

IN RHYTHM WITH NATURE

AROMÁTICAS

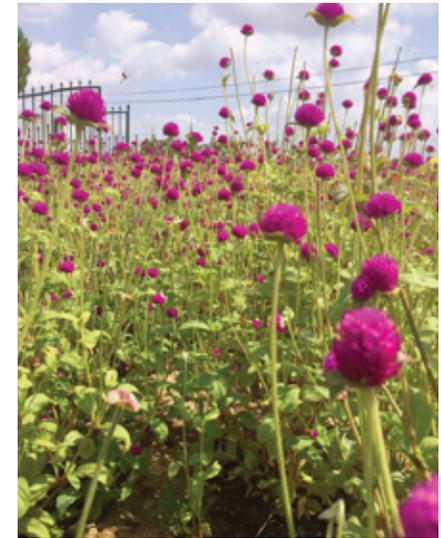
d'Palma

Organic Farming



Monte de Palma

www.aromaticasdepalma.com





Monte de Palma

AROMÁTICAS DE PALMA

Is a brand belonging to the company Ghenadie Belostecinic (company dedicated to services related to agriculture, like planting of vineyards and orchards). The brand is dedicated to the production, export and commercialization of medicinal and aromatic plants (MAP).

Aromáticas de Palma is not responsible for any adverse effects of the use of the plants. You should always consult a professional before using the plant for medicinal purposes.



PT-BIO-02
Agricultura União Europeia





CERTIFICATE

2019/2020

28792
Ghenadie Belostecinic
Aromaticas de Palma
Monte de Palma
Courelas do Outeiro
7005-719 S.Manços
PORTUGAL

Based on annual inspections against the **International Demeter Standards** we herewith confirm certification for the above mentioned enterprise for the following products:

Demeter

Crops: herbs (1.96 ha)

Processed Products:

herbs & spices (dried herbs: Thymus citridorus, Thymus vulgaris, Aloysia citrodora, Salvia off., Salvia elegans, Rose, Camomila nobilis, Laurel, Cymbopogon citratus, Mentha piperita, Mentha spicata, Calendula, Arnica montana, Centaurea cyanus, Matricaria)
herbal tea (01 - Cassiopeia (Lemongrass, Rose, Hibiscus), 02 - Centauri (Pepper Mint, Lemongrass, Centaurea), 03 - Andromeda (Rosemary, Lavender, Globe Amaranth), 04 - Polaris (Lemon Thyme, Echinacea, Mint, Mallow), 05 - Luna (Lemon Vervena, Lemongrass, Camomile), 06 - Antilae (Rosemary, Sage, Echinacea))

The operator is duly authorised to use the trademarks **Demeter and Biodynamic** according to the **International Demeter Labelling Standards** for the period and products indicated.

Darmstadt/Germany, 25th February 2020

Cornelia Hauenschild

(Cornelia Hauenschild)

Validity 31st December 2020

Demeter-International e. V. - International Certification Office -
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F-DC-027
17-09-2019



CERTIFICADO



Prova documental estabelecida em conformidade com o artigo 29 (1) do Reg. (CE) nº 834/2007 relativo à produção biológica de acordo com o esquema de certificação 4 da NP EN ISO/IEC 17067:2014 e do processo de certificação ID-DC-010 em vigor.

1. Número do documento: 80/1/1793/20		seq. 1793
2. Nome e endereço do operador GHENADIE BELOSTECINIC Endereço fiscal: MONTE DE PALMA - COURELAS DO OUTEIRO 7005-719 S. MANÇOS Local unidade principal: MANÇOS SÃO MANÇOS Atividade principal: Produtores		3. Nome, endereço e número de código do organismo de controlo ECOCERT Portugal, Unipessoal, Lda. Rua Alexandre Herculano, 68 - 1ª esq. 2520-273 Peniche PT-BIO-02
4. Grupos de produtos/atividade Plantas e produtos vegetais Plantas aromáticas e medicinais Produtos preparados/transformados Plantas aromáticas e medicinais Infusões/Condimentos /Tisanas		5. Definidos como: Validade de: a Produção biológica 03.06.2020 30.06.2021 Produção biológica 03.06.2020 30.06.2021 Produção biológica 03.06.2020 30.06.2021
6. Período de validade De ver data indicada em 5. a ver data indicada em 5.		7. Data do(s) controlo(s): 26/05/2020
8. O presente documento é emitido com base no nº 1 do artigo 29º do Regulamento (CE) nº 834/2007 e no Regulamento (CE) nº 889/2008. O operador declarado submeteu as suas atividades a controlo e satisfaz os requisitos dos regulamentos referidos. Peniche, 3 de junho de 2020 A Diretora Técnica, Isabel PINTO <i>Isabel P. Pinto</i>		
		Página 1 de 1
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ECOCERT-PORTUGAL, UNIPESSOAL, LDA. - Rua Alexandre Herculano, nº 68 - 1º Esq. - 2520-273 PENICHE - Tel. 262 785 117 - Fax: 262 787 171 Matric. na C. R. C. de Peniche, nº 761 - Capital Social de 10000 Euros - NIPC 503 340 278		



