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## INFUSÕES COM HISTÓRIA: Herbal Teas Riverside and Vineyards

### Blend 4: Inspiring Herbal Infusion

#### Composition suggested:

Flowering stems of Hart's pennyroyal, (*Mentha cervina* L.)  
Marigold flower tips (*Calendula arvensis* L.)  
Raspberry leaves (*Rubus idaeus* L.)

This blend emphasizes hart's pennyroyal exciting minty flavor, marigold flowers vibrant color and raspberry leaves buds resin-woody tasting notes. The fresh, rather sweet and resinous profile flavours its hot or cold drinking. The overall sensory experience recalls fisheries in the river banks, well-seasoned regional recipes, and exhorts to explore the rural landscape.

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

The delicate herbaceous texture of these plant materials steeps in a short time, avoiding the thermal shock that sometimes affects some of the chemical constituents. However, infusing for a little longer or slightly increasing the dose of the mix provide a different profile, improving color and flavor, particularly in the case of the leaves and buds which have a more waxier surface than flowers.

#### Rationale:

Hart's pennyroyal small pink-lilac flowers and its linear leaves make an extreme contrast with the pungent minty aroma that they release. This species from moisture sites has been widely used in regional cuisine and folk medicine. Marigold and raspberry, respectively an herbaceous species and a shrub species, are frequent in places with some disturbance, in particular next to crop fields. Their wide distributions, as well as morphological and chemical characteristics, promote a great diversity of uses. Marigold flowers and raspberry leaves (covered with waxes) and tender sprouts were also consumed in rural areas, taking into account their nutritional and therapeutic potential. The mixture of the three species recovers ancestral uses long-established and validated by recent studies of their chemical and biochemical composition that highlight the bioactive, antioxidant and antitumor potential.

This blend emphasizes hart's pennyroyal intense minty flavor, marigold flowers vibrant color, and raspberry leaves buds resin-woody tasting notes. The fresh, somewhat sweet and resinous profile of such beverage favors its hot or cold consumption. The overall sensory experience recalls fisheries in the river banks, well-seasoned regional recipes, and exhorts to explore the rural landscape.

Special warnings and precautions during pregnancy as hart's pennyroyal is potentially abortifacient. Due to its chemical composition, caution is recommended regarding the amounts of plant used, if different from those traditionally used in infusions and culinary recipes which, in general, are harmless.



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

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