

THE NEW  
ANCIENT  
GARDEN

CLAS 178

TO ALL THAT HELPED...

ROSE FRYE  
ARIA LEELYN  
Bri Stewart  
Christina Conzone  
Emeli Hernandez  
Emily Osborne  
Emily Cho  
Katie Tanner  
Keaira Taylor  
Mackenzie Carnathan  
Mary Baer  
Olivia Pistor  
Paul Everhart  
RJ Palmer  
Sj Purcell  
Sonny Helms  
Sophia Sherar  
Sydney Johnson  
Professor:  
Dr. Lora Holland

SPECIAL THANKS TO THE HEALTH AND WELLNESS  
AND CLASSICS DEPARTMENTS

RECIPES

BLACK PEPPER, LEMON BALM, ORGEANO/CATMINT:  
1 HEAPING TABLESPOON OF DRIED LEMON BALM LEAVES  
OR 2 TABLESPOONS OF FRESH LEMON BALM LEAVES.  
1/4-1/8 TEASPOON COARSE GROUND BLACK PEPPER.  
ONE TEASPOON DRIED MINT LEAVES.  
ONE CUP OF WATER.  
HONEY/SUGAR TO TASTE.

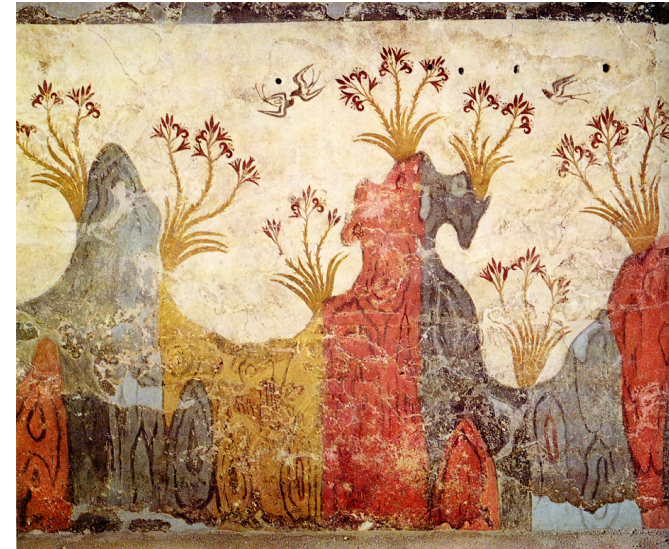
CARDAMOM, ROSE, AND ANISE:  
2 TABLESPOONS OF DRIED ROSE BUDS.  
ROUGHLY 20 CARDAMON SEEDS.  
TEASPOON OF ANISE.  
3 CUPS OF WATER.  
HONEY/SUGAR TO TASTE.

CINNAMON AND CARDAMON:  
TEASPOON OF GROUND CINNAMON.  
ROUGHLY 20 CARDAMON SEEDS.  
1 CUP OF WATER  
HONEY/SUGAR TO TASTE.

ROSEMARY:  
FOR 2 CUPS OF TEA:  
1 TO 2 SPRIGS OF FRESH ROSEMARY OR 1- 1,5 TSP. OF  
DRIED ROSEMARY.  
HONEY/SUGAR TO TASTE.  
2 CUPS OF BOILING WATER..  
PUT ROSEMARY PIECES INTO BOILING WATER FOR 8 MIN-  
UTES. AS OTHER HERBS, ROSEMARY NEEDS A LONG TIME  
STEEPING.

LAVENDER:  
3 TABLESPOONS FRESH LAVENDER FLOWERS (LEAVES  
CAN BE USED) OR 1 1/2 TABLESPOONS DRIED LAVENDER  
FLOWERS(OR LEAVES)  
2 CUPS BOILING WATER  
HONEY/SUGAR AND LEMON IF DESIRED  
STEEP A GOOD 4 TO 5 MINUTES.

HERBAL  
TEAS



A Contribution to the Winter Dionysia  
Friday, December 1st, 2017  
UNC Asheville

# HERBS IN ANTIQUITY



HERBS IN ANTIQUITY WERE USED IN A VARIETY OF WAYS, FROM MEDICINAL TO BEAUTY ONE HERB COULD BE USED FOR ALMOST ANYTHING.

THE DISCOVERY OF CERTAIN PROPERTIES OF EACH HERB WERE FOUND FROM USING THEM IN A VARIETY OF WAYS. THE ESSENTIAL OILS OF HERBS WERE USED COSMETICALLY. WOUNDS AND SKIN DISEASES WERE TREATED WITH TOPICAL USE OF HERBS. MANY HERBS WERE INGESTED TO TREAT INDIGESTION, FIGHT INFECTION, AND PROMOTE BRAIN FUNCTION according to ancient sources such as Pliny the Elder, Galen, Columella, and Pedanius Dioscorides

# ENERGIZING TEAS



BLACK PEPPER, LEMON BALSAM, MINT

BLACK PEPPER WAS USED TO IMPROVE DIGESTION AND TO HELP FIGHT INFECTION AS AN ANTIBACTERIAL

LEMONBALSAM WAS USED TO REDUCE STRESS, HEAL WOUNDS, AND PROMOTE SLEEP

MINT RELIEVES SEASONAL ALLERGIES, HELP WITH INDIGESTION, AND INCREASE PAIN THRESHOLD



CINNAMON AND CARDAMOM

CINNAMON HAS ANTI INFLAMMATORY PROPERTIES AND PROTECTS HEART HEALTH

CARDAMOM WAS USED TO TREAT ASTHMA, INDIGESTION AND BAD BREATH. NOW IT IS USED IN MANY COUGH SYRUPS AND PRESCRIPTION DRUGS TO HELP THEM TASTE BETTER.

# CALMING TEAS



CARDAMOM, ROSE, AND ANISE

ROSE RELIEVES SORE THROAT AND CONGESTION, GETS RID OF TOXINS AND HELPS ACNE

CARDAMOM WAS USED TO TREAT ASTHMA, INDIGESTION AND BAD BREATH. NOW IT IS USED IN MANY COUGH SYRUPS AND PRESCRIPTION DRUGS TO HELP THEM TASTE BETTER.



LAVENDER

LAVENDER IS AN ANTISEPTIC, TREATS HEADACHES, INSECT BITES, BURNS, ACNE, MUSCLE AND JOINT ACHE AND INSOMNIA



ROSEMARY (FORTIFYING)

USED TO HELP PROMOTE MEMORY DURING EXAMS, HELPS IMMUNE SYSTEM AND BLOOD CIRCULATION