LEMONGRASS



LEMON VERBENA



PEPPERMINT



CALENDULA



CHAMOMILE



ECHINACEA



GLOBE ARMARANTH



MALLOW



LAVANDER



SAGE



LAUREL



LEMON THYME



PINEAPPLE SAGE



ROSEMARY



CORNFLWOER

MENU

BAY | LAUREL



CALENDULA



CENTAUREA



CHAMOMMILE



ECHINACEA



GLOBE-AMARANTH



HIBISCUS



LAVENDER



LEMONGRASS



MAUVE



MINT | SPEARMINT



PEPPERMINT



PINEAPPLE SAGE



SAGE



ROSE



ROSEMARY



THYME (COMMON)



THYME-LEMON



TÍLIA



LEMON-VERBENA



BAY | LAUREL

Laurus nobilis

It's a spice that stimulates the appetite and is one of the most used herbs in cooking. The bay leaves have a mildly bitter taste. Its use is suitable in dishes that require long cooking, as its essential oil is released slowly, it is also widely used baked goods. Combines with soups, fish in general, meats, chicken. used in drinks, soft drinks, salads, gelatins, cakes, among others.

PROPERTIES:

It's commonly used as a diuretic, an appetite stimulant and also astringent; The essential oil present in bay leaves is extremely effective for treating muscle pain, bronchitis, arthritis and other related ailments; Diuretics; Anti-inflammatory; Digestive; Anti-rheumatism; Stimulant and expectorant.

DISPONIBLE:

- WHOLE PLANT KG;
- BAGS WITH X GR;



CALENDULA

Calendula Officinalis

Calendula flowers have a slightly bitter, sweet flavor and a light aroma. They can be used in multiple forms, in teas, mixed in bread, salads, soups, among others. For consumption, only the petals are removed, since the rest there's no gastronomic interest.

PROPERTIES:

Floral chapters are rich in flavonoids and beta-carotenes;
Very used in skin treatments, in small wounds, infections, burns;
Antioxidant and anti-inflammatory; Analgesic; Antifungal;
Soothing; Healing; Antiallergic; Antifungal; Skin toning and bactericidal;

DISPONIBLE:

- FLOWERS KG;
- BAGS WITH X GR;



CORNFLOWER

Centaurea cyanus

Cornflower, are edible and decorative flowers of culinary dishes. With a simple floral flavor, slightly sweet and spicy, very pleasant. Fresh serve for seasoning, bread, butter, salads, cheeses, among others. In the consumption must be taken care of, in separating the petals from the rest of the plant, since only these have a pleasant flavor.

PROPERTIES:

Decongestants; Anti-inflammatory; Astringents; Stimulant; Laxative; Tonic; Fever and flu; Disorders related to the menstrual cycle and related symptoms; Infections of various types that can affect both outside and inside the body; Digestive problems such as diarrhea or constipation; Irritations to the eyes.

DISPONIBLE:

- FLOWERS KG;
- BAGS WITH X GR;



CHAMOMILE

Chamaemelum nobile | common

Chamomile is one of the most well-known and used medicinal plants in the world, because it contains important compounds that are distributed differently in each part. Its flowers, the main part used, have high levels of substances, such as flavonoids, coumarins and alpha-bisabolol essential oil, which can be used in the treatment of various health problems.

PROPERTIES:

Anti-allergic, anti-inflammatory, antibacterial, antispasmodic, antifungal, antipyretic, antiseptic, diaphoretic, febrile, and well-known sedative and sedative effects.

DISPONIBLE:

- FLOWERS KG;
- BAGS WITH X GR;



ECHINACEA

Echinacea purpurea

It is an important medicinal plant, full of beneficial properties for health. Echinacea is widely used in the cosmetic and pharmaceutical industry. There is no reference to side effects, it has been used in infectious diseases in general. The effect of echinacea is, above all, preventive, as it stimulates the body's defenses. This plant can be beneficial in many infectious diseases.

