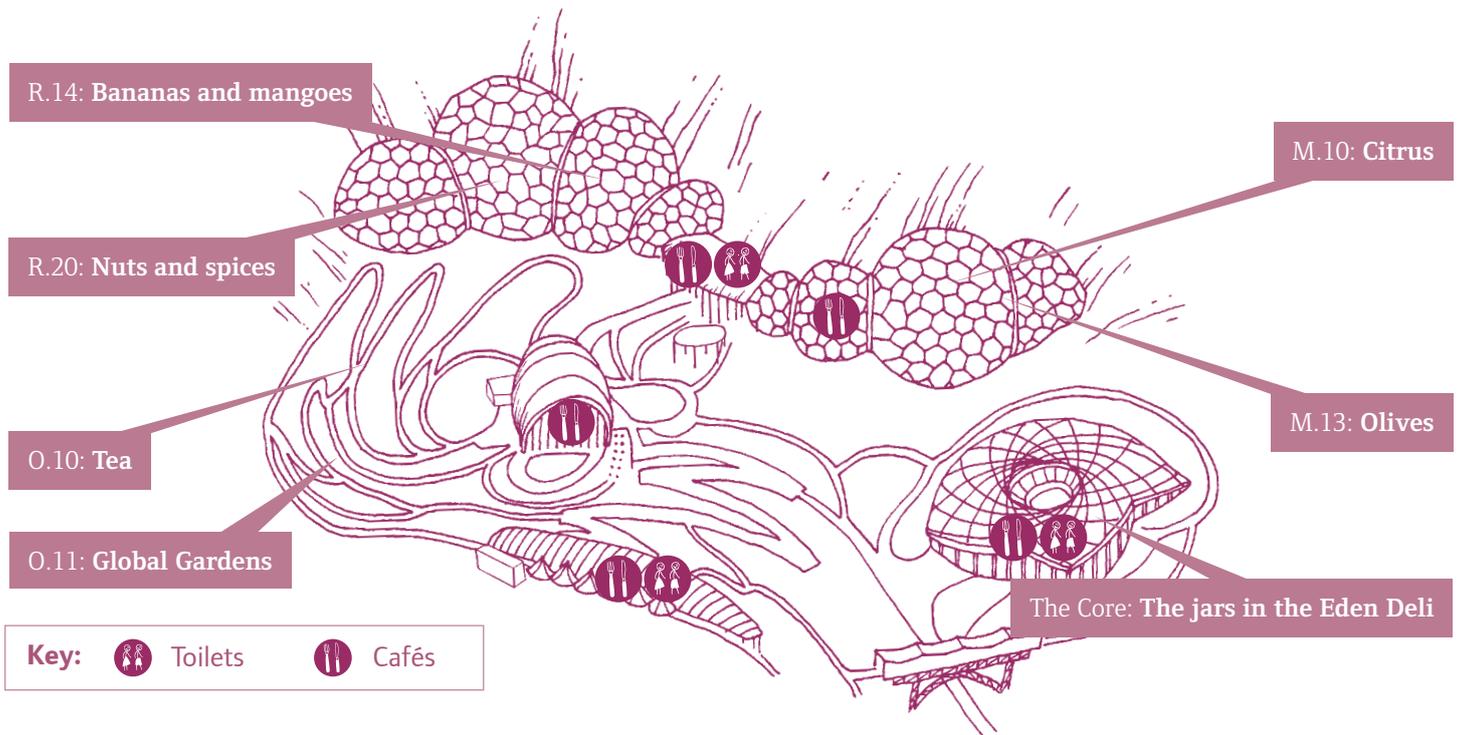


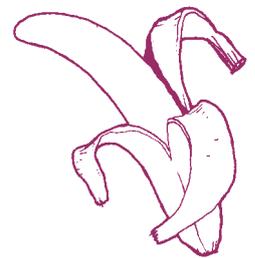
Meet what you eat

Welcome to the Living Theatre of Plants and People.
Come and explore our dependence on plants.



