



INFUSÕES[®]
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INFUSÕES COM HISTÓRIA: Herbal Teas Riverside and Vineyards

Blend 1: Balsamic Herbal Infusion

Composition suggested:

Flower-heads of Roman chamomile (*Chamaemelum nobile* (L.) All.)
Bay leaves (*Laurus nobilis* L.),
Walnut tree leaves (*Juglans regia* L.)

Chamomile aromatic profile and bay leaves flavour blend nicely with the sharpness of walnut leaves. A pleasant and fragrant beverage to be drunk as hot as possible, taking advantage of the volatiles released by temperature, combining floral, honey and grassy notes with ground and nutty aromas.

Plants have natural phytochemicals which may cause some side effects, depending on consumers' age and condition.

Basic recommendations for herbal tea:

Water temperature: about 95 °C
Amount of mixed herbs: about 10g/L
Suggested time: infuse in hot water for 5 to 7 minutes, and then filter the herbs with a tea strainer
While steeping cover to avoid evaporation of the volatile oils

To obtain a slightly different profile, in colour and taste, steep for less time or reduce the amount of the mix. The final flavour also depends on the species, i.e. Roman chamomile has a bitter flavour; German chamomile is sweeter.

Rationale:

This blend provides a nice fragrant and comforting beverage to drink as hot as possible. The aroma and some honey notes result essentially from the aromatic particularities of chamomile, enhanced by the typical flavour (odour and taste) of bay leaf. Both chamomile and bay make the mixture less hard, as their essences soften the herbaceous and ground notes of the walnut leaf, sometimes metallic, due to their tannins content.

Such herbal infusion highlights the nutritional and therapeutic properties of the individual ingredients, in particular those related to the digestive tract and gentle relaxing effect. Globally, aqueous extracts (infusions and decoctions) of chamomile, bay leaf and walnut leaf are well known homemade medicines used either orally or topically. The chemical composition of these plant matrices, rich in bioactive compounds with interesting antioxidant properties, justifies most of their folk applications.

Which precise chamomile species to use in the preparation of the herbal tea? To prepare this blend two different species of chamomiles might be used. However the final taste of the herbal tea will change accordingly. Roman chamomile beverages (*Chamaemelum nobile* (L.) All.) are slightly bitter and astringent, with a hint suggesting green apples. Herbal teas made from German chamomile flowers (*Chamomilla recutita* (L.) *Rauschert*) tend to be sweeter, smelling more like recently cut and dried hay, because of coumarin, an aromatic organic chemical compound which is present in this species.

Some warnings and precautions during pregnancy as both chamomiles flowers and bay leaves are potentially abortifacients.



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Some references:

European Medicines Agency (EMA) is a decentralized agency of the European Union (EU) responsible for the scientific evaluation, supervision and safety monitoring of medicines in the EU, including herbal substances, preparations and combinations. Monographs EMA available at:

<https://www.ema.europa.eu/en/human-regulatory/herbal-products/european-union-monographs-list-entries>

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