is used in pharmacy and food industry.



ORANGE (*Citrus sinensis*)

Health Benefits

It is good for colds, flu and common cold.

It relieves the asthma patients with its breath opener effect.

It reduces the blood pressure and cholesterol rate in the blood by balancing blood pressure.

It has antipyretic effect.

It increases the resistance of the body because of vitamin C it contains.

It is good for anemia.

It eases digestion.

It runs the liver.

It strengthens the nervous system.

It reduces the signs of aging on the skin and moisturizes the worn out and dry skin.

ERICA (*Erica manipuliflora*)

- Erica is a bushy-looking plant that grows on the macquis groves and sun-exposed areas of calcareous soils, and is 50-80 cm length.
- Its branches are broken easily.
- It has sharp-pointed, small and dark green leaves that resemble the pine needles.
- Erica does not shed leaves in winter but it gets brown at the end of the season and stays on that status until it blooms.



ERICA (*Erica manipuliflora*)

- While other plants are in hibernation Erica wakes up and blooms pink flowers in early November.
- It especially grows in pinewoods in Turkey.
- It grows in the Mediterranean, Aegean, Thrace and Marmara Regions.
- Bees love it because it is rich in pollen and is a good source of nectar.
- The pith collected from Erica adds a cherry juice taste to the honey.



ERICA (*Erica manipuliflora*)

Health Benefits

It accelerates the blood circulation.

It stimulates and strengthens the nerves.

It helps digestion.

It is a getter against indigestion.

It increases the secretion of the bile.

It has a diuretic effect.

It relieves the muscle pain, sciatica and neuralgia.

It relieves rheumatic pains.

It prevents early hair loss.

It has the effect of beautifying the skin.

It cleanses the skin deeply.

It prevents the delay of women's periods and regulates them.

It has a healing effect on sprains and contusions.

ROSE MALLOW (*Lavatera rosea* or *Lirimestis*)

- It is either an herbaceous or a woody plant that is cultivated to obtain fiber and herbal oil and it belongs to the Malvaceous family.
- Its stem is virgate, branched and very hairy.
- Its leaves have long scapes.
- Its fruit is a capsule with
- 3 - 5 eyes.
- It has many species.
- Cocoon or native species
- are grown in Turkey.



ROSE MALLOW (*Lavatera rosea* or *Lirimestis*)

- Native mallow is a speckled plant with black side branches, black short stem and black leaf stalks, and is 75-80 cm in length.
- It blooms in June-July.
- Its flowers fade quickly and produce a cocoon on the size of a walnut.
- Its harvest is done after the cocoons mature.
- In Turkey it is grown in Cukurova, Aegean, Southeastern Anatolia and Antalya commonly.



ROSE MALLOW (*Lavatera rosea* or *Lirimestis*)

Health Benefits

It heals the constipation.

It is an antipyretic.

It heals the absence of the menstruation of women.

It helps extracting the menstruation blood.

It relieves the intestines.

It softens and relieves the skin.

SAFFRON CROCUS (Crocus Sativus)

- Saffron has been cultivated for a long time in Turkey.
- It is used in the industries of drug, spice and dye.
- According to records, 8-10 tons of saffron was produced during the Ottoman Empire period.
- Saffron is mainly grown in Safranbolu which has taken its name from the plant.
- Saffron is a bulbous plant.
- Its bulb diameters are about 2-4 cm.
- Its flowers which bloom in September-October are in fair violet color.



SAFFRON CROCUS (Crocus Sativus)

Health Benefits

It supports the immune system due to its antioxidant effect.

It has an anticancer effect.

It reduces the eye muscle degeneration.

It lowers the cholesterol.

It reduces the arthralgias and arthritis effects.

It increases the circulation.

It reduces the effects of depression.

It regulates the blood flow.

ANCHUSA (*Anchusa capensis*)

- It belongs to the Boraginaceae family.
- Anchusa whose motherland is South Africa has many species in the nature.
- It has fairly large flowers in the color of sky blue.
- It is a herbaceous plant that can grow from 30 cm up to 1.5 m and it is a two-year or perennial, high, durable plant.
- It is grown in the flower gardens, cultivated fields or borders.
- It starts to bloom from the middle of the spring and it is flowery during the summer.



ANCHUSA (*Anchusa capensis*)

Health Benefits

It gives strength to the heart.

It cleans the blood.

It has the effect of increasing breast milk.

It is good for gingival diseases.

It is good for the throat inflammations.

It relieves the back pain.

It is good for diabetes patients to relieve itching.

It is good for colds.

It has a diuretic effect.

It is diaphoretic.

It is used as anti-vomiting.

WILLOW TREE (*Salix Alba*)

- Willow tree is known to be curative for 3500 years.
- The herbal medicines produced naturally from its leaves and bark were used as painkiller or antipyretic in ancient times.
- It grows in all regions of Turkey.



