CZECH TELEVISION PRESENTS AN ORIGINAL HERB SHOW
FOR YOUR HEALTHIER LIFE

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

ALL FIVE SERIES ARE BOOK BEST-SELLERS IN THE CZECH REPUBLIC

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Herbarium

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
1. Healing food
2. The magic of domestic cosmetics
3. A slim episode
4. Driving away cold
5. Immunity for life
6. Eyesight sharpening the herbal way
7. Happy household
8. Always on the go
9. Something for Granny and Granddad
10. Nerves of steel
11. Christmastide

Directed by: Jaroslav Včela
Screenplay by: Jaroslav Včela
Director of photography: Daniel Konopáč
Editor: Kateřina Bubeníčková, Vladimír Žán
Sound: Miroslav Hřebejk, Michal Janoušek and others
Producer: Czech Television
Performed: Kateřina Winterová, Linda Rybová and others

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
1. Hello, and bon appetit
2. Pickling and preserving
3. Catching a cold again
4. November is here
5. For the nerves
6. Children write to Santa Claus
7. From the cellar
8. The festive part

Directed by: Jaroslav Včela
Screenplay by: Jaroslav Včela, Miroslav Včela
Director of photography: David Hofmann, Daniel Konopáč
Editor: Honza Hyťha, Jakub Jelínek, Jakub Podmanický
Sound: Michal Janoušek
Costume Designer: Kristýna Záveská
Producer: Czech Television
Performed: Kateřina Winterová, Linda Rybová and others

In the third series of Herbarium, an entertaining modern show about herbs in cooking, healthy lifestyle and diet, moderators Kateřina and Linda will again present a variety of herbs and ways of their processing, they will cook a healthy and appeasing 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
1. Schoolchildren’s snacks
2. To the forest – picking mushrooms
3. Fête feast
4. Indian summer
5. Against the cough
6. Colours of autumn
7. Christmas sweets
8. Vegetables in freeze
9. Winter solstice – Christmas

Directed by: Jaroslav Včela
Screenplay by: Jaroslav Včela, Kateřina Winterová
Director of photography: David Hofmann, Daniel Konopáč
Editor: Honza Hyťha
Sound: Jan Duben
Costume Designer: Kristýna Záveská
Producer: Czech Television
Performed: Kateřina Winterová, Linda Rybová and others

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
1. Life is beautiful
2. Fit
3. Autumn
4. First republic
5. All souls’ day
6. The Future is good
7. Worldly
8. Truly Traditional
9. Advent
10. Herbs under the Tree
11. From Prague
12. Christmas

Directed by: Jaroslav Včela
Screenplay by: Jaroslav Včela, Kateřina Winterová
Director of photography: David Hofmann, Daniel Konopáč
Editor: Honza Hyťha
Sound: Jan Duben
Costume Designer: Kristýna Záveská
Producer: Czech Television
Performed: Kateřina Winterová, Linda Rybová and others
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!

Directed by: Jaroslav Včela
Screenplay by: Jaroslav Včela, Kateřina Winterová
Director of photography: David Hofmann, Maxim Stano
Editor: Lucie Plaširybová, Tereza Vágnerová
Sound: Jan Duben
Costume Designer: Kristýna Voců
Producer: Czech Television
Performed: Kateřina Winterová and others

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 small-scale 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 forebears’ favourite dishes.

Directed by: Jaroslav Včela
Screenplay by: Jaroslav Včela, Kateřina Winterová
Director of photography: Filip Knoll, Maxim Stano, Martin Tryščuk
Editor: Lucie Plaširybová
Sound: Jan Duben, Jan Pololaník
Costume Designer: Kristýna Voců
Producer: Czech Television
Performed: Kateřina Winterová and others