CONTRIBUTION TO THE WINTER DIONYSIA
FRIDAY, DECEMBER 1ST, 2017
UNC ASHEVILLE

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

RECIPIES

BLACK PEPPER, LEMON BALM, ORGANO/CATMINT:
1 HEAPING TABLESPOON OF DRIED LEMON BALM LEAVES
OR 2 TABLESPOONS OF FRESH LEMON BALM LEAVES.
¼-½ 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 MINUTES. 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
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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 Balm, Mint**
  - **Black Pepper** was used to improve digestion and to help fight infection as an antibacterial.
  - **Lemon Balm** 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.