The goal of the project is until 2028: 1. Innovate growing technologies of selected medicinal plant species with the aim of increasing biomass yields or improving the quantitative and qualitative content of biologically active substances. 2. To develop innovative methods of processing herbs that preserve the maximum of biologically active substances that can be used in the food industry. 3. Develop recipes for new foods containing health-promoting substances that have a known potential to prevent civilization diseases.