

Guest House Adriatiku (Blueberries)

Tamare, Malsi e madhe 4300, Albania

42.4664775, 19.5648383



In Albania the blueberries grow wild widely in the northern parts of the country, in the Albanian Alps. Blueberry helps the brain and heart, protects eyes and skin. The antioxidants found in blueberries are so strong that they are capable of preventing diseases such as cardiovascular or tumor. They also contain a lot of vitamin C, which helps in healthy toothpaste. This plant is harvested from the end of August and during September from local communities mainly in the area of Kelmendi and Tropoja. It has always been traditionally used as a medicinal herb, since the use of herbs has been widespread in popular medicine. The Tropoja area sells and dry them, while the Kelmend area has been developing light industry since 2000, producing such as jams, brandy, fruit juice, teas etc.

Overview

Country:

