

## Find out where you can enjoy plants and green spaces around the Bath area

Within walking distance of the city centre are the **Bath Botanical Gardens and Victoria Park**, opened by the eleven year old Princess Victoria in 1830. Here you can see many specimen trees plus the rockery, pond and playground.

**Prior Park.** One mile from the centre is the National Trust Landscape Garden with sweeping views overlooking the city.

**Iford Manor** Italianate Garden is five miles from Bath. Filled with statues, terraces and columns, it is set on a steep hillside with both formal and informal gardens.

**Dyrham Park. (NT)** Six miles north of Bath lies this 17th century house with orangery, gardens and a deer park.

Feeling energetic? Pick up a **Bath Skyline-walk** map from the Tourist Office with options of two, three or six mile circular trails with views of the city.

## Find out more about The Bath Society of Botanical Artists

We are a friendly group of some forty members who meet on Thursdays at Winsley Church Hall where we paint together, support each other and share ideas.

Many of us started with little painting experience, but what we have in common is a passion for nature and a desire to share this with others.

By sharing skills and learning from visiting artists, several members have gone on to take courses in Botanical Illustration, working towards recognised qualifications. Some of our members are also members of the Society of Botanical Artists and have exhibited at the Royal Horticultural Society Botanical Art Shows in London, winning many awards.

*If you are interested in joining BSBA please talk to any of our members who are stewarding the exhibition.*

*You can e-mail us at [info@bsba.co.uk](mailto:info@bsba.co.uk)  
or take a look at our website: [www.bsba.co.uk](http://www.bsba.co.uk)*

## What have plants ever done for us?

An illustrated talk by  
**Timothy Walker**

Friday 18th October 7.30pm



Past Director of the University of Oxford Botanic Garden and Harcourt Arboretum, Timothy Walker is also an author and has won four gold medals at Chelsea Flower Show. In June 2011 he presented the three-part TV series Botany: A Blooming History, which has recently been repeated on BBC4.

His particular interest is in plant conservation

To be held at  
BRLSI, 16 Queen Square, Bath BA1 2HN

Tickets: £6 from Bath Box Office

Bridgwater House, 2 Terrace Walk, Bath BA1 1LN  
Tel: 01225 463362 [www.bathboxoffice.org.uk](http://www.bathboxoffice.org.uk)



Bath Society of Botanical Artists

An exhibition celebrating

## Plants with a Purpose

From Medicines to Materials



**3 — 21 October 2019**

BRLSI, 16 Queen Square, Bath BA1 2HN  
10am—4pm (closed Sundays)

[www.bsba.co.uk](http://www.bsba.co.uk)

## Plants in medicine

For millennia herbalists have used plants as medicines. Today chemical substances derived from plants can be synthesised to treat many previously untreatable conditions. Plants used in modern medicines include:

### Foxglove

Although a poisonous plant, it produces digoxin which is used to treat congestive heart failure.



### Willow

Bark of the White Willow tree contains salicin which is metabolised into salicylic acid, the precursor of aspirin, a reliable pain killer.



### Opium Poppy

The juice from the poppy seed-head is used to make morphine which has long been a treatment for chronic pain and palliative care.



### Yew

The chemical paclitaxel is extracted from the Yew tree leaf clippings and used in the treatment of breast cancer.



## Edible plants

Plants are the main source of food for humans, though unlike humans and animals they manufacture their own food. They do so by the process of photosynthesis, in green leaves, using sunlight.

### Fruit

These fleshy structures are produced to disperse seed. We love to eat apples, bananas, grapes and oranges for pleasure. They supply us with vitamins, minerals and dietary fibre.



### Seeds and nuts

Containing essential amino acids and minerals, including calcium, zinc and magnesium, they are especially important for vegans.



### Cereals

These are the highly nutritious seeds of the grass family and include oats, rye, wheat, barley and rice. They are a major source of energy and protein.



### Roots

Plants use their roots to store energy so potatoes, carrots and onions provide us with carbohydrates. Also includes ginger, beetroot and garlic.



## Material uses of plants

We owe much to plants as to how we live. Comfortable housing and furniture depend a great deal on wood and bamboo. Rush matting and cotton bedding and upholstery fabrics are all plant based.

### Building Materials

Woods of differing tensile strengths and finishes are used for house building and for furniture, as is bamboo which is both light and strong.



### Bark

Bark canoes have been used for over 3000 years. Corks are used in wine bottles and tannin from oak tree bark was used to make leather.



### Fibres

Cotton is made from the hairs on the cotton seed, wood fibres make up a large part of our paper production and the leaves of sisal have been used to make rope and string.



### Wood

Boat building is an important part of world history requiring planks big enough for the hull. Musical instruments need fine wood such as mahogany, rosewood and maple.

