

2nd European Herb Gathering, 26-29 April 2018 in Transylvania, RO

REPORT



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BACKGROUND

The **Rural Actors for Health** initiative was started by Forum Synergies in 2012. The protection and promotion of health is a topic of increasing importance not only in the context of increasingly unhealthy lifestyles but also in the political debate in times of permanently increasing costs for the public health care systems. We state that rural actors, namely holders of traditional knowledge in healing methods as well as growers, producers of medicinal and aromatic plants, processors and active suppliers of this knowledge can contribute significantly to health by

- a/ offering products contributing to health in general
- b/ by offering and transferring traditional and scientific knowledge
- c/ by promoting a healthy lifestyle
- d/ by providing health care offers like e.g. the Eco-health farms

Besides that these actors can contribute by their activities and/ or projects significantly to sustainable rural development by

- a/ enabling peasants, esp. peasant women to create an (extra) income by growing herbs
- b/ creating new touristic offers in order to attract visitors
- c/ starting new networks interlinking actors from different economic sectors
- d/ running projects that involve socially disadvantaged people

At the same time we have to face all over Europe a more and more restrictive regulative framework whereas our traditional knowledge about healing and taking care for ourselves are threatened by loss and prohibition.

Our initiative therefore aims at strengthening a network of rural actors for health. Based on the existing knowledge and resources we want to:

- 1/ safeguard and promote the local knowledge related to health care
- 2/ give support to create the necessary conditions in order to ensure the transmission of the traditional knowledge
- 3/ enable mutual support in order to meet the legislative framework (national, EU)

Results of the 1st workshop, held from 04-07 October 2012 in the Lesachtal valley, AT

The intention of the first workshop was to sharpen our perception of important topics to deal with. On the one hand we focused on regulative frameworks on EU/ national level and their implications on the activities of "Rural actors for health" and consumers. We further agreed that mutual exchange, education and cooperation are important fields to work on.

The main outputs relate to the following topics (the whole report is available at our website [link](#)):

- **Regulations:** understanding the jungle of regulations is one of the biggest and most demanding challenges in order to survive as a small producer. We therefore propose to
 - 1/ work on a survey of relevant regulations on EU and national level.
 - 2/ elaborate proposals that help to ensure that regulations protect our herbal quality instead of impoverishing their availability
- **Professions:** This survey should also give an overview about already existing professions in different countries related to the wild collection, cultivation, processing and selling of herbs and herbal products.
- **Capacity Building** for small producers: for small producers (rural actors for health) restrictive and continuously quickly changing legislation is one of the main kick-out arguments to stop any activity. Small producers would therefore urgently need support in order to continue their activity

- **Education:** there is a strong need for education not only on a scientific basis but also as an offer for civil society in order to enable citizens to make the right use of herbs. There is a great potential which is not used so far.
- **Communication & Cooperation:** we promote a constructive dialogue between different stakeholders on national and EU level including practitioners, scientists and politicians.

Main objectives of the 2nd workshop, 26-29 April 2018, RO

TOPICS

As part of the preparation work we have conducted an online inquiry to select the main topics to deal with. On the basis of the feedback received we intend to focus on these three main topics:

- 1/ Herbal projects and their contribution to sustainable rural development
- 2/ Traditional knowledge about aromatic and medicinal healing as common goods
- 3/ The legal framework on EU/ national level and its implications on activities for rural actors for health

GOALS

Main objectives are to discuss and promote

- 1/ Common proposals on how herbal projects can contribute to sustainable rural development
- 2/ Achieve some common understanding on the meaning of common goods in the context of traditional knowledge about aromatic and medicinal healing.
- 3/ Common proposals on how to improve the legal framework on EU/ national level and finding good practices on how rural actors for health can deal with the legal framework

THE REGION

The region LUPENI

Lupeni is located in Harghita County, Transylvania, Romania near to the second largest city in that county *Odorheiu Secuiesc* (*Odorhellen, DE; Székelyudvarhely, HU*). Harghita County has a population of 326.222 with the highest percentage of Hungarians in Romania.¹



Harghita County has a total area of 6,639km², consists primarily of mountains, connected to the [Eastern Carpathians](#), such as the [Ciuc](#) and [Harghita Mountains](#); volcanic plateaux, foothills, and the more densely populated river valleys.

The economy of the region is based on activities in the field of building materials, primary exploitation and processing of wood, trade and agro-tourism. However, the basic activity remains agriculture through plant cultivation and animal husbandry.

¹Source: Wikipedia

The context

The region of Transylvania has a long tradition in carrying out projects and running activities related to the use of medicinal and aromatic plants, collection of traditional knowledge ranging from old recipes to gardening, farming skills, collection and saving seeds and old fruit varieties, etc.

The workshop will be co-organize with our local partner, the **Foundation for Life Quality**. The **foundation's goal is to support family farming via**

- Development of personal competencies of the people
- Rural development through education and cooperation
- Promoting sustainable economy through small scale investments.

Several projects were carried out related to the collection, processing and using herbs, and their contribution to sustainable rural development, integrating social, environmental and cultural (traditional knowledge) aspects. Main activities cover trainings and knowledge transfer mainly on a regional level. In 2013 it was created a documentary about the traditional herbal medicin in that region, which can be seen on youtube [link](#).

Fact Sheet on aromatic and medicinal plants in Romania

The Fact Sheet offers information on the situation of production, the legal framework, financial support and relevant authorities.

For the Fact Sheet see Annex1 or visit our website

ELEMENTS OF THE MEETING

Participants.

Around 40 participants from 12 different countries met in Transylvania, Romania - For the participants' list see **Annex 1**

Overview

This was a two day event, based in Lupeni, Transylvania RO. For the detailed programme see **Annex 2**

Field trips

3 groups started to visit 3 different herbal projects and discussed elements of sustainable rural development and how these initiatives contribute.

Market of initiatives

During our "market of initiatives" we offered to the participants the opportunity to share their project/ experience with other participants in a "market place". Sitting at a table they could put posters, leaflets etc. in order to present their initiatives.

This market was organised in different rounds with 5 minutes presentations running at the same. The other participants visited these tables to listen and discuss the presentations before changing after approx. 20-25 minutes. The atmosphere of a fair or a "market place" opened the space for some lively discussions and exchange of experiences in small groups.

To better understand what the Market of Initiatives - see what it is in our video "Skills to promote exchange between European participants" (min. 4:07) produced during the ERSG 2017 In Karditsa, GR [link](#)

A list of presentations with short descriptions is in **Annex 4**

International Buffet

All participants were invited to bring special food or drinks typical of their local area. During the "international buffet", these specialities were personally presented by the participants and the stories behind gave a further insight into different European customs and cultures.

Especially the variety of presented herb products initiated a rich exchange about production methods, quality aspects, health recommendations.



