

Christmas pudding trail



Get into the Christmas spirit with our Christmas pudding trail and see how plants from around the world help to make our Christmas cooking really tasty with spices like ginger and cinnamon. Find them growing in the warm Palm House then explore the Garden outside to find traditional Christmas plants such as mistletoe, evergreens and holly and hear the tales that surround them. Collect your trail from the Ticket Office.



1 | Oranges & Lemons

Centuries ago, these fruits needed to be preserved in sugar to last through the winter. We add the dried peel of oranges and lemons into our puddings and cakes. Look for them in the Conservatory and Palm House.

2 | Cinnamon



The aromatic bark of this spice turns up in lots of our favourite Christmas biscuits including the German biscuit, 'lebkuchen'. Cinnamon sticks and spices are also used to make warming mulled wine and apple juice to keep carol singers warm!



3 | Sugar

Look for the sweet stems of the sugar cane in the Palm House. What a lot of sugar we eat at Christmas time in our cakes, biscuits and treats! Sweet juice is squashed from the stems, boiled and spun around to form the glittering crystals of sugar. Remember to clean you teeth!

4 | Ginger

This pungent rhizome (sideways-growing stem) is used in the mixture to make gingerbread houses at Christmas. The houses are decorated with icing and sweets. The largest gingerbread house ever made measured 18 x 12 meters – wow, that's a lot of gingerbread!



Take a trail around the Garden and Glasshouses to discover plants that help us celebrate Christmas!



5 | Holly

Believed to have magical powers because it stayed green through the cold winter, holly was often placed over the doors of homes to banish evil! Did you know there are 'female' holly bushes and 'male' holly bushes; only the 'female' bushes develop the red berries!

6 | Ivy



Ivy was another plant thought to offer protection against evil spirits and even goblins. The Ancient Romans decorated their homes with ivy during the festival of 'Saturnalia'. Lots of feasting would take place, just like at Christmas!



7 | Mistletoe

In old Norse tradition the white mistletoe berries were said to be the tears of the goddess Frigga. Her son Balder was killed by the god of evil, Loki, with an arrow tip made from the mistletoe plant. After Balder was killed, Frigga stood under the apple tree where the mistletoe grew, and kissed everyone who passed by to protect them from harm.

8 | Raisins, currants or sultanas?



'Raisin' is the general term for a dried grape. Currants are usually small dried grapes, popular in 17th & 18th Century English cookery. Sultanas are larger and paler than currants. However, both are delicious to birds, so you will be lucky to see any on our grape vine!



9 | Evergreens

This evergreen yew tree is the oldest tree in our Garden. It was planted in 1645 by our first Gardener Jacob Bobart. Jacob used to tie tiny silver charms into his beard on celebration days!





- ① Danby Gate
- ② Herbarium Room*
- ③ Shop and Exit
- ④ Events Lawn

- ### Glasshouses
- ⑤ The Conservatory
 - ⑥ Plants in High Places
 - ⑦ The Cloud Forest House
 - ⑧ The Lily House
 - ⑨ The Carnivorous Plant House
 - ⑩ The Palm House
 - ⑪ The Arid House

- ### Walled Garden
- ⑫ The Taxonomic Beds
 - ⑬ The Medicinal Plant Beds
 - ⑭ The Literary Woodland

- ### Lower Garden
- ⑮ The Merton Borders
 - ⑯ Gin Border
 - ⑰ The Water Garden
 - ⑱ The Herbaceous Border
 - ⑲ The Rock Garden
 - ⑳ The Autumn Border
 - ㉑ The Orchard

🌿 Plants that changed the world

- ### Facilities
- ♿ Toilets
 - ♿ Disabled access to the Garden
 - ♻ Bins and recycling
 - ⊘ No entry

*please check the website for opening hours