

Common borders. Common solutions.

## BSB Project TeaWay at the “Agriculture and Everything about It” Trade Fair

BSB TeaWay project partner Varna Economic Development Agency (VEDA) took part in the 28th Trade Exhibition “Agriculture and Everything about It”, which held in the period 29.07 - 01.08.2020 in Dobrich.

VEDA uses the chance to introduce the project TeaWay to agricultural producers - exhibitors and visitors in the fair, as well as to official guests from the Bulgarian Ministry of Agriculture, Food and Forestry and Varna Regional Directorate Agriculture.

During the exhibition days VEDA experts met in person most of the farmers and managers of agricultural companies - exhibitors in the fair, to find out their interest in TeaWay project upcoming training and to identify suitable practitioners in herbs & tea production as potential speakers.



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### Visit to the distillery for essential oil crops

In August, 2020, Varna Economic Development Agency (VEDA) representatives took part in a thematic meeting for knowledge exchange and visit to the new distillery for essential oil crops of the agricultural company Plant Protection AGRO Ltd. As a new member of the National Agricultural Network, VEDA presented information for TeaWay project and the BSB Programme funding opportunities to the members of the Network, held in Balchik Bulgaria. VEDA representatives met with the owner of the distillery in the village of Tsarichino (Dobrich region) to learn more about the technology for the essential oil crops' processing and to discuss further the opportunities for his participation as a speaker in the upcoming TeaWay project training in Bulgaria.



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### Herbal Tea as Medicine

Armenia is famous for brandy, tasty dishes and mountains. But not least are Armenian tea and herbs that are well-known both in Russia and in European countries.

Armenians originally used herbs as remedial herbs, then developed them into tea. Many herbs are now available and served as tea. It does not lose its healing and relaxing properties, moreover an aesthetic look and the right recipe makes tea the best drink.

Some types of herbs and berries are widely distributed in Armenia and their use has a beneficial effect on the human body. Proper nutrition and folk medicine experts recommend adding to various herbs and berries to black or green tea which will provide health, good immunity, beauty and strength.

#### Rosehip tea

Rosehip tea will relieve swelling and excess weight because it has a diuretic effect. It can be drunk no more than 3 times a day. It helps with colds.



#### Linden tea

Linden tea has a beneficial effect on the immune and nervous system, soothes and protects against viruses. It has a very positive effect when it is infused with green tea, adding a few flowers and leaves of linden. It can be drunk daily in the morning and in the evening, especially when there is feeling of mental and physical weakness.

#### Nettle tea

This type of tea, has a beneficial effect on patients with anemia, contains vitamins C, K, B12, A and Ca. It is often advisable to take in diets. Nettle tea is also useful in many diseases such as diabetes, kidney stones, and ulcers. It also helps to control appetite.



#### Dandelion tea

This tea has a diuretic effect. It also lowers cholesterol content in the blood. It is not recommended to drink before sleeping.

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