

Matcha and Herb Scones

Chive:

- Vitamin C: proper immune system. Alleviate symptoms of a cold such as a stuffy nose. Ease upset stomach and flatulence. Stimulate digestion, treat Anaemia (aids non-haem iron absorption)
- Allicin (organosulfur) lowers cholesterol and blood pressure. Release nitric oxide, reducing stiffness in blood vessels, decreasing blood pressure. Also contain Quercetin - reduces risk of plaque build up in arteries (type of flavonoid).
- Vitamin K: long-term bone health. Assists regulation of blood clotting.
- Choline: maintenance of cellular membranes. Also mood, memory, muscle control and other brain and nervous system functions. Regulates sleep.
- Folate: decrease incidence of dementia, Alzheimer's, cancer, congenital heart defects, cognitive function, cardiovascular disease and stroke, depression, pre-term birth.
- Lutein and Zeaxanthin: carotenoids - accumulate in the retina of the eye to help prevent eye-related muscular degeneration, beneficial to eyesight.

Tarragon:

- Regulates metabolism by stimulating digestive system and enhancing appetite. Promotes secretion of digestive juices and activates the co-enzymes that assist digestion. Reducing leptin levels.
- Vitamin C: absorption of non-haem iron (prevent Iron Deficiency Anaemia). Boost immune system, prevent infections.
- Relaxes nerves, regulates circulatory system; therefore cures insomnia.
- Antioxidant properties – detoxifies the body of free radicals and prevents growth of oncogenes due to oxidative damage.
- Cures rheumatic arthritis by removing toxins in body and improving blood circulation.
- Manganese: Brain health, growth, metabolism and the reduction of oxidative stress in the body.
- Iron: cell function and blood production (Iron Deficiency Anemia = fatigue and weakness)
- Potassium: proper heart, muscle and nerve function. Lower Blood pressure.
- Decrease blood sugar, improving insulin sensitivity, reducing onset of Type 2 diabetes.
- Belongs to Artemisia group of plants = improving sleep and regulating sleep patterns.
- Antibacterial properties and prevents foodborne illness.

Matcha:

- Extremely high in antioxidants (1,400 compared to blueberries at 93). Rich in catechins which stabilizes harmful free radicals.
- Protects the liver by flushing out toxins, metabolizing drugs and processing nutrients.
- Boosts brain function, improvements in reaction time, attention and memory. More concentrated amount of caffeine.
- Protect against certain cancers – antioxidants.
- Protect against heart disease by reducing LDL Cholesterol as well as triglycerides.
- Enhances weight loss as it speeds up metabolism to increase energy expenditure and boost fat burning.

Bibliography

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