**Koledar nabiranja zdravilnih rastlin**

Koledar nabiranja zdravilnih rastlin prikazuje, katere rastline in katere dele rastlin nabiramo in kdaj jih nabiramo. Časa nabiranja pa ne smemo jemati preveč togo.

Po hudi in dolgi zimi, na primer, se narava prebudi kasneje, kakor po mili in kratki. Marsikatero rastlino, ki bi jo lahko nabirali v začetku aprila, tako lahko nabiramo šele sredi ali konec aprila, oziroma že v marcu. Prav tako je pomembno tudi rastišče. Po gorah na južnih pobočjih rastline že cvetijo, medtem ko je na severnih pobočjih še sneg. Tudi vlažna in hladna poletja močno zavirajo zorenje plodov.

Vse to moramo vzeti v obzir. Navedene čase vzemimo kot povprečje. Opazovanje narave pomaga vsakemu nabiralcu zdravilnih rastlin kmalu izbrati za nabiranje primeren čas.

**A**

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| **ZDRAVILNA RASTLINA** | |  | | --- | | Kaj nabiramo v posameznih mesecih |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/a/aloe_vera.gif | aloja | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  | list | list | list | list | list | list | list | list |  |  | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/e/echinacea_purpurea.gif | [ameriški slamnik](http://www.lejca.si/rastline/e/echinacea_purpurea.html) | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  |  |  | korenina | korenina |  | |  |  |  |  |  |  | cvetoča zel brez korenin | cvetoča zel brez korenin | cvetoča zel brez korenin |  |  |  | |

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| **ZDRAVILNA RASTLINA** | |  | | --- | | Kaj nabiramo v posameznih mesecih |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/s/sambucus_nigra.gif | bezeg, črni | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  | list | list |  |  |  |  |  |  |  | |  |  |  |  |  | cvet |  |  | zreli plodovi |  |  |  | |  | deli skorje | deli skorje |  |  |  |  |  | deli skorje | deli skorje | deli skorje |  | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/b/borago_officinalis.gif | boreč | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  | cvet | cvet |  |  |  |  |  | |  |  |  |  |  | list | list |  |  |  |  |  | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/v/vaccinium_myrtillus.gif | borovnica | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  | korenina | korenina |  |  |  |  |  |  |  | |  |  |  |  | list | list |  |  |  |  |  |  | |  |  |  |  |  |  | zreli plodovi | zreli plodovi | zreli plodovi |  |  |  | |

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**D**

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/c/crataegus_laevigata.gif | glog | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  | cvet | cvet |  |  | zreli plodovi | zreli plodovi |  |  | |  |  |  |  | list | list |  |  |  |  |  |  | |

**K**

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| **ZDRAVILNA RASTLINA** | |  | | --- | | Kaj nabiramo v posameznih mesecih |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/m/matricaria_chamomilla.gif | kamilica | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  | cvet | cvet | cvet |  |  |  |  | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/u/urtica_dioica.gif | [kopriva](http://www.lejca.si/rastline/u/urtica_dioica.html) | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  | korenina | korenina | korenina |  |  |  |  |  | |  |  |  |  | list | list | list |  |  |  |  |  | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/a/aesculus_hippocastanum.gif | kostanj, divji | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  | deli skorje | deli skorje |  |  |  |  |  |  |  |  | |  |  |  |  | cvet |  |  |  | zreli plodovi | zreli plodovi |  |  | |

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| **ZDRAVILNA RASTLINA** | |  | | --- | | Kaj nabiramo v posameznih mesecih |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/t/tilia.gif | lipa | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  | cvet | cvet | seme | seme |  |  |  | |  |  |  | list | list | list |  |  |  |  |  |  | |  |  |  | lubje |  |  |  |  |  |  |  |  | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/s/sempervivum_tectorum.gif | netresk | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  | list | list | list | list | list | list | list | list |  |  | |

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| **ZDRAVILNA RASTLINA** | |  | | --- | | Kaj nabiramo v posameznih mesecih |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/c/calendula_officinalis.gif | [ognjič](http://www.lejca.si/rastline/c/calendula_officinalis.html) | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  | cvet | cvet | cvet | cvet | cvet |  |  | |

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**P**

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| **ZDRAVILNA RASTLINA** | |  | | --- | | Kaj nabiramo v posameznih mesecih |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/a/artemisia_vulgaris.gif | pelin, navadni | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  | list | list |  |  |  |  | |

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| |  |  | | --- | --- | | http://www.lejca.si/rastline/images/t/taraxacum_officinale.gif | [regrat](http://www.lejca.si/rastline/t/taraxacum_officinale.html) | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  | korenina | korenina |  |  |  | korenina | korenina | korenina |  |  | |  |  | cvetoča zel brez korenin | cvetoča zel brez korenin | cvetoča zel brez korenin |  |  |  |  |  |  |  | |

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