FIELD TRIPS AND ISSUES ARISING

Field trip 1: S.C. LARIX SRL

S.C. LARIX SRL. is a medium size enterprise founded in 1992 in Sovata, Transylvania. The main products of the company are teas, cosmetics and dried medicinal plants. The raw material for these products is coming from different sources. One side there are in the region local farmers and families who are growing on the small-scale level medicinal and aromatic plants. On the other side wild collection is very popular in Romania. Unemployed low skilled people, pensioners are working in the season for the company.

Thanks to the growing market for products made from medicinal and aromatic plants and the challenges on the global market the company is also importing and exporting dried medicinal and aromatic plants.

Now they are distributing the products in 23 counties in Romania, 154 cities, totally in 1428 Pharmacies & Shops. In the same time, they are exporting medicinal and aromatic plants to other EU countries like Germany and France.

Visiting this factory, we will hear about the history of the company and the challenges thanks to the Romanian legislation in this field and how can you be on the market and see the global challenges on the local level. Link: <http://larix.ro/en/home-4/>

Field trip 2: The "Kájoni Herbárium" and Teehaus

Sumuleu Ciuc is a place in Harghita County and well known for the Pilgrimage Church, the Franciscan Monastery and the surrounding area. In this place a Franciscan monk, Bőjte Csaba established a children's home called St. Stephen's Home. Under the leading of a very active woman, who is responsible for the children home, Balázs Zsóka, the children are learning about growing medicinal and aromatic plants in the cloister garden and about different processing methods. The products made by the children are sold on the market under the Kájoni Herbárium brand. The name "Kájoni Herbárium" comes from János Kájoni, a Franciscan monk, who lived and worked there and in 1673 wrote the famous book Hungarian Herbarium.

In 2015 the garden became an open community garden with a teahouse. So, for pilgrims and tourists is a good place to take rest, go to the garden, collect some herbs and make some tea.

In 2016 it was organized here the I. Regional Herb Day and since this every year more and more local producers and farmers present and sell their product.

Some impressions on the Facebook: <https://web.facebook.com/kajoniherbarium>.

Field trip 3: Transylvanian Herb Garden

The initiative *Transylvanian Herb Garden* was started in 2015 by Civitas Foundation for Civil Society. The project is focusing on

- social integration of disadvantaged people
- revaluation of biodiversity and the traditional knowledge of the target region related to the local aromatic and medicinal herb varieties and species.

In this way the target groups of the project are disadvantaged people from the rural area from Transylvania: unemployed, Roma people, women, small scale farmers with low income, disabled young people, etc. The women, who benefit from the project are coming from the rural areas and during generations preserved the knowledge about rare local herb varieties and species, about the cultural and ethnographical aspect of these plants, about identification and classification, breeding, collection and harvesting of wild and cultivate plants. This knowledge was collected and used for promoting the products developed in the competence center. The new cost effective and environment friendly small-scale processing methods were taught for the multipliers. Through these activities additional income possibilities for families interested in herb breeding and processing are relieved.

What were the core activities of the project?

Network of communities and NGOs. At the beginning it was very important to establish a network of communities and NGOs to facilitate social integration. Positive change in the rural area can't be achieved without the active participation of the local community members.

Transfer of expertise and knowledge. The second core activities of the project were focusing on the transfer of expertise and knowledge related to collection, processing and use of local varieties and species of aromatic and medicinal plant. The 2 competence centers established in the project are the heart of this activities and are functioning as a training and expertise center where knowledge and experience can be acquired by the visitors or by the participants at different workshops. The herb garden serves for learning practical skills about herbs.

Promoting local economic activities. The third core activities were focusing on encouraging and promoting local economic activities and sustainable development to offer social integration of the disadvantaged people from the rural area.

During the project period (2,5 Years) 25 communities coming from two sub regions of Transylvania were involved.

In two developing regions Odorheiu Secuiesc and Cluj Napoca were established 2 competence centers with demonstration herbal garden, where interested groups have the possibility to learn about the cultivation, wild crafting and processing of medicinal plants.

As follow up of the project it was established the Transylvanian Herb Garden Association.

In the frame of the field visit we will travel to Locodenito see the competence center with the herbal garden. Link: <http://www.naturalherbs.ro>.

OTHER EUROPEAN INITIATIVES

The following initiatives were elaborated as experience sheet and are available now on the Forum synergies' website related to the 2nd European Herb gathering and also in the Resource Center.

Presentations on these initiatives were given during the field trip or during the Market of Initiatives.

- The Transylvanian Herb Garden, RO [link](#)²
- TEH - an association for safeguarding traditional healing knowledge, AT [link](#)³
- Guided wild plant tours and their contributions to the cultural transmission of knowledge in the city of Vienna, Master thesis - University of Natural Resources and Life Sciences, AT. [Abstract, EN, Full version, DE](#) (visit Forum Synergies' website on <http://www.forum-synergies.eu/article415.html>)
- Access to healthy, clean and fair food - a research project , MT [link](#) (visit Forum Synergies' website on <http://www.forum-synergies.eu/article415.html>)

² The Transylvanian Herb Garden - in case the link doesn't work, copy the full link to your browser:(http://www.forum-synergies.eu/IMG/pdf/fs_exsh_herbs_ro_mp_2_.pdf)

³ TEH - Garden - in case the link doesn't work, copy the full link to your browser:(http://www.forum-synergies.eu/IMG/pdf/fs_exsh_herbs_at_kb_3_.pdf)

THE LEGAL FRAMEWORK

Directives and Regulations

The European and national legal framework on (medical) herbs is rather complex. Herbal actors need to take into account several legislation, depending on which herbs they use, how they process it and how they want to market it.

Pharmaceuticals, Directive 2001/83 [link](#) or [link to consolidated version](#)

Applies to medical products for human use which are either prepared industrially or manufactured by a method involving an industrial process.

In order to facilitate the (industrial) use of herbal raw material, the pharmaceuticals directive has been updated in 2004 by the Herbal Medicals Directive 2004/24 ([link](#))⁴, specifically focussing on medical plants. The aim of this update was to allow industrial producers to produce pills and medical products which are based on plant ingredients, without undergoing the full authorisation procedure for pharmaceuticals.

A simplified procedure shall be granted to herbs that have been used for very long time in many countries, they make reference to traditional use. They have to respect all the safety, quality, purity standards of medical products but they do not need the clinical trials that are needed for pharmaceutical products. It does not apply to unprocessed herbs, teas. It applies to pills and other forms of medical products.

At the European level a positive list has been drawn up with 12 plants which can easily be put on the market (positive list):

(Calendula officinalis, Echinacea, Eleutherococcus, Foeniculum, Hamamelis, Melaleuca alternifolia, Mentha piperita, Pimpinella, Sideritis sardiaca, Thymus, Valeriana, Vitis vinifera) ([link to the full list as of today: https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX:02008D0911-20180126](#))

Before the directive was adopted by the EU, massive protest were brought by the UK civil society - who has a long tradition of health shops.

