



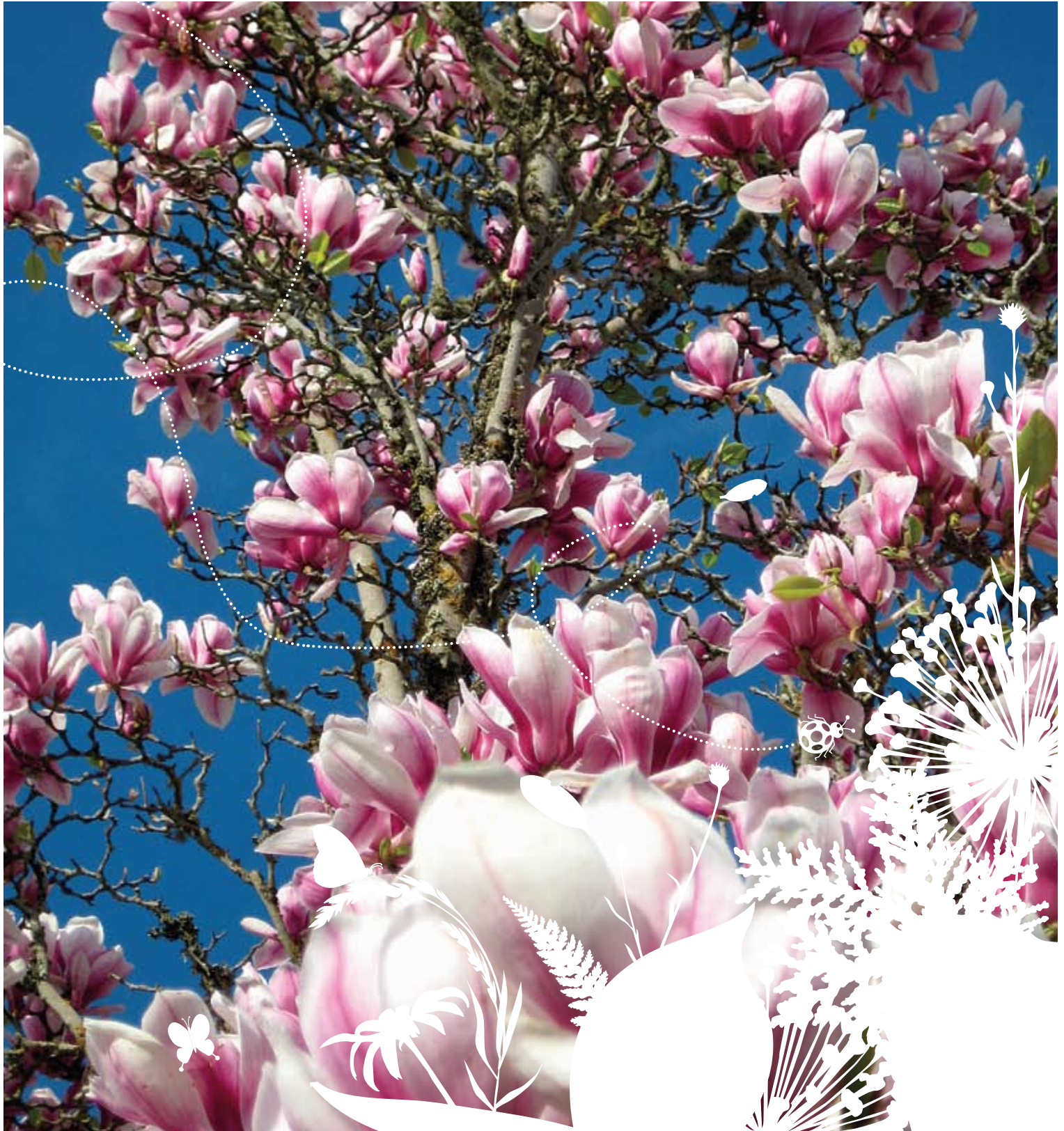
ADELAIDE BOTANIC GARDENS  
FOUNDATION INC.

ADELAIDE - MT LOFTY - WITTUNGA

# FOUNDATION NEWS

spring / summer / 2009 / 2010

**Magnolias of Mount Lofty Botanic Gardens**



# GARDEN OF HEALTH

The new "Garden of Health" is part of the redevelopment of the Garden's Western Entrance and its overarching theme is:

**plants and gardens are vital for health and wellbeing in mind, body and spirit.**

The design of the Garden of Health is nearly complete including the thematic plantings and plant selection.

