Tree Trail
Victoria Park
and St. Mary's Rest Garden

History

The history of Victoria Park goes back more than half a century when the earliest mention of a recreation ground on this site was in the 1845 Enclosure Act, which named the open space as 'Meadow Platt Cricket Ground'. The park was formally opened later that century on 7th May 1894 by the then Mayor of Nottingham, Alderman Frederick Pullman.

In 1945 Nottingham City Council took over the responsibility of the park, keeping much of its legacy intact. St. Mary's Rest Garden was formerly a cemetery and had a change of layout with new paths, wild garden and formal grass areas shortly after the Council gained responsibility of the park.

The most celebrated occupant of the park is William Thompson, a renowned prize fighter known as 'Bendigo', whose tomb is guarded by a statue of a lion, but perhaps the most puzzling to passers by is the curious little stone tower which stands close to the boundary wall. It is believed that the tower was originally an access shaft built by Foster & Barry to the Belk Culvert Tunnel, part of Nottingham City's drainage improvements. It became, however, a ventilation shaft for the culvert, foul air being carried up the shaft, and out through a grille at the top.

The trail

The oldest trees on the trail date back to the year c.1900. Some are native to the United Kingdom and are quite common, but there are also some non-native, rare species. The trail starts at the Victoria Park entrance and works it way around Victoria park in an anti-clockwise direction and then on to St Mary's Garden where it picks up a clockwise direction. This leads the trail to a natural end in the Faith garden.

More detailed information is available upon request about the trees on the trail, so please ask a member of staff on site if you wish to learn more or call the parks and open spaces team on 0115 915 2733.

We hope you enjoy the trail and welcome any suggestions for improvement should you wish to comment.



1. MOP-HEAD MAPLE
(*Acer platanoides* 'