

PODGORICA HERBAL *Roads*

Service for Agricultural Support and Rural Development
Tourist Organisation of Podgorica



A satellite map of the Podgorica Municipality territory in Montenegro. The entire municipality is outlined in white. A central area, including the city of Podgorica and the Zeta River, is highlighted in a solid green color. The surrounding terrain is a mix of green forest and brownish-grey rocky or sparsely vegetated areas. The Adriatic Sea is visible on the left side of the map.

Territory of the *Municipality of Podgorica*





Podgorica's *Herbal Roads*

Podgorica has an exceptional geographical position, located in the central part of Montenegro, midway between the coastal and mountainous regions, within important tourism corridors.

It represents the main demographic, political, economic, transportation, cultural-educational, and scientific center of the country, with significant natural and anthropogenic tourism assets.

Montenegro has more than 3,600 proven medicinal plant species — one of the richest countries in Europe relative to its geographic size.

The rural area of Podgorica holds tremendous tourism potential and the ability to enhance Montenegro's tourism offer.

The Plant Trails project of the Municipality of Podgorica enriches the tourism experience with a new, unique direction.

Podgorica consists of six geographical regions:

**Lješanska nahija, Lješkopolje, Piperi, Kuči, Bratonožići,
Lijeva rijeka**



Lješanska nahija

Lješanska nahija is located in the eastern part of Montenegro.

Surrounded by hills on the west and northwest, and by Lake Skadar on the south and southwest. Extends toward Lješkopolje to the Sitnica and Matica rivers. It has Mediterranean climate; average elevation 170 m. Distance from Podgorica: 6–20 km.

Most common plants:

wormwood (pelin), yarrow, nettle, chamomile, burdock, St John's wort.



Sage

Salvia officinalis

Sage or wild sage, appears in our area especially as a significant wild plant on strictly defined localities. It appears in regions influenced by warm Mediterranean and sub-Mediterranean climate.

In these conditions it does not choose soil; it grows on poor, dry and rocky substrates. The plant forms a strong root system, which penetrates deeply into the soil and enables the plant to grow in unfavorable, extreme conditions and soils. According to official pharmacology, sage, due to its chemical composition and compounds it contains, in the territory of Montenegro is one of the highest-quality and healthiest plants in Europe.





Lješkopolje

Lješkopolje is a karst field in the Podgorica municipality, located between the rivers Morača, Sitnica and Zeta. It is flat and slanted toward the south, formed of alluvial deposits.

The climate of the field is modified Mediterranean, with extremely hot summers. Elevation is 46 meters. Distance from the urban part of the city is up to 10 kilometers.

The most widespread plants in this area:
wormwood, nettle, burdock and celandine.



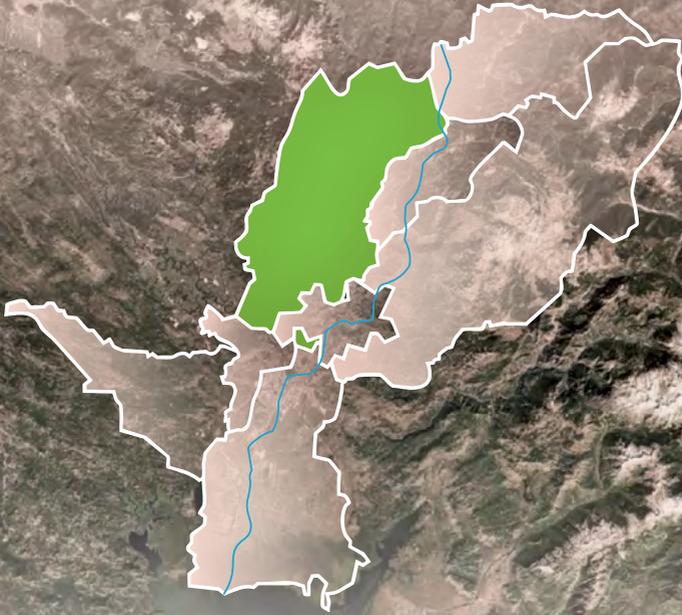
Celandine

Chelidonium majus



Celandine, also known among people as rosopas, snake herb. It belongs to the family Papaveraceae. It is a perennial herbaceous plant which grows everywhere as a weed. The plant is often about 1 m tall, with pinnately cut leaves, on branched stems. When the plant is injured, a milky sap flows out, which has a pronounced sharpness, bitterness and toxicity.

The leaves of celandine are thin and delicate, the lower ones on long stalks, the upper nearly sessile. The flowers are yellow, consisting of 3–8 grouped in clusters, with four larger golden-colored petals. The fruit of celandine is a capsule similar to a pod. The milky sap flowing out of the injured plant is orange in color, with an unpleasant smell.



Piperi

Piperi is an area forming a triangle between the rivers Zeta and Morača, north of Podgorica. It borders Bratonožići and Kuči. Elevation ranges from 370 to 900 meters.

The climate is continental. Distance from the urban part of Podgorica is 16.5 km.