**The overall objective of the Garden of Health including design, plant selection and interpretative signage will be a community resource to improve quality of life through social interaction, exercise and reflection, promoting the role of plants in our individual and collective health. Its intent is to support the recovery from illness or injury.**

## THE GARDEN OF HEALTH

The northern side of the garden is about wellbeing. It will encourage contemplation and reflection. It is planned that visitors will be able to create and strengthen connections with friends, families, the community and nature. This garden will reflect and educate on a healthy lifestyle – food, exercise, pleasure and social connection, interpreted into three thematic beds. The artist's impression of the Garden of Health shows the relationship between garden beds and themes.

ORCHARD OF EARTHLY DELIGHT – will include edible plants that are part of a healthy diet and includes the traditional diets of various cultures, including indigenous Australians.

THE GARDEN OF MIND'S EASE – includes plants that have a psychological effect – those that stimulate, calm, promote sleep, relieve anxiety, or are used to treat or relieve mental illness.

## THE GARDEN BEDS

**The Body bed** will include **plants that treat illness and injury.**

Plants are arranged in the bed from head to toe, starting with plants that are used to treat problems of the feet, skin and joints, followed by plants used to treat the urinary, reproductive, digestive, respiratory, cardiovascular, and neurological systems.

**Issues and knowledge** explores issues

associated with plant-based medicine, such as intellectual property rights, patenting and biopiracy. It includes **plants that illustrate pharmaceutical discovery** and how we use existing traditional knowledge to develop new drugs.

Some garden beds will explore the **traditional medicinal plants of China, India, Africa and North and South America.** Other garden beds will be devoted to an exploration of plants traditionally used by **indigenous Australians.**

**The History walk**

explores the history of plants in medicine going back 60,000 years, when it is believed that Neanderthal people were buried with medicinal plants. It explores the different ways that plants have been used to relieve suffering in the **ancient cultures** of Egypt, Greece, Rome and South America, through to medieval Europe, America and the Middle East, **through to the development of modern medicine.**

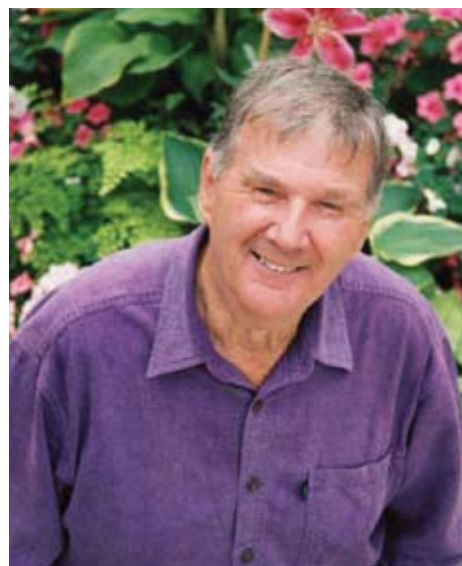
THE TRANQUIL GARDEN – displays beautiful plants that appeal to the senses, with heady scents, brilliant colours and interesting foliage.

The southern side of the garden is about the treatment of illness. It will be more about medicinal treatment of illness and dissects along its main pathway: one axis represents the development of modern western medicine, one axis represents the medicines and traditional beliefs of other cultures. This part of the garden contains a number of garden beds, themed to represent different ideas, some of which are outlined in the table below.

## OUR ROLE

The Foundation is committed to funding this exciting initiative. It is important to us that our supporters understand the Garden of Health and help us to achieve the wonderful gardens described above. Of course, external support continues to be critical to enhance the facilities and services provided by the Gardens for the community.

Supporting the Garden of Health is one of the many ways in which the Adelaide Botanic Gardens Foundation can assist to conserve what we have inherited from the past, to support what we are doing now, and create new opportunities for the future.



"Today even people who don't garden, still want to grow their own herbs or vegetables and feel connected to the earth. The role of botanic gardens is not just to be looked at but to show how plants grow, how they connect, where they are from and what they do. The Botanic Gardens of Adelaide's Garden Of Heath will more than achieve this, and will become a world-class attraction and feature for our Gardens. Many botanic gardens around the world are planting food and herb gardens as part of their collections, but this Garden of Health is easily the most comprehensive, exciting and complex I have seen. I am extremely excited about the Garden of Health and am looking forward to seeing it come to life."