WILLOW TREE (*Salix Alba*)

Health Benefits

It is a painkiller.

It calms the nerves.

It is good for insomnia.

It gives strength to the body.

It whets the appetite.

It relieves the complaints of rheumatism and gout.

It heals diarrhea.

It helps passing the stones in the urinary tract.

It is a disinfectant.

It has the effect of stopping bleeding.

It is a menstruation regulator.

GRAPE (Vitis)

- Its homeland is the region that is called Asia Minor, which includes Caucasus and Anatolia.
- It grows in many regions of Turkey.
- It is one of the fruits with most species compared to other fruits.
- It is estimated to have more than 10.000 species.
- Grape leaf, fruit, stem, ash, stewed fruit, unripen grape, molasses, vinegar, dried pulp and fermented juice are used in health care and treatment.
- Grape is usually grown on vitis.
- It can grow on almost any kind of soil.



GRAPE (Vitis)

Health Benefits

It increases the blood.

It strengthens the heart.

It runs the kidneys.

It helps passing kidney stones and gravels.

It strengthens the stomach and the intestines.

It lowers high blood pressure.

It heals constipation.

It relieves the physical and mental fatigue.

It is an antitoxic.

It is good for rheumatism.

It is good against the feeling of burn in the eyes.

It is good against the loss of appetite.

It is beneficial to pustules and wounds.

SOUR CHERRY (*Prunus cerasus*)

- It belongs to the Rosaceae family.
- It is similar to cherry but its taste is sour.
- It grows in the same climates with cherry.
- Sour cherry is more durable than cherry, sour, juicy and dark red.
- Its motherland is Anatolia and Balkans and it can grow up to 5-7 meters.



photography by Şerif ARSLAN

SOUR CHERRY (*Prunus cerasus*)

- It begins to bear fruit when it is 4 years old and stays alive for 40-50 years.
- It can grow on all weather conditions and in all regions of Turkey.
- Sour cherry protects people against many diseases with the vitamins and minerals it contains.
- It contains the vitamins A, C, E; and the minerals potassium, sodium, calcium and phosphorus.
- A glass of sour cherry juice meets 10% of our daily potassium need.



SOUR CHERRY (*Prunus cerasus*)

Health Benefits

It is good for the liver.

It increases the body resistance.

It relieves the body temperature.

It gives people vitality and freshness.

It provides the blood to be irrigated.

It is good for severe diarrhea.

It is an anti-inflammatory fruit.

It is good for arthrolith and gout.

It lowers the uric acid level in the blood.

It has a positive effect on relieving muscle pain.

LOQUAT (*Eriobotrya japonica*)

- Loquat is a tree of 5-10 meters with smooth stem.
- It branches from the low levels, it has a dense-looking, it crowns between shallow and round.
- Its leaves are 12-30 cm in length and 5-9 cm in width, stiff and have short scapus.
- It starts to bloom at the end of October.
- Its blooming may continue until December, January and even February.



LOQUAT (*Eriobotrya japonica*)

- Its flowers are in the form of woody compound bunches that are 10-17 cm long.
- It is grown for its fruit in temperate regions and coastal areas in Turkey.
- It is rich in vitamin A.
- It is also rich in carotene.
- It also contains vitamins B and C; and minerals phosphorus, potassium and calcium, and it is also rich in sugar.



LOQUAT (*Eriobotrya japonica*)

Health Benefits

Digestive system-friendly.

Effective on eye diseases.

Protects the skin health.

Also protective against heart diseases.

Prevents cell damage.

Good for diarrhea.

Also good against hair loss.

ALFALFA (MEDICAGO SATIVA)

- Different species of this plant grows naturally in Turkey and several of them are used as animal feed.
- It is a perennial plant and it has violet-colored flowers.
- It can be found on the stony slopes of 250-2000 meters high, on the meadows and steppes.
- Its blooming starts in May and continues until September.



ALFALFA (MEDICAGO SATIVA)

- It grows naturally in Zonguldak, Gümüşhane, Erzurum, Kars, Nevşehir, Sivas, Erzincan, Muş, Ağrı and Gaziantep.
- Clover honey is light yellow when it is newly harvested and crystallizes quickly.
- Crystallized clover honey will look solid and cream-colored.
- Its honey has a very nice aroma and unique taste.



ALFALFA (MEDICAGO SATIVA)

Health Benefits

Whets the appetite.

Gives strength and energy to the body.

Has the effect of increasing breast milk.

Good for anemia.

Reduces rheumatic pain.

Reduces the fever.

Provides regular work of the stomach.

Calms the nerves.

Relieves headaches.

Has the effect of lowering the level of cholesterol in the blood.

Useful in diabetes.

Bee Healthy and Happy..

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