The most widespread plants in this area: hawthorn, **wild oregano, rosehip, wormwood, yarrow and nettle.**



Wild Oregano

Origanum vulgare

Wild oregano grows on meadows, bright forests, dry slopes, among bushes near roads and similar habitats up to 2000 m a.s.l. It is a very common and long-lived herbaceous plant, significantly larger than thyme. It belongs to the family Labiatae — mint family. The stem is mostly upright with branching stalks up to 80 cm tall, reddish in color, covered with large leaves.



Leaves have short stalks, with entire or slightly serrated margins. Flowers are at the top of the stem and its branches, grouped in round clusters, pleasantly scented, light to dark red. The plant blooms from June to September. Wild oregano belongs to the group of aromatic, astringent plants highly valued in our region. It contains essential oil, which gives it pronounced antibacterial properties.



Bratonožići

Bratonožići include the area between the Morača River, the Mala Rijeka and Crna Planina.

The climate is continental, average elevation is 700 meters above sea level.

Distance from the urban part of Podgorica is 23 kilometers.

The most present plants in this region are:

hawthorn, wormwood, St. John's wort, rosehip and nettle.



Burdock

Articum lappa

Burdock belongs to the family Asteraceae. It grows on abandoned areas, near settlements, around animal pens, along roads, in neglected places near rivers and within forest vegetation. Burdock is a biennial plant that forms a basal leaf rosette.

It grows as a fairly developed plant, up to 1 m tall, with large leaves. The flowers are clustered in heads, which are surrounded by scaly, hairy hooks of light color. The combined flowers of burdock are olive colored. The plant has a strong branched root with a characteristic smell. The root of burdock contains essential oil, tannin, bitter substances, saponazid, choline, resin, magnesium, lime, inulin.

The root of burdock is harvested in spring and autumn.





Kučī

Kučī are located northeast of Podgorica and extend along the border of Albania, from the north to Mount Kom Kučki.

The climate is continental, with an average elevation of 900 m.

Distance from the urban part of Podgorica is 22 km.

The most wide spread plants:

rosehip, wormwood, nettle, wild oregano, burdock.



Hawthorn

Crataegus monogyna



Hawthorn belongs to the family Rosaceae, grows as a thorny, very branched and resistant shrub or small tree 3–8 m tall, with small trunk diameters. Hawthorn grows everywhere, in bare rocky and dry habitats, on forest edges, field boundaries, and clearings.

The bark of the tree is ash-gray, with dark cracks, and on young branches whitish-gray. Flowers are numerous, white, rarely slightly pink, grouped in fragrant clusters similar to a shield. The fruit of hawthorn is a round berry 7–10 mm long, dark or light red. Under the fleshy part of the fruit is a stone with 1–3 seeds.

Leaves and berries of hawthorn contain flavonoid, anthocyanin, tartaric and citricacids, a little essential oil, fatty oils and some alkaloids.



Lijeva Rijeka

The region of Lijeva Rijeka is hilly-mountainous, located between the Morača River and the Lijeva Rijeka itself.

The climate in this area is mostly mountainous.

Besides medicinal plants, this region is rich in forest fruits: **blueberries, strawberries, blackberries and juniper.**

It is located at an elevation of 900 meters. Distance from the urban center of the city is 30km to 43 km.



Nettle

Urtica Diodica

Nettle is a perennial medicinal plant with a strong and branched root, whitish-yellow in color. It grows on neglected land, most often as a massive weed, around settlements, pens, barns, roads and similar terrain.

Its stem is upright, simple, square, hairy and stinging, up to 150 cm tall. Leaf, stem and root are used. As a medicine and food, nettle has been used since ancient times. It contains tannins, salts, chlorophyll, formic acid, acetic acid, carotene, lecithin and much vitamin C. In the root there are resins, mucilage, gum, wax, minerals and bitter substances. It is ideal for anemia and blood pressure.





St John's Wort

Hypericum Perforatum



St John's wort belongs to the family Hypericaceae. It grows as a long lived herb, a weedy plant, with a firm, angular and branched stem 30–100 cm high.

At the tops of the stem are clusters of yellow flowers with golden-yellow petal tips. St John's wort blooms from May to September.

It grows in various habitats (almost everywhere), but mostly in abandoned fields, meadows, shrublands, oak and other forests.

It contains 9–11% tannins, 0.1–0.2% essential oil, resins, carotene, anthocyanins, vitamin C and more.

Celandine
(*Chelidonium majus*)



Sage
(*Salvia officinalis*)



Burdock
(*Articum lappa*)



Wild oregano
(*Oreganum vulgare*)



Hawthorn
(*Crataegus monogyna*)



Nettle
(*Urtica Diodica*)



St John's Wort
(*Hypericum Perforatum*)



Yarrow
(*Achillea millefolium*)



Chamomile
(*Matricaria Chamomilla*)





Project supported by

City of Podgorica – Service for Agricultural Support and Rural Development
Tourist Organisation of Podgorica

Prepared by NGO “Gostiljski”

Materials used from the book “Traditional Herbal Remedies” by Gostiljski
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