

BIOLOGICALLY ACTIVE COMPONENTS IN DRIED HERBS – STILL ACTIVE?

Summary

Herbs and spices are rich sources of many important biologically active components, that show antioxidant and antimicrobial properties and have impact on their colour and aroma. This include i.e. the compounds of essential oils, polyphenols, ascorbic acid, chlorophyll and carotenoids. Degrada-

tion of these components, during their drying preservation, can be reduced by selecting appropriate method and drying parameters. Pretreatment causes increased retention of biologically active components in herbs.