



Welcome to ‘Sharing Our Love of Plants’



Today's workshop is split into 2 parts:

Theory



Practical



But first.....





Why do we need to share our love of plants?



FOR THE PLANTS



FOR THE PEOPLE



FOR THE PLANET



For the plants.....

Ancient woodland now covers only
2% of the UK



Worldwide, we have between 50-80,000 medicinal plants. Around 15,000 may face extinction due to loss of habitat and over harvesting.

For people.....

Prison horticulture programmes have shown a 'marked effect on mental health and wellbeing' according to a study by UCLAN.

Hospital patients who can view nature tend to have lower stress levels, need less pain medication and shorter stays in hospital.

There's some evidence to suggest that community gardening and well-kept public spaces reduce antisocial behaviour.

In Todmorden, edible plants have been grown in verges and on roundabouts for anyone in the village to harvest.

94% of participants in 1 RHS survey found that gardening benefitted school pupils mental health, social skills, behaviour and concentration.

For the planet.....



UK species monitored by Earthwatch declined by 19% between 1970 and 2023. Pollinators have declined by 18%.

80% of people now live in urban areas. 1 in 3 of us have no access to nature-rich spaces.



It would take 3 trillion trees to (eventually) stabilise our climate.

Why do you love plants?



**What makes you feel uncomfortable about
interacting with plants?**

What would you like to learn more about?



What's Your Relationship With Plants?

- ♥ Herbalist / Aromatherapist
- ♥ Student
- ♥ Forager
- ♥ Botanist or something similar?
- ♥ You just ♥ them



How could you take your love of plants out into the world?

Seed
bombing!

CIC e.g.
Grassroots
Cooperative

Community
Garden

Herb /
Foraging
Walks

Social
Media

Junior
Herbalists

Workshops

Write a
book or
blog



Grass Roots Remedies

Community Herbalism in Scotland

<https://grassrootsremedies.co.uk>

- ♥ Set up in 2015 in a deprived area of Edinburgh.
- ♥ Part of a larger health centre.
- ♥ Volunteers grow herbs in the community garden and their own.
- ♥ Herbs are made into medicine for the Community Herbal Clinic.
- ♥ Reliant on donations.



Landshare Schemes

<https://landshare.org.uk>

- ♥ Get a group of fellow plant lovers together.
- ♥ Find a piece of land.
- ♥ Draw up an agreement with landowners.
- ♥ Start growing and give some produce back to the landowner
- ♥ Promote what you're doing.



Talks and Workshops

- ♥ Community.
- ♥ Schools / Forest Schools.
- ♥ Gardening Clubs.
- ♥ Women's Institute.
- ♥ Scouts / Guides.
- ♥ Specific groups e.g. Mental health, neurodiverse, menopause.
- ♥ Multisensory always works better!
- ♥ Collaborate with other plant lovers e.g. NGS, RHS, National Trust.



Enter 'Britain in Bloom' or 'It's Your Neighbourhood' run by the RHS

There are currently 16 regional and national competitions.

Scored on:

- Community Participation.
- Environmental Responsibility.
- Gardening Achievement.



Social Media



- ♥ Pick 1-2 channels, plants are very photogenic, so Instagram and Pinterest are ideal.
- ♥ Create content all year and save some for winter.
- ♥ Respond to relevant news stories.
- ♥ Use it to promote your services too.
- ♥ Short videos 1-3 minutes long are ideal.
- ♥ You don't have to be an expert!



Which Channel is Best?

- ♥ Substack allows more freedom of speech and can be monetised. More academic than visual.
- ♥ Insta and Facebook are wide reaching but v busy!
- ♥ Pinterest is a visual search engine, so great for bringing traffic to your website.
- ♥ YouTube can be used as a search engine or part of a bigger enterprise.
- ♥ LinkedIn is perfect for connecting with specific types of people.



What Shall We Talk About?

I love this plant because.....

Medicinal Uses /
Zoopharmacognosy

Astrology

Energetics

Science

Doctrine of
Signatures

Folklore &
storytelling

Wild food /
Other uses



It is the first time a creature in the wild has been recorded treating an injury with a medicinal plant.

After researchers saw Rakus applying the plant poultice to his face, the wound closed up and healed in a month.

Scientists say the behaviour could come from a common ancestor shared by humans and great apes.

"They are our closest relatives and this again points towards the similarities we share with them. We are more similar than we are different," said biologist Dr Isabella Laumer at the Max Planck institute in Germany and lead author of the research.

A research team in the Gunung Leuser National Park, Indonesia spotted Rakus with a large wound on his cheek in June 2022.

They believe he was injured fighting with rival male orangutans because he made loud cries called "long calls" in the days before they saw the wound.

The team then saw Rakus chewing the stem and leaves of plant called Akar Kuning - an anti-inflammatory and anti-bacterial plant that is also used locally to treat malaria and diabetes.

Wounded orangutan seen using plant as medicine

© 2 May



Chimpanzees 'self-medicate' with healing plants



AUSTEN DEERY

Dr Elodie Freymann took samples from the trees and plants that chimpanzees sought out

"He wasn't using the hand to walk, he was limping," she recalled. While the rest of this animal's group were sitting around eating, the injured chimp limped away looking for ferns. "He was the only chimp to seek out and eat these ferns."

The researchers collected and analysed the fern - a plant called *Christella parasitica*, which turned out to have potent anti-inflammatory properties.

In total, the researchers collected 17 samples from 13 different plant species and sent them to be tested by Dr Fabien Schultz, at the Neubrandenburg University of Applied Sciences in Germany.

That revealed that almost 90% of the extracts inhibited bacterial growth, and a third had natural anti-inflammatory properties, meaning they could reduce pain and promote healing.

All the injured and ill chimps reported in this study fully recovered, Dr Freymann was happy to report. "The one who ate ferns was using his hand again within the next few days," she explained.

"Of course, we can't 100% prove that any of these cases were a direct result of eating these resources," she told BBC News.



And now for the fun bit!

Write a 'could do' list of every way you could possibly share your love of plants.

Pick one thing off that list and commit to doing it.

Turn to a person sitting next to you and tell them what you're going to do.



Your Challenge For Part 2:

Please stand up if you're a Herbalist, student Herbalist, Forager, Botanist or you feel like you know a bit about plants.

Go out into the grounds and find yourself a lovely plant.

Either:

- Take photos of you and your plant and post about it if you're happy to, or
- Make a short 1 minute video about where you are and why you love your plant so much or
- Draw a picture, write a poem, or anything else to creatively share your love of the plant.

Please be back in 30 minutes time.