PROPERTIES:

Anti-inflammatory; Anti-bacterial; Immunostimulating; Anti-viral, which contribute to the strengthening of the body's defense mechanisms; Antioxidant; Antibiotic; Detoxifying; Antiallergic.

DISPONIBLE:

- FLOWERS KG;
- BAGS WITH X GR;



GLOBE-AMARANTH

Gomphrena globosa

As the name already goes, is a very durable herbaceous plant. The leaves are simple and the small purple flowers are shaped like a globe. Of Indian origin, the plant prefers warmer climates.

PROPERTIES:

Purple Perpetual Tea is an excellent anti-inflammatory that effectively combats headaches, sore throats, hoarseness, cough, bronchitis, laryngitis, clears the voice and relieves asthma symptoms; It is also a tea that, drunk regularly, prevents cancer, reduces bad cholesterol and acts as a natural tranquilizer; It has immense health benefits because it has few calories and effectively combats free radicals, substances responsible for the aging process and other degenerative diseases; Tea can be drunk hot or cold, although for problems with voice, hoarseness, cough or sore throats be more useful, drunk very hot.

DISPONIBLE:

- FLOWERS KG;
- BAGS WITH X GR;



HIBISCUS

Hibiscus sabdariffa

The infusion can be done with any part of the plant, but the best taste is in the flower buds when preparing the famous hibiscus tea. It is also used in the preparation of salads, or in the accompaniment of exotic dishes.

PROPRIEDADES:

It has as main actions as albuminoid, anesthetic, flavoring, antiscorbous, aperient, dye, digestive, detoxifying (mild laxative), diuretic, peripheral vasodilator, stomatal, emollient. It helps in: slimming diets, hair strengthening, anti-scurvy, gastrointestinal spasm, intestinal constipation, hemorrhoids, spasm and uterine colic, poor digestion, gastroenteritis, lack of appetite, hypertension (diuretic), skin problems and varicose veins and soothing.

DISPONIBLE:

- FLOWERS KG;
- BAGS WITH X GR;



LAVENDER

Lavandula angustifolia

Lavender is a medicinal plant, also known as Lavender. It is an aromatic plant by nature. The used parts of Lavender are its flowers, leaves, stem to make teas, essential oil and to be used in cooking, used crystallized to flavor jams, ice creams, vinegars, salads, infusions, soups and stews.

PROPRIEDADES:

Anti-acne; Anti-fungal; Healing; Soothing; Sedative; Anti-spasmodic; Natural analgesic; Anti-depressant; Digestive; Anti-rheumatic; Anti-inflammatory; Antiseptic; Relaxing; Fatigue reducer and insecticide. With its multiple properties help in the treatment of skin diseases, respiratory system, pain relief.

DISPONÍVEL:

- FLORES KG;
- EMBALAGEM COM X GR;



LEMONGRASS

Cymbopogon citratus

It is a plant of excellence for elaboration of infusions with intense citric aroma. The parts used in this plant are the leaves, fresh or dried. With them they make delicious infusions with a lemon-like aroma. Its leaves can be added to salads, can be substitutes for lemon peel, in homemade desserts such as sweet rice. It is a well known and used because of its health benefits and its medicinal properties.

PROPERTIES:

Analgesic; Antidepressant; Anti-bacterial; Fungicides; Bactericides; Disinfectants; Diuretics; Used for arthritis pain and for muscle pain. It alleviates muscle spasms, reducing pain. It is used to help various types of pain, such as abdominal pain, headaches, joint pains, muscle aches, digestive tract spasms, among others.

DISPONIBLE:

- LEAVES KG;
- BAGS WITH X GR;



MAUVE

Malva sylvestris

The mauve is appreciated as a vegetable and as a remedy since the 8th century bc. Young leaves are used in soups and salads. This plant is rich in vitamins A, B1, B2. The infusion of leaves and / or mauve flowers is recommended for those who have speech as a profession, because it replaces energies in the laryngeal chakra. It has calming properties, helps expression.

PROPERTIES:

The mallow is used in infusion for bronchitis; Mitigate sore throat with an infusion of mallow; This medicinal plant can contribute to improve insomnia; Relieves headache with mallow; Mauve is a natural remedy for diarrhea episodes; It is an effective plant for urinary tract ailments; The anti-inflammatory action makes it an excellent natural remedy for arthritis, rheumatism, obesity, allergies.

DISPONIBLE:

- FLOWERS KG;
- BAGS WITH X GR;



SPEARMINT

Mentha spicata

Aromatic, medicinal and seasoning plant. It is a plant with its fresh and spicy aroma is ideal for the preparation of infusions, whether hot or cold. Lively plant, good for flavoring salads or other dishes. Very used to treat digestive problems and febrile symptoms.

