OPENING SEASON

MEDITERRANEAN

OCT. 30–NOV. 1
Regional Guide

OPENING SEASON

CELEBRATING THE OPENING OF HOUSTON BOTANIC GARDEN BY RECOGNIZING PLANTS AND THEIR IMPORTANCE AROUND THE WORLD.

LATIN AMERICA
ASIA
AFRICA
MEDITERRANEAN

HOURS
MONDAY–SUNDAY
9:00 AM–5:00 PM

CONTACT
713.715.9675
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INTERESTED IN VOLUNTEERING AT HOUSTON BOTANIC GARDEN?
CONTACT: VOLUNTEERS@HBG.ORG
CELEBRATING MEDITERRANEAN

Saturday, October 31, 2020

1. Wines of the Mediterranean
9 a.m. - 12 p.m. (Continuous Demonstrations)
Sommelier Curtie Sibley leads a presentation on the plants and people who birthed modern viticulture. From Greek to Portuguese, this "liquid plant, surrounded by vines" is a bio-diverse and beautiful landscape that produces some of the world's finest wines.

2. Honoring 3,000 Years of Olive Trees and Olive Oil in Tunisia
9 a.m. - 2 p.m. (Continuous Demonstrations)
Robert Andrède of Terra, Delyessa & Origin 43 will present on the agricultural and cultural history of olive trees and olive oil in Tunisia, using sustainable farming methods building on the work of Queen Dido.

3. Spices in Mediterranean Cuisine
10 a.m. - 1 p.m. (Continuous Demonstrations)
Chef Monica Vedovelli will dive into several regions of the Mediterranean, presenting an spice blends of Northern Africa, paprika varieties of Spain, and herbs and olive oils of Greece. Homemade spice blends will be available to bring home.

4. Ebru: Turkish Water Marbling Art
11 a.m. - 2 p.m. (Continuous Demonstrations)
Nazi Nakavi of Houston's Raindrop Turkish House will demonstrate Traditional Turkish Ebru-water marbling with original earth based pigments. Fine art designs including Turkish Stone marbling, cemal Ebru, get-gill style, and floral Ebru.

5. Flamenco Dance Performance
12 p.m. (Performance)
Experience Mediterranean Spanish culture through a Flamenco dance performance with live singing and guitar of Lucia Rodriguez and Valentin Phoenix.

6. Herbs of the Mediterranean Region
2 p.m. - 5 p.m. (Continuous Demonstrations)
Join the Herbs Society of America's South Texas Unit for an exploration into herbs from the Mediterranean, including rosemary, oregano, basil, thyme, bay leaves, olive brachiahs, and more. The presentation will discuss the Mediterranean Diet and its use of herbs, as well as wild Mediterranean herbs and their favorable climatic and growing conditions.

Sunday, November 1, 2020

6. Herbs of the Mediterranean Region
9 a.m. - 12 p.m. (Continuous Demonstrations)
See above description.

7. Sicilian Plants in a Houston Home Garden
9 a.m. - 12 p.m. (Continuous Demonstrations)
Damon Palelmo, president of Native Heart Society of Litte York, will introduce visitors to plants from "the old country" that grow well in Houston home gardens, including citrus, oregano, and fico, etc., of the genus Ficus. He will also discuss Italy's agricultural history as the breadbasket of Italy and the effects of Arab rule that shaped the course of the regional and global culinary landscape.

8. Spices in Mediterranean Cuisine
10 a.m. - 1 p.m. (Continuous Demonstrations)
See above description.

8. Olive Oils of the Mediterranean
(Continuous Demonstrations)
Learn about extra virgin olive oil from the village Kreta in the Green Island of Crete and the unique history, production, and benefits around it from Stillwater Farmfields and Robert Tabib of Aalbari Organics.

TO VIEW AN INTERACTIVE GARDEN MAP, VISIT HBG.ORG/VISIT/MAP
Olea europaea (olive)
Evidence suggests olives were one of the first trees ever domesticated, with cultivation in the Anatolian region of the Mediterranean, now part of modern-day Turkey, dating back 8,000 years to the end of the Neolithic period.

Anethum graveolens (dill)
Having originated in the Mediterranean region thousands of years ago, the plant’s common name may derive from the Old Norse “dylla,” meaning to soothe, referring to the plant’s reputation as a stomach soother.

Foeniculum vulgare (fennel)
Fennel is known as a particularly nutritious food because it contains vitamin C, folate, iron, potassium, and various antioxidants.

Origanum vulgare (oregano)
Origanum vulgare derives from the Greek for “joy of the mountains,” as the plant can be found growing wild on the mountainsides of Greece and other Mediterranean countries.

Origanum majorana (marjoram)
Ancient Egyptians valued marjoram and used it in the mummification process. Newlyweds in Ancient Greece and Rome wore garlands of marjoram to symbolize their love and joy, while marjoram growing on a grave meant that the deceased was enjoying the afterlife.

Punica granatum (pomegranate)
All parts of the pomegranate have antibacterial, antiviral, and antiseptic properties. Pomegranate juice is a well-known health food, valued for boosting heart health. Extracts of the fruit also contain the chemical components tryptamine, serotonin, and melatonin, which all contribute to restfulness and mood.

Ficus carica (fig)
Widely grown throughout the Mediterranean region, figs were commonly used to sweeten desserts before sugar use was widespread.

Cyperus papyrus (paper reed)
By 3500 BCE, the papyrus plant was extensively cultivated in the Egyptian Nile delta, modern-day Palestine, and southern Europe for paper making, but, because of the great expertise and extensive labor required, papyrus paper was used only by government officials, temples, and wealthy individuals.

Phoenix dactylifera (medjool date palm)
The date palm produces a number of food products including fruit, date honey, date sugar, and date sap that can be made into a fermented beverage; date palm flour made from the plant’s pith; date seed oil; and palm heart.

Nerium oleander (oleander)
Oleander was planted in Galilee—sometimes known as the “Oleander City” as a result—following the destruction of the infamous 1900 storm, due to its durability.

Calotropis gigantea (giant milkweed)
Also known as the “crown flower” due to its crown-like petaled formation, this plant is used ornamentally and in potpourri gardens. The sap is toxic but can be used as a yellow dye, and many other parts of the plant have medicinal and fabrication uses.