Under this directive, registrations were tabled for traditional use: 1.700 (most of them have come from the UK) and for well established use: 800 (most of them come from Germany)

-> different countries take different approaches on using European laws.

Source information on European Medicines Agency [link](#)

Food Law Regulation 178/2002 ([link](#)) or [link to consolidated text](#)

The general EU Food Law applies to herbs marketed as food (tea or spices). It clarifies the producers' responsibilities and sets the general frame for more specific rules (see below)

Food Supplements Directive/2002/46 ([link](#)) or [link to consolidated text](#)

Regulates food supposed to have special effect (basically vitamins, minerals, normally pills) and establishes maximum or minimum doses, and purity criteria. In the EU directive plants are not mentioned.

Member States may authorises some plants or plant products on the national level (so called botanicals). This is mainly related to the use of aloe, garlic, ginseng, green tea, guarana, etc as food supplement)

Related documents:

- Commission staff working document characteristics and perspectives of the market for food

⁴ Herbal Medicals Directive 2004/24 - in case the link doesn't work, copy the full link to your browser: (https://ec.europa.eu/health/sites/health/files/files/eudralex/vol-1/dir_2004_24/dir_2004_24_en.pdf)

supplements containing substances other than vitamins and minerals (2008) link

- The use of substances with nutritional or physiological effect other than vitamins and minerals in food supplements (Study undertaken for DG SANCO, European Commission, 2007) link

Hygiene Regulation 852/2004 ([link](#))⁵

The hygiene regulation applies to food and food producers, also those dealing with herbs

Health Claims Regulation 1924/2006 ([link](#))

This regulation provides rules on advertisement for food. It was triggered by consumer organisations in 2003, 2004, blaming advertisements on industrial food products promising better health when consuming these products - no one ever mentioned herbal teas, they were simply not in the focus of the discussions. There is still an ongoing controversial political discussion

Related documents:

- Evaluation of how the regulation is applied "Evaluation of a) Regulation (EC) No 1924/2006 on nutrition and health claims made on food with regard to nutrient profiles and health claims made on plants and their preparations and of b) the general regulatory framework for their use in foods" document published by the EU Commission in 2015 ([link](#)). Read here some quotes out of the 8 pages text:

For plant and plant preparations (e.g. tea) there were 500 requests: all of them received a negative opinion from EFSA because they couldn't provide any studies on human health effects, no scientific evidence. Still 1.500 applications pending: "Plants and their preparations used in foods In the context of the implementation of the Regulation, more than 500 claims on plants and their preparations received an unfavourable assessment from EFSA in the context of their scientific assessments, and this raised many concerns among Member States and many stakeholders regarding health claims made on plants and their preparations used in food. To date, the remaining over 1500 submissions concerning such health claims have not yet undergone the scientific evaluation by EFSA"

Irony: in some Member States the same plant product can be authorised as a medical product whereas it is a food or food supplement in another country or sometimes even in the same Member State. "Under the current EU rules, it is possible for a Member State on a case-by-case basis to classify a product as food or as medicine depending on its presentation and claimed effect. Therefore it is possible that differences exist between Member States in the classification of products. In other words, as EU law stands, it is possible that the same product is classified as a foodstuff in one Member State and as a medicinal product in another."

There is some kind of official acknowledgment that we are in a grey area where Member States do a bit as they feel.

On the European level there is an awareness that there is a certain imbalance in how these laws are applied but they don't see a need to harmonise because the internal market is not disrupted

- see e.g. http://ec.europa.eu/smart-regulation/roadmaps/docs/2015_sante_595_evaluation_health_claims_en.pdf
- or https://ec.europa.eu/food/sites/food/files/safety/docs/labelling_nutrition-supplements-comm_2008_0824_en.pdf .

Institutions and Agencies

European Agency for Medical Products ([link](#))

"Scientific coordination of evaluation and supervision of medicines". Within the EMA:

Committee on Herbal Medicinal Products (HMPC) ([link](#))

⁵ Hygiene Regulation - in case the link doesn't work, copy the full link to your browser: (https://www.fsai.ie/uploadedFiles/Consol_Reg852_2004.pdf)

These experts discuss only about herbal medicinal products. The Committee on Herbal Medicinal Products (HMPC) is the European Medicines Agency's (EMA) committee responsible for compiling and assessing scientific data on herbal substances, preparations and combinations, to support the harmonisation of the European market.

The Committee was established in accordance with [Regulation \(EC\) No 726/2004](#) and the [Herbal Directive](#), which introduced a simplified registration procedure for traditional herbal medicinal products in EU Member States.

The HMPC is composed of scientific experts in the field of herbal medicines.

Scientific reference on a certain plant: there is a lot of information on their website. They produce herbal monographs which give detailed information. [[list of European Union herbal monographs](#)].

EU monographs are divided into two sections:

Well-established use (marketing authorisation)	Traditional use (simplified registration)
Demonstrated with sufficient safety and efficacy data	Accepted on the basis of sufficient safety data and plausible efficacy

For more information on the use of EU monographs in procedures for placing a [herbal medicinal product](#) on the market in a particular Member State, refer to the relevant [national competent authority](#).

The aim of these is also to facilitate harmonisation, but authorisation is granted on a national level.

EFSA European Food Safety Authority ([link](#))

Most of EFSA's work is undertaken in response to requests for scientific advice from the European Commission, the European Parliament and EU Member States.

Evaluation of **BOTANICALS** ([link](#)) "*Botanicals and derived preparations made from plants, algae, fungi or lichens have become widely available on the EU market in the form of food supplements. Examples include ginkgo, garlic, St. John's Wort and ginseng. Such products are typically labelled as natural foods and a variety of claims are made regarding their possible health benefits. They can be bought over the counter in pharmacies, supermarkets, specialist shops and via the internet. While most of these products have a long history of use in Europe, some concerns exist about their safety and quality. These include the risk of chemical or microbiological contamination and the need to ensure that concentrations of bioactive agents are within safe limits:*" in this field the EFSA aims to provide any organisation assessing the safety of botanical ingredients with a science-based approach. It provides the criteria that should be taken into account when undertaking work to establish the safe use of botanicals or derived preparations."

Support for farmers producing herbs

Agricultural support

Like all farmland, agricultural areas growing herbs can be subject to EU support (direct payments).

