

CZECH TELEVISION PRESENTS AN ORIGINAL HERB SHOW
FOR YOUR HEALTHIER LIFE

Original
Herbarium
Health from Your Kitchen
100 % NATURAL



HERBARIUM (Herbář)

The eleven-part series presents over thirty of the most common herbs, with the moderators, Mums Kateřina and Linda, describing their beneficial effects and demonstrating their easy use in everyday practice. Together with them, we will collect herbs, dry them, use them in cooking, baking, preserving food, making ointments, creams, perfumes, tinctures, decoctions, juices and infusions, according to the recipes of our grandmothers as well by modern methods.

HD, 11×26', © 2013

Director: Jaroslav Včela



HERBARIUM II (Herbář II)

Second set of the series – a loose follow-up the first eleven parts. Again presented by Kateřina and Linda in the role of "civilian mothers" wishing to keep their families healthy and in good spirits with the help of herbs. And as it's well known, the wisdom of old herbals and the skills of our grandmothers are the result of many decades of practice and refining. Both moderators are starting the second season of intensively working with a variety of herbs. And their previous experience bears fruit...

HD, 10×26', © 2014

Director: Jaroslav Včela



HERBARIUM III (Herbář III)

In the third series of Herbarium, an entertaining modern show about herbs in cooking, healthy life style and diet, moderators Kateřina and Linda will again present a variety of herbs and ways of their processing, they will cook a healthy and appetising meal, and advise us how to use herbs to improve our health. With the Herbarium they look for quick and effective ways in which herbs can bring us quick and effective relief from such common ailments as influenza, aching back and joints – and even bad humour. In such situations they reach for medicinal plants which grow in our surroundings while we are often unaware of their beneficial effects.

HD, 16×26', © 2015

Director: Jaroslav Včela



HERBARIUM IV (Herbář IV)

The 4th series of the Herbarium focuses on nature, traditions and sustainability, which today concern all of us. All we eat influences our health, mood – and as such also our future. This time the main themes are public catering, ethics of animal keeping and breeding, and above all – environmental protection, bio food, herbs and how to cook with them.

HD, 12×26', © 2016

Director: Jaroslav Včela



HERBARIUM V (Herbář V)

In the fifth series we will introduce another thirty healing plants, as well as vegetables and fruits and everything that inherently belongs to a Herbarium. We will remain faithful to the love of pure nature, traditions and to a home herbal pharmacy. We will introduce the basics of organic gardening, and we will also make room at the cooking stove for bloggers and authors of successful cook books that deal with the themes of the Herbarium.

HD, 12×26', © 2017

Director: Jaroslav Včela



HERBARIUM VI (Herbář VI)

Over the last five series, we introduced you to over a hundred and fifty different kinds of herbs and informed you about their properties and, in most cases, their culinary uses. We also talked about traditional handicrafts, gardening methods and cuisine. All that old beauty, craftsmanship and wisdom of our ancestors can be comforting in this hectic day and age and draw us into the "fairy tale" of a world gone by. In the new series, we have decided to bring to life this "fairy tale" about good food and respectful approach to raw ingredients and nature and to look for inspiration on how to eat and live in true harmony with nature, as was the case once upon a time. On Herbarium, we will present Kateřina's favourite modern and easy recipes, and even folk dishes that were once popular among our forefathers. In each episode, we will visit inspirational farmers and manufacturers and of course the garden, this time very close up thanks to our new imaging technology. The motto of the all-new Herbarium is: Healthy land, healthy ingredients, healthy recipes and healthy people!

HD, 10×26', © 2018

Director: Jaroslav Včela



HERBARIUM VII (Herbář VII)

The seventh series is Global – full of smells, tastes and colours from around the world. Healthy exotic ingredients which we all can cook at home. And we will taste the best the world has to offer! In previous series, we looked at dozens of different kinds of herbs. This time round we will look at spices – and very close up – because spices are popular everywhere in the world and, moreover, are also plants. Kateřina will set off to India to show us how spices are grown, how they look fresh and how they are processed. The seventh series of Herbarium is also about gardening, specifically growing popular heirloom varieties of fruits and vegetables, including exotic ones, which we will also use to cook up some tasty dishes. We will present to you smallscale producers and farmers who often enrich both Czech cuisine and nature. Through them we will discover other regional foods. And of course we will not forget about traditions!! Even our grandmothers swore by herbs and spices. The traditional "Folk Dishes" section will present our forebearers' favourite dishes.

HD, 10×26', © 2019

Director: Jaroslav Včela





HERBARIUM VIII (Herbář VIII)

There is no place like home, as the saying goes. After the previous series that took us around the world, Herbarium now returns to the flowering meadows, orchards and mountains of the Czech Republic. It will feature Czech gardens, kitchen herbs for cooking, baking and herbalism, as well as many traditions and delicacies from various regions of Bohemia and Moravia. This time we will simply feel at home!

HD, 10x26', © 2020

Director: Jaroslav Včela



HERBARIUM IX (Herbář IX)

Herbarium's ninth series pays tribute to medicinal herbs. It takes the viewers to Kuks, a Baroque hospital built at the turn of the 18th century by František Antonín Špork as his residence, spa and monastery intended for the care for sick and old veterans. U Granátového jablka, the second oldest Baroque pharmacy in Europe, can still be found there and you can also visit a pharmacy museum at the location. Together with botanist Jiří Pirner, Kateřina will guide you through Europe's most beautiful herb garden, founded in the place of the original pleasure garden. The series will introduce the stunning variety of domestic and foreign herbs and their healing effects.

HD, 10x26', © 2021

Director: Jaroslav Včela



HERBARIUM X (Herbář X)

In the tenth series, we will look back at the past years, but at the same time we will step into the future. Nothing ever ends in the garden! The original slogans of the Herbarium – herbs, health, great food, peace and humility towards nature – are still alive and attractive with their honesty and age-old need to make the world a more beautiful place. We will cook, bake, discover, and go to the open-air museum for a tasting.

HD, 10x26', © 2022

Director: Jaroslav Včela

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