**Peter Cundall,**  
Garden of Health Ambassador

## AN EVENING WITH PETER CUNDALL & SOPHIE THOMSON

Garden of Health supporters **Peter Cundall** (Foundation Committee Member) beloved garden guru and **Sophie Thomson** will be guest speakers at a very special evening **SEED, Planting the Garden of Health.** Hosted by Michael Keelan, Peter and Sophie will combine their knowledge on the healing properties of plants, their experience with gardens dedicated to health and well being, and their lifelong journeys of 'gardening for the soul'.

**Reserve your place(s) for this unique and entertaining evening. Monday 19th October, 5.30pm registration for 6pm start. All proceeds from sale of An Evening with Peter Cundall & Sophie Thomson will support the Garden of Health.**



# MY GARDENS: SOPHIE THOMSON

Gardening presenter and writer Sophie Thomson's earliest memories of the Botanic Gardens of Adelaide lie in the Hills where as a young girl she explored the "weird and wonderful plants grown by former Gardens director Noel Lothian and his wife Viv", and remembers joining them at the opening of the Mount Lofty Gardens, a place she loves still.

"I've always responded most intensely to the sensory aspect of the Gardens," she says, "the moist, rainforest smell that lingers beneath the avenue of Moreton Bay Figs; wriggling my toes in the Gardens' soft lawn, the incredible scent of the magnolias at Mount Lofty."

"When I lived on Carrington Street in the city I would walk to the Gardens at least once a week and just follow my nose," Sophie laughs, "if you saw a bottom sticking up in a garden bed it was mine; I always had my nose in some plant or other. Even today, if I have a work commitment

at the Gardens I arrive half an hour early just so I can check out what is in flower."

As a young mother with a busy career, Sophie still makes time to visit the Gardens on weekends, generally for family picnics.

"To me, a visit to the Botanic Gardens, whether it is Adelaide, Mount Lofty or Wittunga, is food for the soul," she says, "from the tallest tree to the smallest ground cover or bulb; the smells, from sweet bouquets to musty earthy scents; and the multitude of sounds all nourish me in quite a profound way."



## WIN A GARDEN EXPERIENCE WITH SOPHIE THOMSON

Enjoy an inspirational afternoon with Sophie Thomson in your own garden. As your garden companion, Sophie will share tips and ideas on exciting plants, garden design and optimum conditions for your garden's health, followed by a delicious afternoon tea delivered to you. Neutrog will also provide your garden with the Experts' Choice of fertiliser, so that new ideas really can grow.

Raffle tickets are \$25 and can be purchased using the tear-off coupon in this Foundation News. **All proceeds from sale of The Gardener's Companion will support the Garden of Health.**

Garden to be visited must be within 100km of Adelaide CBD. 1 winner only and winner to propose three dates for the garden visit to be confirmed with Sophie Thomson and caterer. Garden visit must take place in 2009 and will be for two hours. Winner will be drawn evening of 19th October 2009 and notified directly. Limited to 500 tickets. Results will be published on the Foundation website. Contact the Adelaide Botanic Garden Foundation 08 8222 9347.

## DONOR PROFILE SANTOS

Santos embraces a citizenship role in the communities to which it belongs and seeks to make a difference through its contribution to these communities.



David Knox, Chief Executive Officer & Managing Director Santos and Khai Liew, renowned artisan and designer of the new exhibition space, enjoy collections featured at the launch of the Santos Museum of Economic Botany.

The Santos Community Fund was established as a focus for its community support programs and provides support to organisations and events that are valued by these communities and which share Santos' values. Santos is a proud partner of the Adelaide Botanic Gardens through this program, which has been established to benefit the community in the areas of health, the environment and building social capacity.

As South Australia's most visited cultural and scientific institution, Adelaide Botanic Garden's 1.5 million visitors and the broader South Australian community will benefit from the partnership between Santos and the Botanic Gardens of Adelaide.

Santos is the naming sponsor of the newly refurbished **Santos Museum of Economic Botany**. The Museum of Economic Botany was established in 1881 by Dr Richard Schomburgk, the second director of Adelaide Botanic Gardens. Schomburgk commissioned the Museum to be built to display a large selection of plant specimens from around the world in a contemporary museum environment. The Museum of Economic Botany was opened on 27 May 1881 and has been in continuous use since 1881 as a place to collect, display and interpret economic botany. 127 years later it is the last purpose built colonial museum of its type still in existence. The attic style building has retained its original character, original

fittings and **many of the original collection items are still on display today.**

### The Santos Museum of Economic Botany today

As an institution, the Santos Museum of Economic Botany's scientific and cultural contribution is significant. Throughout its 127 years of continuous use, the Museum of Economic Botany has been a working museum showcasing the relevance of economic botany in history and contemporary society.