The legal framework is described here (https://ec.europa.eu/agriculture/direct-support_en)

Rural development support

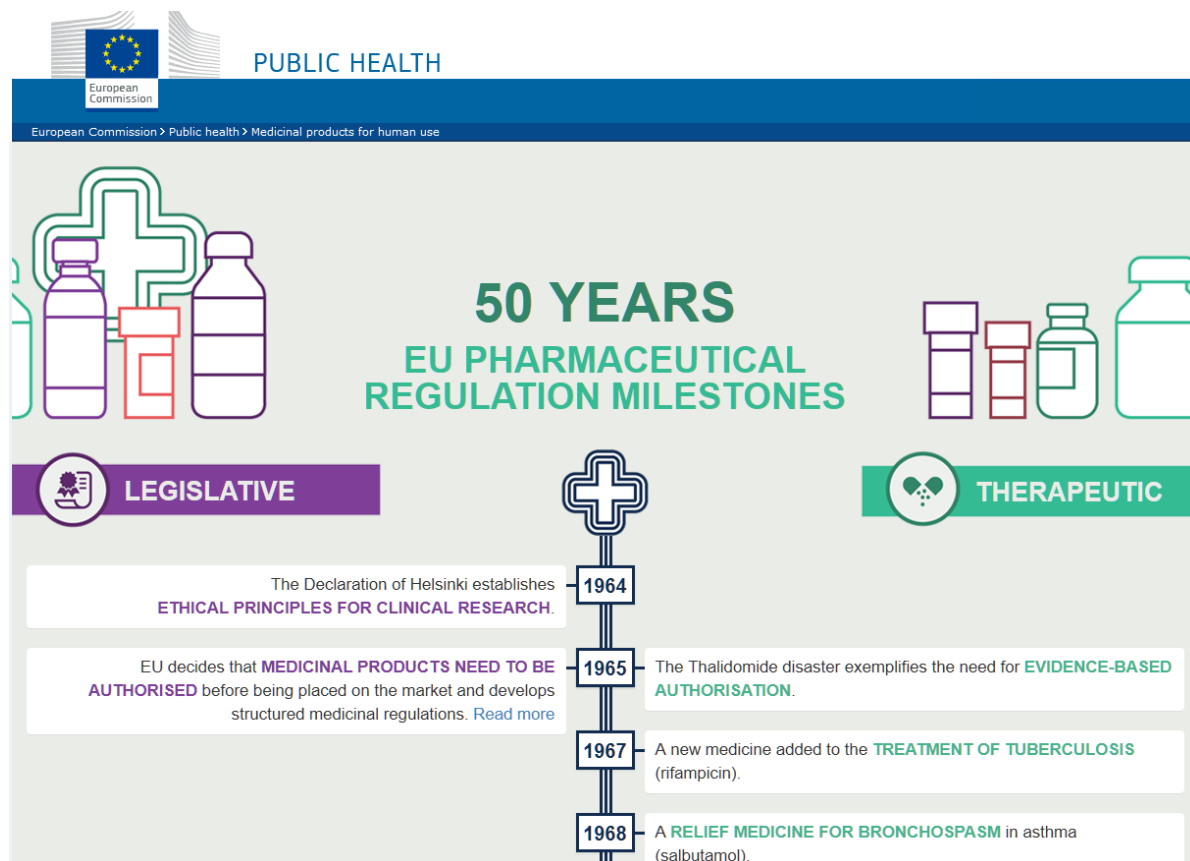
Some countries may provide for specific support to small scale or herbal producers under their rural development programmes. You can find more information about the RD programme(s) in your country here (https://ec.europa.eu/agriculture/rural-development-2014-2020/country-files_en)

50 years EU Pharmaceutical regulation MILESTONES

Overview on milestones from 1964 onwards ([link](#)).

Of special interest in this context:

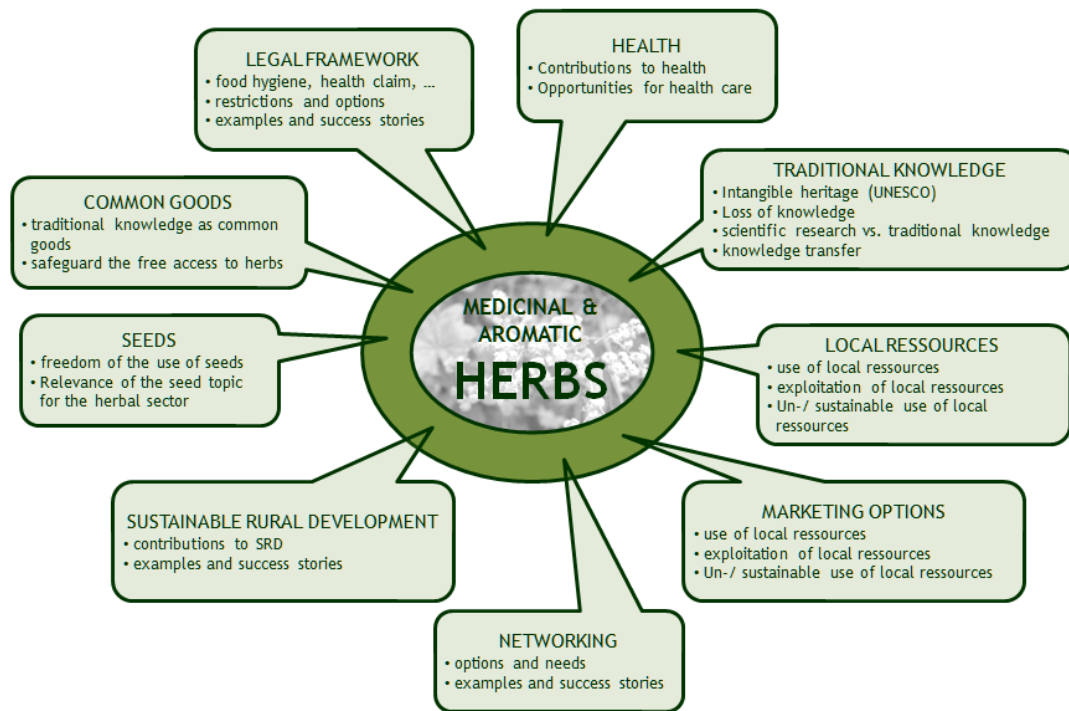
2004: EU agrees on rules regarding [Traditional Herbal Medicinal Products](#).



