

Common borders. Common solutions.

BSB Project TeaWay at Wine and Food Festival in Varna, Bulgaria

Varna Economic Development Agency (VEDA) used the chance of Agency's participation at the eighth edition of the Wine & Food Festival - Varna 2020 to present information for the Teaway project among the guests and exhibitors of the festival. There were more than 62 companies registered as exhibitors in the festival Wine and Food 2020 from wine, food processing and other sectors.

The open air festival started on 6 of July 2020 and will last three days during which the visitors of the festival could enjoy wine tasting from Bulgarian wine cellars and local food products.

The aim of organizers and partners of the festival - the Bulgarian Association of Sommeliers and Wine

Connoisseurs, the Bulgarian Culinary Culture Association in partnership with the Municipality of Varna and with the participation of the Ministry of Tourism, was to help the local economy in time of COVID-19 uncertainty, encouraging consumption of local and regional products of agriculture and food-processing industry.



Project funded by
EUROPEAN UNION

This publication has been produced with the financial assistance of the European Union.
The contents of this publication are the sole responsibility of CHAMBER OF COMMERCE AND INDUSTRY OF XANTHI and can in no way be taken to reflect the views of the European Union.



Common borders. Common solutions.



Armenian Tea - History

For over 7000 years, the tradition of gathering and blending wild herbs and flowers has been an integral part of the daily lives of the Armenian people. Tea-making in Armenia was spiced up with traditions and science and is one of the antiquities of the nation.

3500 years ago, people living in the area of Historical Armenia used to combine wild crafted Quince, Blackberry, Zizifora and Mint leaves and used to mix with Wild Absent as a hot beverage. All these ingredients are historically recognized as Armenian Sacred Herbs and used to grow only in Armenia.

About Herbal Tea production

As Armenia is a mountainous country, the great part of the herbs growing on a hillside is frequently used



to make tea.

Herbal teas in Armenia are known as wild-crafted since the harvesting, timing, technologies of plant harvesting have been passed on from generation to generation. There are various types of herbs and berries in all the regions of Armenia. Thyme, mint, chamomile, Melissa and Oregano are the most collected herbs.

The Use of Herbs - Thanks to good climate and unique nature more than 3,200 herbs grow in Armenia of which 1,500 are medicinal plants and applicable to be used in food, tea preparation. Many such plants are only to be found in Armenia. Mountainous herbs are not only used for good flavor but also in medical purposes.

All the tea lovers know that thyme ("urts" in Armenian) is contraindicated in hypotension, because it lowers blood pressure, while mint ("nana" in Armenian) raises it. Thyme tea regulates the body's



Common borders. Common solutions.



metabolism, cleanses the body of the negative properties of alcohol and narcotics and stabilizes blood pressure.

There's a trick that the consumer can use to insure that they're buying pure thyme without any additives. The flowers of the herb open more fully when placed in hot water than cold. Also, a bag of thyme tea, once used, produces a more fragrant drink and a more brilliant color the second time around. Herbal tea is particularly healthy after a heavy meal.

How to prepare herbal tea - Put 200 ml of boiling water on 1 teaspoon of the dried herb or mix of herbs and infuse for in a teapot for 5-7 minutes. Strain the herbs (you can re-steep this mixture at least two more times to be resourceful!), and fill up the remainder of the teapot with water. You can infuse overnight or up to 12 hours! If you infuse for 4 or more hours, though, be sure to remove the berries and herbs from the water, and then store the infused water in the fridge for up to 3 days.

PARTNERSHIP

LEAD PARTNER



(Greece)



(Bulgaria)



Trabzon Chamber of Commerce
and Industry
(Turkey)



International Centre
for Social Research and Policy Analysis
(Georgia)

Armenian Young Women's Association



(Armenia)



(Greece)

Joint Operational Programme Black Sea Basin 2014-2020
CHAMBER OF COMMERCE AND INDUSTRY OF XANTHI
July 2020

Joint Operational Programme Black Sea Basin 2014-2020 is co-financed by the European Union through the European Neighbourhood Instrument and by the participating countries: Armenia, Bulgaria, Georgia, Greece, Republic of Moldova, Romania, Turkey and Ukraine. This publication has been produced with the financial assistance of the European Union. The contents of this publication are the sole responsibility of CHAMBER OF COMMERCE AND INDUSTRY OF XANTHI and can in no way be taken to reflect the views of the European Union.



Project funded by
EUROPEAN UNION

