



# Good Herbs

Medicinal and aromatic plants are offered in a wide variety of products on the market such as: plant extracts, traditional herbal medicines, pharmaceuticals, homeopathic, medicinal and herbal teas, dietary supplements, spices and culinary herbs, fragrances and perfumes, cosmetics and body care, food and beverage, food ingredients, aromas and essences/air wicks, colouring/dye agents, etc. The enormous demand in herbs results in a huge trade from local to international/European level. EU is the main market for pharmaceutical ingredients, and covers 36% of the global production of pharmaceuticals. About 2000 species are used in EU for medicinal purposes; the main trade markets are Germany, the main importer, processor and trader with medicinal plants, France and Italy. Among the East-European countries Poland, Bulgaria, Czech Republic, Hungary and Romania are the main markets; about 1200-1300 species are harvested from wild flora and only 130 species are cultivated in EU. Spain has an increasing demand for pharmaceuticals of plant/natural origin being itself an important producer of medicinal and aromatic plants. Related to this market, food security and, especially, food safety has to be assured against a lot of hazards that can appear along the food chain such as chemical contaminants coming from the environment and microbiological contamination. Contamination can occur also during food processing when the good manufacturing practices are not well implemented. Herbs food chain is a very dynamic process in terms of legislation, new scientific evidences and new knowledge that has to be disseminated to all stakeholders. Along this chain, 3 types of products will be taken into consideration – spices, natural food ingredients and food supplements. It can be approached differently, in 2 groups, spices and natural food ingredients one group and food supplements the second one. If for the first group the problems are more related to food safety considering food contamination, the second group has another important issue that has to be considered: plant species authenticity, secondary metabolites stability, toxic compounds, additional fillers, and adulteration.

The main objective of the project is to educate, train, inform and disseminate the latest/new scientific evidences, legislation in force, hygienic rules as well as the best manufacturing practices of herbs in order to ensure the quality, safety, nutritive and functional quality, useful for food and food supplements industries. In this way it will be increased the opportunities of professional development and improved the professional competence, cooperation and competitiveness.

The main results that are delivered by the project are:

- Report on actual context in the field of herb processing and innovative methods for teaching/ learning/ training, available on website from May 2015
- e-Good Herbs Platform with 80 hours course on herb processing having 3 main parts: food spices, natural food ingredients and food supplements available on website since May 2016;
- One Demonstrative Movie available on website since May 2016;
- 275 people trained through Intensive Study Programs for learners;
- One conference and one workshop in Murcia, Spain (May 2015);
- One conference in Bucharest in July 2016.
- Website: [www.good-herbs.eu](http://www.good-herbs.eu)

Coordinator: PhD Tatiana Onisei, Institutul National de Cercetare-Dezvoltare pentru Bioresurse Alimentare, IBA Bucuresti