TOPICS TO CARRY ON

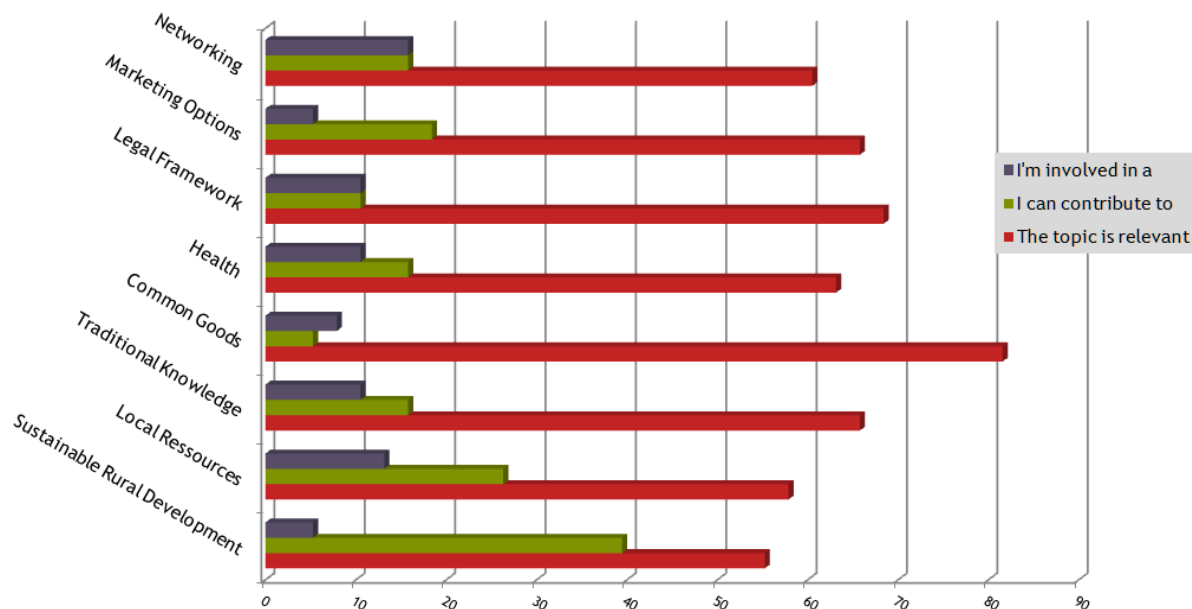
Pre-selection of topics of relevance

Aromatic and medicinal plants in the context of health and sustainable rural development: in the preparation phase of the meeting people were invited to fill in an online questionnaire in order to check the relevance of topics related to medicinal and aromatic plants, The following graph gives an overview on the topics identified so far. Our intention is to continuously widen and sharpen the main topics and to co-shape the agenda based on the ideas and needs of the Actors for Rural Health. The online questionnaire is available here: [link](#).



An evaluation of the contributions took into account if

- people are involved in a current project related to the topic and so can contribute from their practical experience
- can contribute due their professional/ practical background
- they think the topic is relevant/ important to carry on.



On the basis of this questionnaire and proposals of the co-organiser the decision was to focus on three main main objectives as mentioned already in the section about goals:

Main objectives are to discuss and promote

- 1/ Common proposals on how herbal projects can contribute to sustainable rural development

Mainly on the basis of the field trips and the input from other participants main elements are discussed taking into account the economic, social and environmental aspects.

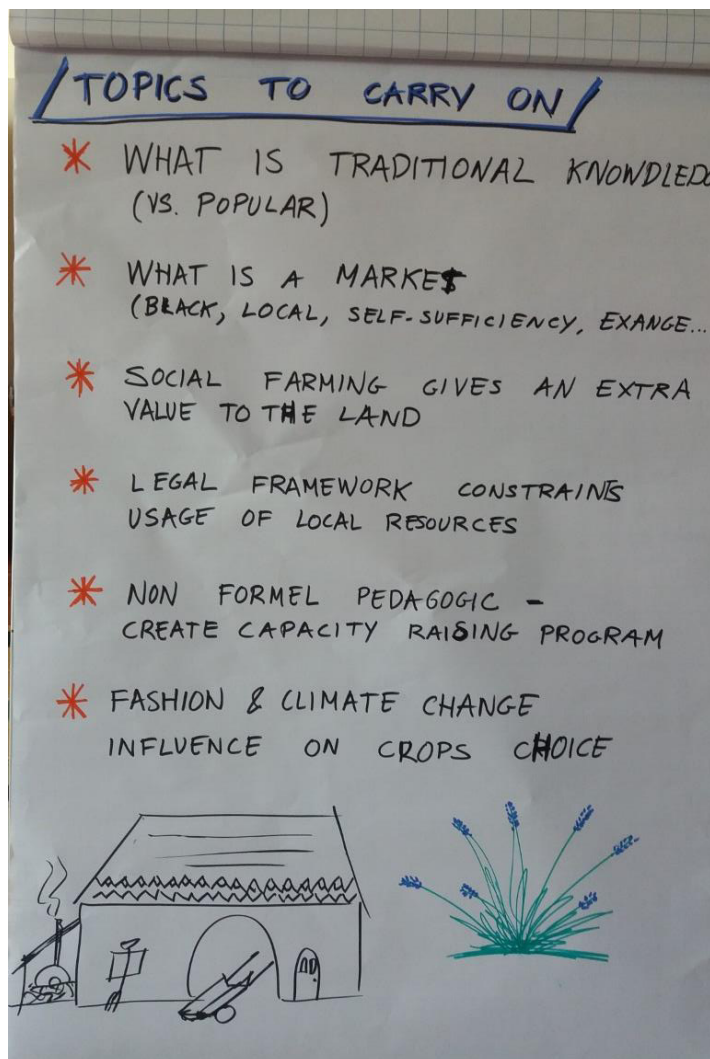
- 2/ Achieve some common understanding on the meaning of common goods in the context of traditional knowledge about aromatic and medicinal healing.

The graph shows that the topic of common goods is seen to be of great importance but at the same time there seems to be less experience related to other topics.

- 3/ Common proposals on how to improve the legal framework on EU/ national level and finding good practices on how rural actors for health can deal with the legal framework

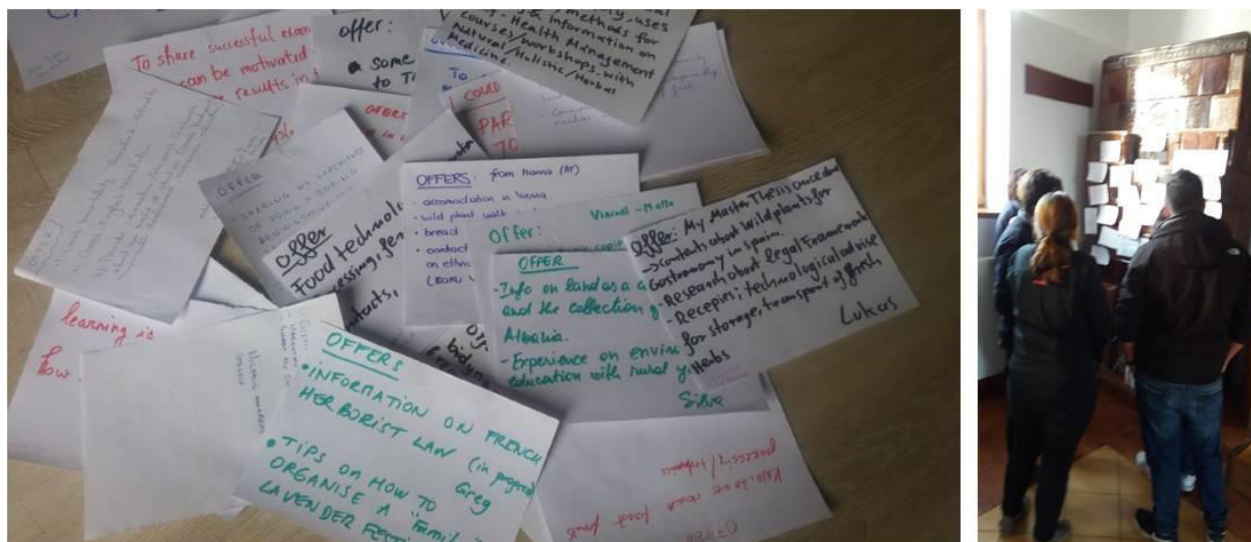
The legal framework definitely is THE topic each producer is confronted with. Understanding the regulations on EU and national level is an important step to deal with these regulations