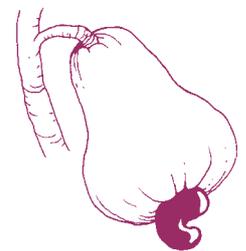
R.14: Bananas and mangoes

Our Rainforest Biome contains the largest rainforest in captivity AND crops we use from the tropics. Bananas and their savoury relatives, plantains, provide food for millions in the tropics. Some also reach our shores. You can support growers by using your 'wallet as your weapon' and seeking out fairly-traded bananas. Tennis players eat bananas as they contain a lot of potassium and slow release carbohydrate – good to keep cramp at bay and energy levels up. Mangoes too are highly nutritious and used as a balanced famine food in the tropics. Tip: take dried mango on a long walk.



R.20: Nuts and spices

The cashew nut grows at the end of a fruit that resembles a red pepper. The nut shells contain a corrosive toxin, cashew nut shell resin, made into varnish and brake pads. Harvesting is a bit of a 'mare', hence they are expensive. Our spice boat drawers contain clues on the side and spices inside. Can you guess what's what (answers on the backs). Nearby you'll find vanilla (a type of orchid) and the panela exhibit about the delicious raw sugar cane used in Eden's extra-ordinary ice cream.



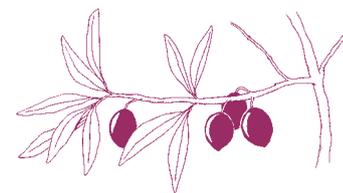
M.10: Citrus

There's masses of different sorts here. Clementines = mandarins x bitter Seville oranges. Tangelos = tangerines x grapefruits. Citrus fruits provide vitamin C and nutraceuticals (more on these in the Eden Deli in the Core). Lovely homemade lemonade in the Eden Bakery.



M.13: Olives

Once olive oil provided light for lamps and anointed the brave, now it is mainly used in the kitchen. It is thought to reduce cholesterol levels and deter heart disease. To the connoisseur there is as much variation in taste and character in olive oil as there is in wine.



O.10: Tea

Tea comes from the cool, mountainous tropics so we can grow it here in Cornwall. Look at the young tips, that's the bit used for tea. Tea is a type of Camellia. The tables in the tea exhibit area are covered in interesting stories – worth a little look.



O.11: Global Gardens

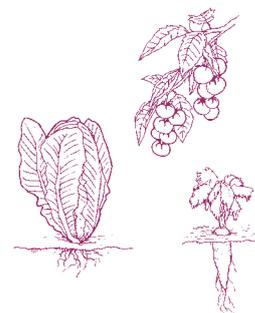
Your turn – there are loads of things you can grow year-round in your garden, allotment, back yard, window box. Up here discover growing tips and new veg to grow in your garden, from gardening communities with roots in Africa, Asia, Latin America, the Caribbean and Europe. Old veg. too: the Heritage Seed Library (HSL) conserves rare varieties of vegetables. Become an HSL member and grow up to six rare varieties each year. gardenorganic.org.uk/hsl



The Core: The jars in the Eden Deli

Take a look at the food jar exhibit which shows what vitamins are found in what. (The sunglasses all came from the Lost Property!)

We've got several cafés across site, none are franchised, money raised contributes to our charitable aims. Our food is locally sourced, fairly-traded and/or organic wherever possible. (We use local meats and cheeses, worked successfully to get palm oil taken out of pasties, support fairly-traded and organic produce... Many veggie and vegan options too).



We hope you have enjoyed the plant stories you have encountered. We rely on plants in many ways and after visiting today we hope you agree that working together and with nature we can leave the world better than we found it.

Don't forget your essential companion(s);



Guide Book
Childrens' Guide Book
iOS App

Don't forget to activate your membership.

Get online to keep in touch with what's happening here and the many events and activities you can join.
www.edenproject.com/e-newsletter

Do you have any favourite Eden things you would like us to share?
Send to: favtrails@edenproject.com.