The Museum reasserts the scientific and cultural link between the plant world and our everyday lives in a contemporary context. The concept of economic botany, in reference to deriving economic value from our resources, touches many topical issues with which communities are faced today. The fields of sustainability, waste prevention, water conservation, fuel and chemical engineering innovation are all closely aligned with the application of economic botany.

Santos is proud that its support has contributed to such an important South Australian institution and one that remains valid given the current global challenges. The restoration project has resulted in a magnificent facility for future generations and Santos invites you to visit the Museum soon.

# Santos

# DATES FOR YOUR DIARY

## SEPTEMBER

**Forgotten Flora, National Herbarium of Victoria touring exhibition, Santos Museum of Economic Botany 23rd September 2009.**

Forgotten Flora are the non-vascular plants, liverworts, hornworts and mosses, the lichens, and the fungi. The Forgotten Flora can be found in most habitats in Australia, are extremely diverse, and impact on our lives in many ways. The Santos Museum of Economic Botany, Adelaide Botanic Gardens open daily 10am to 4pm. Exhibition will run from September 23rd until December 6th 2009.

## OCTOBER

**Richard Dunlop, Botanical Art Exhibition, Hill Smith Gallery 14th October 2009.**

Richard Dunlop, a Melbourne based artist was selected as a Finalist in the Waterhouse Natural History Prize for his work "Natural Order". This particular work will feature in this exhibition running from October 14th until 1st November 2009.

For more information contact Hill Smith Gallery on (03) 8223 6558.

**SEED, Planting The Garden of Health: An Evening With Peter Cundall & Sophie Thomson, Hilton Adelaide Ballroom 19th October 2009, 5.30pm registration for 6pm start.**

An entertaining and informative evening hosted by Michael Keelan. Peter Cundall and Sophie Thomson will delve into the role of plants through the ages and their contribution to health, the relationship of plants and gardens to our mental, physical and spiritual health.

To reserve your place(s) \$10 (incl GST) for this unique evening, please return the tear-out coupon in this Foundation News.

Proceeds support The Garden of Health.

**The Gardner's Companion Raffle, drawn by Sophie Thomson 19th October 2009.**

Make sure you're in the running to win this wonderful prize and support The Garden of Health. You could enjoy an inspirational afternoon with Sophie Thomson in your own garden, followed by a delicious afternoon tea delivered to you, with Neutrog gifting the Experts' Choice of fertiliser, so that new ideas really can grow. Raffle tickets are \$25 and can be purchased using the tear-out coupon in this Foundation News. Proceeds support The Garden of Health.

## NOVEMBER

**Bicentennial Conservatory, Adelaide Botanic Gardens 20th Anniversary 2009.**

During the month of November, the "BICON", as we've come to know her, celebrates 20 years, marking the perfect occasion to come and visit this wonderful collection. For more information contact Adelaide Botanic Gardens on (08) 8222 9300.

**Moonlight Cinema, Botanic Park November 2009.**

Pack a picnic, sit back and relax as the night unfolds sights and sounds of the world cinematic. Cinema season runs November 2009 through to February 2010. For more information check the official website from November 2009. [www.moonlight.com.au](http://www.moonlight.com.au)

## JANUARY

**Recipes From My Garden, a competition celebrating South Australia's local heroes 29th January 2010.**

Share your family treasures, your favourite fare that tickles the tastebuds and celebrate our local heroes – our wonderful South Australian produce. Be in the running to win a delectable prize in either the Youth, Multicultural or Old Favourites recipe category. Details of competition and how to enter will appear on the Foundation website from 29th January 2010. [www.abgf.org](http://www.abgf.org)

# THANKYOU

We wish to thank the many generous individuals, organisations and community groups for contributions made to the Adelaide Botanic Gardens Foundation since our last Foundation News Autumn/Winter, including those who wish to remain anonymous. We look forward to sharing with you all the exciting developments of the Gardens through Foundation news and events.

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*Thank you*



ADELAIDE BOTANIC GARDENS  
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ADELAIDE - MT LOFTY - WITTUNGA

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