Topics of relevance identified during the meeting



OFFERS AND NEEDS

In a final session participants were asked to formulate offers and needs related to herbal issues and pin them on the walls.



A list of the mentioned topics/ issues can be found in the annex 4

ANNEXES

Annex 1: Fact Sheet "Medicinal and Aromatic Plants in Romania"

The Fact Sheet is available at Forum Synergies website [link](#)

Introduction

There doesn't exist a national strategy for the sector of medicinal and aromatic plants in Romania. Despite of that the economic business related to the use of medicinal and aromatic plants is rapidly growing since the last years. There exists a national wide association of producers of primary materials from medicinal and aromatic plants, association in charge of the collection and acquisition of plants, associations in charge of processing plants e.g. producing teas, tinctures, etc. The members of this organizations are companies from Romania who are serving the market in Romania and outside of the country.

In the latest years Romania has become one of the leading suppliers of high quality medicinal

and aromatic plants in Europe and America. Most of the plants are exported to the European Union, USA and Canada.

In the same time the import of medicinal and aromatic plants is increasing. Unfortunately, this is a low-quality plant imported from China and Africa. This opportunity led to the decreasing of the plant production in Romania after 2010.

The Ministry of Agriculture and Rural Development hasn't a clear strategy in this field. Therefore, additionally to the export opportunities for the companies, there is a challenge about how to contribute to a sustainable life style in rural communities through generating an income from medicinal and aromatic plants for small scale farmers.

Data on the development and production areas in Romania

Specification	UM	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Area	th ha	7,4	7,3	10,1	15,9	11,8	5,8	4,7	3,2	3,2	3,1
Total Production	th to	2,9	7,5	7,1	15,8	11,2	4,3	4,4	4,2	4,2	2,9

Interpretation of the data remains speculation but what we are aware of is the fact that a big amount of lower quality plants is imported from Africa and China. On the other hand plants of high pharmaceutical value produced in Romania are exported, big amounts e.g. to

Germany

Source: 2007-2015 - NIS Data - The Romanian Statistical Yearbook

* MADR and AGR2B intelligence data.

*MAFRD - Ministry of Agriculture, Forestry and Rural Development

Financial support

The state offers financial support through direct payments schemes based on CAP according to the following categories:

- single area payment scheme (SAPS);
- redistributive payment;

- payment for agricultural practices beneficial to the climate and the environment;
- payment for young farmers;
- simplified scheme for small farmers.

National legislation related to medicinal and aromatic plants

Overview on relevant legislatives and laws.

- Law no.491/2003 on medicinal and aromatic plants, republished;
- MAFRD* and MH* common Order no. 243/2005 on the approval of the technical rules of manufacturing, processing and marketing of medicinal and aromatic plants;
- MAFRD and MH common Order no. 244/401/2005 on the processing, processing
- MAFRD and MH and NSVFSA nr. 7/2008 on drawing up a list of claims of national nutrition and health associated to medicinal and aromatic plant products;
- Guide of good manufacturing practice in respect of cultivation and harvesting of medicinal and aromatic plants, approved by

and marketing of medicinal and aromatic plants used as such, partially processed or processed as pre-measured food supplements;

- MAFRD and MH and NSVFSA* common Order no. 1228/244/63/2005 for approving the technical norms premeasured food supplements for animal and vegetable and / or mixtures thereof with vitamins, minerals and other nutrients;

Order no. 170/2011

- *MAFRD - Ministry of Agriculture, Forestry and Rural Development
- *MH - Ministry of Health
- *NSVFSA - The National Sanitary Veterinary and Food Safety Authority

EU regulation

Council Regulation (EC) No 73/2009 of 19 January 2009 establishing common rules for direct support schemes for farmers under the

common agricultural policy and establishing certain support schemes for farmers.

Bringing on the market

In order to bring processed medicinal and aromatic herb products and honey products on the market you have to follow a defined procedure.

Based on the Romanian legislation “finished products made from medicinal and aromatic plants and products of the hive notified by the operators in the field and belonging to **food, food supplements and products for internal or external use** (presumption: e.g. ointments with health benefit), excluding cosmetics, shall

be placed on the market in accordance with rules laid down by the competent authority”. There is a complex system of notifications behind involving different authorities. Products obtained from the processing of medicinal and aromatic plants and with therapeutic indications fall within the category of **medicinal products** and are only authorized for placing on the market by the National Medicines Agency.

Authorities in charge of the notification of food supplement products

The National Service for Medicinal and Aromatic Plants and Beehive Products (SNPMAPS) from the National Institute for Research and Development for Food Bioresources - IBA Bucharest is responsible for the notification procedures. The notification

itself is in the responsibility of operators who intend to market the food supplement or the product for external use on the market.

In the category of food supplements are included:

- medicinal and aromatic plants used as such, whether primary or processed
- plant and animal extracts and other products originally processed from plant and animal;
- mixtures of plants and animal extracts, mixtures of these with vitamins and/or minerals, including mixtures of vitamins and/or minerals with medicinal and aromatic herbs, products of animal origin, microorganisms, amino acids, vegetable and

animal fats and other nutrients;

- apiculture products: pollen, pasturage, royal jelly, propolis, bee larvae extract and other apicultural products, mixtures of apiculture products and/or mixtures of apicultural products with medicinal and aromatic plants and/or other products of origin animal and/or essential oils, vitamins, minerals and other nutrients;

Marketing possibilities

In the everyday life there are two sectors on the market: the companies and the local farmers. For the companies is easier to legalise the products made of medicinal and aromatic plants and to cover all the costs during the notification procedures because they are producing standard products and in a big

quantity. The small farmers are in the grey zone with their products. With a certification as a semi- subsistence farmer there is a possibility to sell the products on the local markets if the products were made in a certified processing unit.

