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## INFUSÕES COM HISTÓRIA: Herbal Teas Riverside and Vineyards

### Blend 2: Blossom Herbal Infusion

#### Composition suggested:

Fennel flowering stems and inflorescences (*Foeniculum vulgare* Mill.)

Elder flowers (*Sambucus nigra* L.)

St John's Wort herba, i.e. flowering aerial parts (*Hypericum perforatum* L.)

Blend matching olfactory and gustatory characteristics in a unique sensation of well-being. The liquorice or anise-like flavour of fennel joins the sweet and fruity fragrance of elderberry flowers. Together, fennel and elder make softer the St. John's roughness and its slightly spicy taste. Considering its sensorial profile, this herbal tea might be drunk hot in winter and cool during warm summer days.

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

#### Basic recommendations for herbal tea:

Water temperature: about 90 °C

Amount of mixed herbs: about 10g/L

Suggested time: infuse in hot water for 4 to 6 minutes, and then filter the herbs with a tea strainer

#### Rationale:

Within this blend the scented and expressive flowers of three very popular plants are gathered to make an excellent herbal tea promoting a sense of well-being which is linked to their traditional uses: fennel, elderberry and St. John's Wort. The interesting bioactive properties of these species, which have similar potent actions on the body, result from the existing major chemical compounds, respectively vitamins, phenolic compounds and essential oils.

The liquorice or anise-like powerful aroma of fennel recalls Portuguese rural landscapes during warm summers and the song of crickets and cicadas. Elderberry flowers, sweet and fruity fragrant, with a certain level of astringency, are slightly perceived. St. John's Wort green and spicy taste is discarded with advantage by the other two species flavours.

Considering the sensory profiles of fennel (aniseed and slightly citric) and of elder (sweet and suggesting muscatel), this beverage might be drunk hot in winter or cool in warm summer days.

Some warnings and precautions during pregnancy as both fennel and St John's Wort are potentially abortifacients. Hypersensitivity and interactions with other medicinal products are possible. Thus, consumers should seek advice from a professional before using the plant for medical purposes.



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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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