



INFUSÕES<sup>®</sup>  
= HISTÓRIA

## ROMANESQUE BLENDS: Romanesque Blends

### Blend 2: Mountain Senses Blend

#### Composition suggested:

Heather flowers (*Erica australis* L.)  
Common self-heal leaves (*Prunella vulgaris* L.)  
Lemon balm leaves (*Melissa officinalis* L.)

In this blend heather roughness, its strong and a fairly bitter taste, is overcome by the gentle sweet flavor of common self-heal, and lemon balm citric and aniseed tasting notes. Drink it as hot as possible to release pleasant aromas recalling cultural landscapes of Portuguese mountainous, described in Miguel Torga books.

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

#### Basic recommendations for herbal tea:

Water temperature: about 85 °C  
Amount of mixed herbs: about 10g/L  
Suggested time: infuse in hot water for 6 to 9 minutes, and then filter the herbs with a tea strainer.  
To obtain a slightly different profile, in color and taste, steep for less time or reduce the amount of the mix.

The consistency and morphological characteristics of heather flowers might influence the color and quality of the herbal tea. A robust and full-body beverage will need more time to infuse, considering the same amount of the blend. However, there might be changes in the contents of certain compounds due to a longer extraction time and thermal shock.

#### Rationale:

This blend is intended to bring together in an infusion the bioactive properties of heather and common self-heal leaves with the sensory characteristics of lemon balm. Such profiles are due to the major chemical compounds, respectively gallic acid in heather and rosmarinic acid in self-heal, and lemon balm composition in volatile compounds.

Heather herbal tea has a robust and a fairly bitter taste. Such feelings activate sensory memories of scrubland, a common feature of the cultural landscapes of the mountainous regions of Portugal, described by Miguel Torga in its books. In this blend, heather strength and resilience are softened by common self-heal sweet flavor and the citric notes of the lemon balm.

*Erica australis* is a frequent species in the mountains regions of Trás-os-Montes and Beira-Alta, and in the Montemuro range, localized between the regions of the Douro Litoral and Beira Alta. In the area of Tâmega and Vale do Sousa this species is not so common, being replaced by *Erica cinerea* L. (queiró; bell heather) and *Calluna vulgaris* (L.) Hull (mongariça, queiroga; common heather).



## INFUSÕES COM HISTÓRIA: Misturas do Românico

### References:

1. Aguiar, C. (2018). Manual de Botânica: estrutura e reprodução, volume I. Bragança: Instituto Politécnico.
2. Carvalho, A. M. & Ramos, M. T. (2012). Etnoflora da Terra de Miranda. Bragança, Portugal: Instituto Politécnico e Bragança.
3. Carvalho, A. M. (2010). Plantas y sabiduría popular del Parque Natural de Montesinho. Un estudio etnobotánico en Portugal. Biblioteca de Ciencias nº 35. Madrid, Portugal: Consejo Superior de Investigaciones Científicas.
4. Ferreira, F., Dinis, L., Azedo, P., Galhano, C., Simões, A., Cardoso, S., Rosário, M., Domingues, M., Pereira, O., Palmeira, C., Peixoto, F. (2012). Antioxidant capacity and toxicological evaluation of *Pterospartum tridentatum* flower extracts. *CyTA Journal of Food*, 10:2, 92-102.
5. Flora-On: Flora de Portugal Interactiva (2014). Sociedade Portuguesa de Botânica, [www.flora-on.pt](http://www.flora-on.pt).
6. Font Quer, Pio (1999). *Plantas Medicinales, El Dioscorides Renovado*. Barcelona: Ediciones Península.
7. Karam, T., Dalposso, L., Casa, D., De Freitas, G. (2013). Carqueja (*Baccharis trimera*): utilização terapêutica e biossíntese. *Revista Brasileira de Plantas Mediciniais*, 15 (2), 280-286.
8. Neves J.M., Matosa, C., Moutinho, C., Queiroz, G., Gomes, L.R. (2009). Ethnopharmacological notes about ancient uses of medicinal plants in Trás-os-Montes (northern of Portugal). *Journal of Ethnopharmacology*, 124, 270–283.
9. Novais, M. H., Santos, I. Mendes, S. & Pinto-Gomes, C. (2004). Studies on pharmaceutical ethnobotany in Arrábida Natural Park (Portugal). *Journal of Ethnopharmacology*, 93, 183-195.
10. Pinela, J., Barros, L., Carvalho, A.M., Ferreira, Isabel C.F.R. (2011). Influence of the drying method in the antioxidant potential and chemical composition of four shrubby flowering plants from the tribe Genisteae (Fabaceae). *Food and Chemical Toxicology*, 49:11, 2983-2989.
11. Roriz, C., Barros, L., Carvalho, A. M., Ferreira, Isabel C.F.R. (2014a). HPLC-profiles of tocopherols, sugars and organic acids in three medicinal plants consumed as infusions. *International Journal of Food Science*. <http://dx.doi.org/10.1155/2014/241481>.
12. Roriz, C., Barros, L., Carvalho, A. M., Santos-Buelga, C., Ferreira, Isabel C.F.R. (2014b). *Pterospartum tridentatum*, *Gomphrena globosa* and *Cymbopogon citratus*: a phytochemical study focused on antioxidant compounds. *Food Research International*, 62, 684–693.
13. Roriz, C., Barros, L., Carvalho, A. M., Santos-Buelga, C., Ferreira, Isabel C.F.R. (2015). Scientific validation of synergistic antioxidant effects in commercialised mixtures of *Cymbopogon citratus* and *Pterospartum tridentatum* or *Gomphrena globosa* for infusions preparation. *Food Chemistry*, 185, 16–24.
14. Sales, F., (Coord) (2011). *Plantas aromáticas e medicinais do Parque Natural da Serra da Estrela. Guia Etnobotânico*. Seia, Portugal: CISE, Município de Seia.
15. Talavera, S. (2001). *Pterospartum L.*, In Castroviejo, S., (eds.). *Flora Iberica 7 (I)*, 133-137. Real Jardín Botánico, CSIC, Madrid.
16. Turland, N. J., Wiersema, J. H., Barrie, F. R., Greuter, W., Hawksworth, D. L., Herendeen, P. S., Knapp, S., Kusber, W.-H., Li, D.-Z., Marhold, K., May, T. W., McNeill, J., Monro, A. M., Prado, J., Price, M. J. & Smith, G. F. (eds.) (2018). *International Code of Nomenclature for algae, fungi, and plants (Shenzhen Code)*, adopted by the Nineteenth International Botanical Congress Shenzhen, China, July 2017. *Regnum Vegetabile 159*. Glashütten: Koeltz Botanical Books. DOI <https://doi.org/10.12705/Code.2018>.
17. Vitor, R. F., Mota-Filipe, H., Teixeira, G., Borges, C., Rodrigues, A. L., Teixeira, A., Paulo, A. (2004). Flavonoids of an extract of *Pterospartum tridentatum* showing endothelial protection against oxidative injury. *Journal of Ethnopharmacology*. 93(2-3), 367-370..