Authorized training courses in the field of medicinal and aromatic plants

To be a specialist in the field of medicinal and aromatic plants in Romania there is one accredited training by the Ministry of Labor and this is aromatherapy and phytotherapy. So

there is no authorized training possibilities for plant processing or for herbalist.

Links

Ministry of Agriculture and Rural Development:
<http://www.madr.ro/culturi-de-camp/plante->

[medicinale-si-aromatice.html](http://www.madr.ro/culturi-de-camp/plante-medicinale-si-aromatice.html).

Annex 2: Participants' list

	Title	First Name	Last Name	Country	Organisation
1	Ms.	Huda	Silva	Albania	PVN Albania
2	Ms.	Karin	Buchart	Austria	TEH Akademie
3	Ms.	Hanna	Grossauer	Austria	Umweltpädagogik
4	Ms.	Simone	Matouch	Austria	Forum Synergies
5	Mr.	Roland	Teufl	Austria	BIO AUSTRIA
6	Mr.	blouet	andré	france	no
7	Ms.	Sonia	Enrique Salagre	France	Cooperative in construction (hosted by APIS)
8	Mr.	Lemoine	Grégori	France	Floremonts
9	Mr.	Georgios	Boukistianos	Greece	Speira Gis (Earth Spiral) Cooperative
10	Ms.	Litsa	Constantina	Greece	Agroecopolis/ Apigaia
11	Ms.	Evropi-Sofia	Dalampira	Greece	Aristotle University of Thessaloniki, School of Agriculture
12	Mr.	Michalis	Georgaras	Greece	Aetheleon
13	Mr.	Athanasios	Prassas	Greece	Ethoil O.E.
14	Ms.	Parthenopi	Sourmaidou	Greece	Ergani Center
15	Ms.	Anastasia	Vasileiadou	Greece	Aetheleon
16	Ms.	Szilvia	Szél	Hungary	Kisteleki Napsugaras Szociális Szövetkezet
17	Ms.	Torrades	Brid	Ireland	Seashore Veg Ltd/Osta Cafe& Wine Bar Ltd
18	Mr.	Caruana	Vincent	Malta	CEER (University of Malta)/President's Foundation for the Wellbeing of Society
19	Ms.	Magdolna	Bakai	Romania	Transilvanyan Herb Garden Association
20	Mr.	Jére	Csaba	Romania	"Erdélyi Gyógynövénykert" Association
21	Ms.	Agnes	Czincziri	Romania	PFA CZINCZIRI AGNES REKA
22	Ms.	Ildikó	Deák	Romania	Móra Ferenc Elementary School
23	Ms.	Benedek	Enikő	Romania	Bungo Asociatio
24	Ms.	Miklósi	Ildikó	Romania	Progalamb Asociation
25	Mr.	Gábor	Kolumbán	Romania	Élő Szövet Foundation
26	Mr.	Tofalvi	Lajos	Romania	Civitas
27	Ms.	Katalin	Majai-Istvan	Romania	Private
28	Ms.	Tofalvi	Zita	Romania	Civitas
29	Ms.	Noémi	Moldován-Szeredai	Románia	Pro Csekefalva Kede -Asociation
30	Ms.	Pakot	Magdolna	Roumania	Életminőségért Alapítvány (Foundation for Life Quality)
31	Mr.	Roganovic	Dragan	Serbia	Ibar Development Association
32	Ms.	Veselina	Radanov Pelagic	Serbia	Farm development foundation
33	Ms.	Gligoric	Radica	Serbia	NGO THE center for sustainable development
34	Ms.	Danijela	Stan	Serbia	Regional center for rural development Jug
35	Mr.	Aleksandar	Gvozdic	Serbia	Mission of People Zvecan
36	Mr.	Rostyslav	Kos	Ukraine	NGO "Karpatske Kolo"
37		Oliver	Emmes	Belgium	Forum Synergies
38	Ms.	Marina	Guedon	Spain	Forum Synergies

Annex 2: Programme

DRAFT PROGRAMME



plenary



working groups




fieldtrips, outside activity








special elements

Thursday 26th: Welcoming participants and common diner (20:00)

- 1-  **20:00** **Welcome** from FS and hosts + overview on the program + logistics (30')
- Common diner*
- Who are the participants**
- Goals of the workshop:** overview and proposal on how we want to get there



Friday 27th: **BLOCK I: FIELD TRIPS: HERBAL PROJECTS** in the context of rural sustainability

The first day is dedicated to projects and concrete experiences from different countries. The goal is to get a clearer picture about the main topics that need to be addressed in order to support herbal activities in the context of sustainable rural development

- 2  **9:00** **Introduction to the field visits:** questions to be tackled, appointing rapporteurs
- 3-  **10:00** **DEPARTURE: Herbal projects: benefits, beneficiaries, experiences and challenges:** field visits to different projects, inputs from participants.
- Lunch will be provided during the field trips*
- 15:00** **RETURN** from the field visits
- Coffee break*
- 4-  **16:00** Findings from the field visits - working groups
- 5-  **17:00** Rapporteurs will report back (a list of main questions will be proposed)- 30 min
- 6-  **19:00** **European buffet**

Saturday 28th: **BLOCK II: LEGAL FRAMEWORK**


The second day will focus on exchanging and becoming more concrete with regard to action/ next steps


- 7-  **9:00** **Legal Framework - the situation in Romania and in other countries:** Plenary session on findings
- INTRODUCTION:** speech on the legal situation - general remarks and overview
- 8-  **9:45** **Legal Framework - different realities and creative solutions:**
- Working groups exchange and try to complete the picture of different legal realities on the basis of their own background. Each working group should bring forward:
- 1/ at least one concrete aspect related to the legal framework allowing to describe the situation in different countries.
 - 2/ describe the main constraints related to the legal situation in different countries.
 - 3/ describe solutions or the way they deal and work within that framework
 - 4/ make proposals for change

Coffee break


9-  11:00 Market of Initiatives


12:30 *Lunch*

10-  14:00 **Feedback on the Market of Initiatives:** What I want to take home, what I can offer, what I want to explore further.

