

Explore the Cretan herbs

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Crete's nature is full of herbs, which Cretans are using through centuries not only as herb tea, but also as a medicine for a number of diseases. This knowledge is passing to young people through the elders through the everyday life in Crete.

Come with us for a small and easy trekking tour to identify sage, marjoram, thyme, dictamo and many other herbs, which are not well known.

We are going to start walking early in the morning to explore the hills near Paleochora, find the herbs, learn when and how we can collect them and how is the proper way to make a herb tea. Later on, with Panagiotis' help, we are going to see how the herb distillery works and where and why we can use the extracts in our everyday life.