PROPERTIES:

As an analgesic, it is indicated for headaches, stomach and intestines; it also has a proven soothing function, combating anxiety and insomnia; It is expelling and helps to eliminate some infections of the mouth, such as canker sores; It fights bad breath and is excellent in cleansing the skin.

DISPONIBLE:

- WHOLE PLANT KG;
- LEAVES KG;
- BAGS WITH X GR;



PEPPERMINT

Mentha × piperita

Peppermint is an aromatic and medicinal plant. Plant with a refreshing aroma and flavor characteristic of peppermint, fresh and spicy, is ideal for brewing infusions, both hot and cold. It can be used in infusion, in the most varied dishes, cakes and sweets and soft drinks.

PROPERTIES:

It contributes to improve the health of the digestive device, helps relieve nasal congestion and irritated throat symptoms, and has a soothing power. Analgesic; Anodyne (medicine that attenuates or stops pain); Antiemetic (symptoms related to nausea, nausea and vomiting); Antispasmodic; Carminative; Colagogo; Diaphoretic; Stimulant Nervino; Stomach Tonic;

DISPONIBLE:

- WHOLE PLANT KG;
- LEAVES KG;
- BAGS WITH X GR;



PINAPPLE SAGE

Salvia elegans

The leaves have a sharp smell of pineapple, hence the name by which it is known. They are an excellent flavoring for cakes and sweets, soft drinks, shakes, salads, ice creams and liqueurs. Also looks good with pork, duck and vegetables. Can be used fresh or dry. Its beautiful flowers look good on salads.

PROPERTIES:

In medicine it is used to combat nausea, heartburn, anxiety and also to reduce blood pressure; It is also considered as a digestive herb; Antibacterial, anti-inflammatory, antiperspirant and appetite stimulant action.

DISPONIBLE:

- WHOLE PLANT KG;
- LEAVES KG;
- BAGS WITH X GR;



SAGE

Salvia elegans

Soft camphor flavor, it is traditionally used in poor digestion and sore throats. In the kitchen combines with fatty meats, sausages, veal, salads and tomato-based molds. The infusion calms the nervous system and controls anxiety, providing a quiet and uninterrupted night's sleep.

PROPRIEDADES:

Antioxidant; Antimicrobial; Anxiolytic; Soothing; Anti-inflammatory. Sage also serves as a natural tranquilizer. Frequent consumption of salvia tea still cleans the airways completely, cures hemorrhoids, contains menstrual bleeding, treats cramps, and alleviates the symptoms of menopause.

DISPONÍVEL:

- PLANTA INTEIRA KG;
- FOLHA KG;
- EMBALAGEM COM X GR;



[BACK TO MENU](#)

ROSE

Rosa

It has many nutrients essential for the overall health of the body. In addition, roses are generally known as beautiful, aromatic and decorative pieces. In cooking their petals can be used for the preparation of infusions. The essential oil of this plant is used in the pharmaceutical industry for the elaboration of beauty products.

PROPERTIES:

Antiseptic; Anti-bacterial; Haemostatic (haemostatic); Diuretic; Anti-inflammatory; Tonic; Laxative; Anti-spasmodic; Sedative; In addition, it improves circulation, tones and acts as a powerful sedative. The skin is great when it comes to combating pimples and blackheads.

DISPONIBLE:

- FLOWERS KG;
- BAGS WITH X GR;



ROSEMARY

Rosmarinus officinalis

An aromatic herb that enriches any dish and improves the quality of life of those who consume it. Besides serving as aromatic herb and seasoning, rosemary is also harnessed for its medicinal properties. In the cuisine is recommended for pork, mutton and fish. It is also used to aromatize vinegars and oils.

PROPIEDADES:

Diuretic, general stimulant of the body and the scalp, anti-rheumatic, circulation and nervous system tonic, reducing gas and anti-inflammatory. For external use it fights joint pains, bruises, sprains and rheumatic pains.

DISPONÍVEL:

- PLANT KG;
- PACKAGING WITH X GR;



COMMON-THYME

Thymus vulgaris

Aromatic and medicinal plant. Fairly used in cooking, in the most varied meat and fish dishes, with a pleasant aroma, it is also a plant with medicinal properties.