11-  15:00 **Walk on the spot** to open our sense for the place, to deepen our findings, possibility for mutual exchange

BLOCK III: COMMON GOODS

12-  16:30 **Common Goods:** Open Space session to identify working groups. Possible topics: threats for traditional knowledge and the free access to herbs/ What do we mean by common goods - why is this an important topic/ What do we suggest in order to promote the relevance of common goods in the context of herbs and health

13-  18:00 **Herbs and herbal knowledge as common goods:** workings groups reporting and plenary discussion - boiling down to concrete proposals for further action
Key messages related to the main topics: relevance, needs (synthesis)

19:30 *Common diner & cultural event*

Sunday 29th: departure

Annex 3: Market of Initiatives

List of presentations given during the Market of Initiatives

Traditional European Medicine from our point of view

Karin Buchart, TEH Verein, AT

Forest gardens, self organized herbal workshops

Roland Teufl, BIO Austria, AT

Scenario Afterres as bootstrap for a regional sustainable food-agricultural conscient cooperative

Sonia Enrique Salagre, Cooperative in construction, FR

Ethnobotany, knowledge of edible and medicinal plants, botany, phytosociology

Grégori Lemoine, Floremonts, FR

Uses of herbs as food supplements and medicine**Big Data Grapes - Apigea Natural Cosmetics Food Supplements Pilot**

Constantina Litsa, Agroecopolis/ Apigaia, GR

Growing organic herbs - traditional knowledge and scientific research

Michalis Georgaras, Anastasia Vasileidaou, Aetheleon, GR

Sharing Seeds - sharing life

Vincent Caruana, CEER (University of Malta)/President's Foundation for the Wellbeing of Society/ Dreamers & Doers Malta, MLT

Herbs and the paradigm shift from disease to health

Gábor Kolumbán, Élő Szövet Foundation, RO

Lavender growing/ Lavender festival

Noémi Moldován-Szeredai, Pro Csekefalva Kede -Association, RO

Gifts for you from our creative workshop

Veselina Radanov Pelagic, Farm development foundation, SRB

Identification of potentials of traditional medicine / world of medicinal herbs, for the enhancement of social, economic and cultural capital

Radica Gligoric, NGO The center for sustainable development, SRB

Production of dried herbal drug Cannabis Sativa L. for the Pharmaceutical industry standards

Boris Potočar, Eco Accelerator coop, SLO

Annex 4: List of offers and needs

OFFERS	NEEDS
1/ info on land as a common good and the collection of MAPs in Albania 2/ Experience on environmental education with rural youth	an internship opportunity for this summer related to my master studies on environmental governance
1/ some day visit to the TEH/ Unken/ AT 2/ know how about collecting knowledge	your best and simplest home remedies
1/ accommodation in Vienna 2/ wild plant walk in Vienna 3/ bread recipe (very easy!) 4/ contact to scientific research on ethnobotany/ wild plants (BOKU Vienna)	internship/ Praktikum places - topics: wild plants, environmental education, organic agriculture

OFFERS	NEEDS
1/ perennial rye seeds 2/ forest garden tour in Austrian Forest Garden 3/ forest garden workshop (in EN, FR)	connections to herbalist places all over the world (for travelling and ethnobotanical investigations)
Learning is a process - how to be coherent?	?? Question: scientific/ pragmatic
1/ nutrition knowledg share parties, cooking 2/ feedback on our project coherence & values perceived from outside 3/ contacts for diverse subjects on agriculture and environmental organisations in FR/ ES	1/ contact of farmers and initiatives who would like to provide ?? Or be supported ?? By "Cooperative d'Alimentation Consciente" of Lemon Lake area 2/ European logistic networks and financial business plan for social economy help building
1/ Ethnobotanical or botanical studies (done, doing, or to do!) in European, Mediterranean or tropical areas 2/ information on FR herborist law (in progress)	co-conception and co-organisation of an European exchange about medicinal plants
1/ guidance on herbal medicine safety, uses of herbs, methods for healing & information on self-healing management, courses, workshops related to natural, holistic, herbal medicine	support (legal, financial & of course people) to start a forest garden in a 30 hectare family land in Greece
1/ Greek hospitality 2/ GR-EN translation 3/ provide information/ research/ network about our field of studies (GR biodiversity, sustainable development, ecotourism, education)	1/ networking for putting into practice innovative ideas for non EU-funded and other programmes/ projects 2/ similar participation in events/ forums/ workshops/ scientific research in fields of education-agriculture-sustainable development - agritourism
1/ cultivating experience 2/ making experience 3/ share my own experience in general	1/ help regarding EU legislation about aromatic & medicinal plants 2/ help for getting the monography about Greek oregano 3/ networking with other producers of aromatic and medicinal plants
1/ sharing my experience of doing a boring administrative job and try to balance it by farming and meeting interesting people 2/ what to do or not to do when starting a farming business 3/ seeds	1/ guidance and advise on conducting clinical studies on Greece oregano (vulgare ssp. hirtum) - and monography 2/ guidance on hygiene standards and regulation for hydrosols (floral water)
methodologies of sharing knowledge (as an adventure and good experience)	how to improve personal empathy/ responsibility for ntue and other people
1/ culinary nutrition info 2/ sustainability governance experiences (Marine Stewardship Council)	1/ information on local indigenous plants as food (all regions) 2/ collaboration on holistic initiatives on food/ health
1/ send electronic copies of local research on sharing seeds 2/ pedagogic support in collaborations whether informal or through project proposals (e.g. ERASMUS +)	more info on agro-forestry in a Mediterranean climate

OFFERS	NEEDS
1/ knowledge and experience in community based enterprise and social entrepreneurship 2/ common management of forests, meadows and land	
to get in contact with producers and collectors of medicinal plants	product development: methodologies, examples, technologies, local goods (production)
experience in lavender growing	information - good rules from other regions, countries, herbal products, local markets
	1/ examples, best practices in Community Based Food production (CBA) 2/ knowledge on legal protection and practice of traditional knowledge 3/ methodology and examples of protecting traditional knowledge
practical advice: how you can make simple herbal preparations for yourself	1/ resources for reliable information 2/ contacts with other professionals to ask them when I need information or their opinion
knowledge about forest fruits/ processing/ techniques	an association which can represent our interests (small processors)- kind of advocacy/ union (trade union)
1/ Partnership on joint action 2/ tips on how to organise a "family" lavender festival 3/ my experience and knowledge of making syrup, handmade natural soap my experience as not just a farmer but a producer of added value products from my own raw material	to visit other good examples of herb gardens, herb producers on family scale
Knowledge about different realities and problems (traditional folk medicine)	impact indicators for development through resources of herbs/ plants
knowledge in production of quality fruit Rakija	more knowledge, more time for travelling (but not as a tourist), probably revolution
	support in establishing a public herb garden
To share successful examples (people can be motivated when they can see some results in their neighbourhood)	new ideas, new knowledge, new decisions
1/ food technology information 2/ processing, fermentation, contacts 3/ my master thesis once done: contents about wild plants for gastronomy in Spain; research about legal framework recipes, technological advice for storage, transport and fresh herbs	contacts in Spain on use of plants in restaurants 2/ general contacts about the use of edible wild plants in gastronomy 3/ information about commerce of edible wild plants 4/ any contact in Spain, esp. Andalusia that is related to wild plants

OFFERS	NEEDS
	1/ trust information-media 2/ knowledge (new modules) ?? Le son?? Learn together.. Traditional people and science 3/ network public, local authority, farmers, CVO, NGO, education 4/ data for regional herbs - documentation - strategy