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COM HISTÓRIA

## INFUSÕES COM HISTÓRIA: Herbal Teas Riverside and Vineyards

### Blend 5: Midsummer Herbal Infusion

#### Composition suggested:

Flowering stems of oregano (*Origanum virens Hoffm.& Link.*)

Roman chamomile florets (*Chamaemelum nobile (L.) All.*)

Bay leaves (*Laurus nobilis L.*)

Walnut tree leaves (*Juglans regia L.*)

The invigorating fragrance and extremely aromatic, warm and slightly bitter flavor, which can vary in intensity, from this blend, suggest the hot summer days of the Mediterranean. An herbal tea to drink hot enjoying oregano sensorial notes released by the heat

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 5 to 7 minutes, and then filter the herbs with a tea strainer

The intensity of flavor and color of this herbal tea depend on the blend amount and time of infusion. Increasing quantities of the mixture and time will provide stronger color and taste.

#### Rationale:

The blend creates an invigorating fragrant herbal tea taking advantage of oregano sensory characteristics. Its flavor results essentially from the aromatic attributes and warm, slightly spicy taste of oregano leaves and flowers, which are combined with chamomile and bay leaf typical sensory profiles. The mix of herbs softens oregano solid savor, chamomile bitterness, bay leaves herbaceous and earthy notes and the somewhat walnut leaves metallic taste, these previous characteristics provided by tannins content.

All these herbal ingredients are traditionally linked with regional gastronomy and their potential therapeutic effects. The chemical composition of these plant matrices highlights significant bioactive compounds with antioxidant, antimicrobial and antifungal properties, which provide special interest for nutritional and medicinal applications and for food preservation.



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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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