PROPERTIES:

Helps in the treatment of diseases in the respiratory system, such as bronchitis, catarrh, canker sores, cough, sore throats among other inflammations in the mouth; Helps fight against influenza and anemia; Contains a pleasant aroma that serves as a disinfectant; It is a diuretic, tonic and helps in relieving cramps, diarrhea, heartburn and poor digestion; Strengthens the hair, avoiding its fall; It helps eliminate acne and its blemishes;

DISPONIBLE:

- WHOLE PLANT KG;
- LEAVES KG;
- BAGS WITH X GR;



LEMON-THYME

Thymus citriodorus

It is a plant very used in the gastronomy in salads and fish dishes, derived to the aroma of lemon. Also used medicinally, for respiratory and digestive problems. Like common thyme, it is heat resistant and needs well-drained soils.

PROPERTIES:

Helps in the treatment of diseases in the respiratory system, such as bronchitis, catarrh, canker sores, cough, sore throats among other inflammations in the mouth; Helps fight against influenza and anemia; It is a diuretic, tonic and helps in relieving cramps, diarrhea, heartburn and poor digestion; Strengthens the hair, avoiding its fall; It helps eliminate acne and its blemishes.

Careful!! The use of thyme is not indicated for people with cases of heart failure, gastritis, ulcers and similar problems.

DISPONIBLE:

- WHOLE PLANT KG;
- LEAVES KG;
- BAGS WITH X GR;



TILIA

Tilia L.

The linden tree, is a medicinal plant, native to Europe, being cultivated all over the world. The tea of this plant is naturally sweet and has a soft and delicate aroma. The leaves and flowers of this plant must be consumed dry, as drinking with the fresh plant the tea gets a bitter taste.

PROPRIEDADES:

Expectorant, soothing, antispasmodic, digestive, emollient, diuretic and tonic. Its consumption is highly recommended in febrile states, flu and colds, especially in children due to its mildly soothing action and its pleasant and sweet taste. It is a good nervous system depressant and widely used.

DISPONIBLE:

- FLOWERS KG;
- BAGS WITH X GR;



LEMON-VERBENA

Aloysia Citriodora

Originating from Latin America, is a plant rich in essential oils. It is a plant that likes well drained soils and very resistant to heat. It has a sweet and pleasant lemon scent.

Culinary use: Is particularly delicious in herbal tisanes, blended teas, fruit and sweet confectionaries and is used to season many other dishes including fish dishes. It can be used in drinks, soft drinks, salads, gelatins, cakes, among others.

PROPERTIES:

It is known essentially for its digestive and carminative properties, which attenuate the development of intestinal gases; It is also a relaxant of the nervous system, combating migraines, nervousness, agitation and insomnia; Relieves gastro-intestinal and menstrual cramps, helps fight headaches.

DISPONIBLE:

- FLOWERS KG;
- BAGS WITH X GR;
- LEAVES SEPARATED BY HAND;
- LEAVES SEPARATED BY MACHINE;



PRICE LIST

	PLANT KG		WHOLE PLANT KG	
	ORGÂNICO	DEMETER	ORGÂNICO	DEMETER
ROSEMARY	POR CONSULTA	POR CONSULTA		
LAVENDER				
CALENDULA	25,00 €	27,50 €		
CHAMOMMILE	POR CONSULTA	POR CONSULTA		
CHAMOMMILE (ROMAN)	POR CONSULTA	POR CONSULTA		
CORNFLOWER	90,00 €	99,00 €		
ECHINACEA	20,00 €	22,00 €		
LEMONGRASS	15,00 €	16,50 €		
HIBISCUS	POR CONSULTA	POR CONSULTA		
PEPPERMINT	20,00 €	22,00 €	10,00 €	11,00 €
MINT SPEARMINT	POR CONSULTA	POR CONSULTA	POR CONSULTA	POR CONSULTA
BAY LAUREL	30,00 €	33,00 €		
MAUVE	110,00 €	121,00 €		
GLOBE-AMARANTH	35,00 €	38,50 €		
ROSE	90,00 €	99,00 €		
PINEAPPLE SAGE	POR CONSULTA	POR CONSULTA		
SAGE	20,00 €	22,00 €		
THYME (COMMON)	20,00 €	22,00 €	10,00 €	11,00 €
THYME-LEMON	30,00 €	33,00 €	15,00 €	16,50 €
LEMON-VERBENA	LEAVES SEPARATED BY HAND		WHOLE PLANT KG	
	ORGÂNICO	DEMETER	ORGÂNICO	DEMETER
	50,00 €	55,00 €	15,00 €	16,50 €
	LEAVES SEPARATED BY MACHINE			
ORGÂNICO	DEMETER			
30,00 €	33,00 €			
THE PRICES PRESENTED DO NOT CHARGE TRANSPORTATION VALUE;				