Liceul Național de Informatică Arad



AROMATIC HERBS AND MEDICINAL PLANTS IN THE ARAD AREA

Cultivation of aromatic and medicinal plants in the Arad area

Climate, varieties, culinary tradition and local initiatives — Banat and Crișana

Erasmus + project KA220 sch,
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AROMATIC HERBS AND MEDICINAL PLANTS IN THE ARAD AREA

As part of the Erasmus+ project "SCH Sowing Change: Roots for Inclusion and Self-Knowledge through a Sustainable European Nature"
students participated in an activity dedicated to discovering medicinal plants and aromatic herbs specific to Arad County, learning to appreciate the richness of nature and the value of knowledge passed down from generation to generation.



Participants: Students from classes 5A and 5B
Teachers involved: Giorgiana Dehelean
Lavinia Bundik
Loredana Ciumpe
Monica Șerban

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Medicinal plants and aromatic herbs – an indoor and outdoor learning journey

The topic was addressed in stages, through indoor and outdoor activities, allowing students to go through the entire learning process: from theoretical knowledge and direct observation to the cultivation, care, harvesting, and utilization of aromatic plants.





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The activity began with an interactive presentation, during which the students learned about the most famous medicinal and aromatic plants in our area – lavender, mint, thyme, sage, rosemary, basil, oregano and other species used both in gastronomy and in traditional medicine. They discussed their properties, cultivation conditions and their role in maintaining health and protecting biodiversity.







The climate and soil of Arad — a favorable terrain

The Arad region, part of Banat and Crișana, offers good natural conditions for cultivating a wide range of aromatic and medicinal plants.

Temperate-continental climate

Warm, sunny summers, relatively cold winters — good conditions for basil, rosemary, sage, coriander.

Mollisol type soils

Fertile soils, with generally good drainage, suitable for most aromatic garden plants.

Winters with risk of frost

Sensitive perennial species (rosemary, sage) need protection or shelter during the winter.

The most cultivated species for the kitchen, in gardens and small farms in the area

Basic culinary herbs

Basil
Ocimum basilicum

It loves sun and rich, drained soil. It cannot withstand frost without protection.

Rosemary
Rosemary officinalis

Perennial, drought-resistant. Harsh winters can be a problem —requires shelter.

Sage
Sage officinalis

Perennial, requires good drainage, plenty of sun and tolerates dryness.

Oregano
Common oregano

It does well in drier terrain; it is perennial and easy to maintain.

Thyme
Thymus vulgaris

For steaks and traditional dishes; tolerates poor soils.

Coriander
Coriander

Short cycle, sown in spring-summer; does not tolerate frost.

Traditional herbs in Romanian cuisine



Home garden

These plants are commonly found grown in home gardens throughout the Arad area.

Parsley	Leaves and root —widely used in Romanian cuisine.
Dill	A must-have in pickles, soups and sauces.
lovage	Romanian specific, used especially for soups.
tarragon	Basic ingredient of Transylvanian tarragon soup.
Marjoram	Traditional seasoning for sausages and soups.

Medicinal and aromatic therapeutic plants



Cultivated for teas, tinctures, oils and natural supplements

Echinacea

Supports immunity; used in teas and supplements.

Chamomile

One of the most cultivated medicinal plants in our country.

Rattle

Traditionally used in teas and tinctures.

Lavender

Increasingly popular for teas, oils, decorations.

Melissa

Calming tea, also known as lemon balm.

Marigold

Teas, tinctures and ointments for the skin.

Hyssop

Plant with antiseptic properties and pleasant aroma.

Fennel

Leaves and seeds, used in teas and spices.

Anise

Aromatic seeds, for teas and sweets.

Sea buckthorn

For juices, syrups and supplements rich in vitami C.

Rare species and famous areas in Romania

Recently introduced / experimental

- **Ginger — experimentally grown in heated solariums**
- **Wasabi — tested in special greenhouses**
- **Saffron — small crops, especially in Transylvania and Oltenia**
- **Stevia — grown for natural sweetness**





Areas famous for aromatic herbs

Banat and Crișana (Arad, Timiș, Bihor)
oregano, sage, rosemary — mild climate

Dobrogea
lavender, chamomile, coriander — warm, dry soil and climate

Transylvania (Mureș, Brașov, Harghita)
tarragon, mint, medicinal herbs

Moldavia
chamomile, marigold, sea buckthorn

The theoretical knowledge was then put into practice in the urban garden set up within the project, where the students planted aromatic herbs, contributing to the enrichment of the green space and creating a true outdoor laboratory. During the project, they cared for the plants, followed their development and understood the importance of sustainable agriculture and the responsible use of natural resources.













In the world of aromatic plants – Study visit to the “Garden of Spices” in Păuliș

To complement the activities carried out in the classroom and in the school's urban garden, students participating in the Erasmus+ project "SCH Sowing Change" made a study visit to the Spice Garden, where they had the opportunity to discover in an authentic setting the diversity of aromatic and medicinal plants cultivated in our region. During the visit, students observed numerous plant species, learned about their therapeutic and culinary properties, about the cultivation conditions and about their uses in everyday life. Specialists explained to them how plants are cultivated, harvested, dried and preserved to maintain their aroma and beneficial properties.



The experience gave the students the opportunity to compare the knowledge acquired during the theoretical presentation and the activities carried out in the urban garden with real examples from nature. Direct observation of the plants, recognition of aromas and interaction with specialists turned the visit into an authentic and memorable learning experience.





SOWING CHANGE

At the end of the activities, the students harvested the plants they had grown themselves and learned how to prepare them for storage. They sorted and packaged the aromatic herbs, discovering the steps necessary to obtain quality natural products and understanding the importance of valorizing local resources.



Sara, Doina, Antonia and Eliza preparing the small bags of aromatic herbs.







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This experience gave them the opportunity to discover the connection between nature, health and local traditions, developing their responsibility towards the environment, practical spirit and respect for the natural heritage of the Arad area.

SCH - SOWING CHANGE

Medicinal plants heal us, tradition teaches us, nature provides for us!

What Did the Students Learn?



To identify the main **medicinal** and **aromatic plants** found in the Arad region.



To understand the benefits of these plants for **health** and the **environment**.



To **plant**, **care** for, and **harvest** aromatic plants.



To properly **package** dried herbs for storage and future use.



To appreciate the value of **natural resources** and **traditional knowledge**.













Learning from nature, growing for a better future!

Respect
Care
Sustain

From the school garden to the Spice Garden, each experience has taught us that nature is a generous teacher, and knowing it is the first step towards protecting the environment.

The activity highlighted the importance of capitalizing on local resources and preserving traditional knowledge regarding the use of medicinal and aromatic plants, contributing to the development of respect for nature and the natural heritage of Arad County.

By caring for nature, we harvest health!

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Worksheet

Plant	Which part do we use?	What does it help with?
Chamomile		
Sea buckthorn		
Mint		
Rattle		
Marigold		
Mousetail		

Arad, 2025

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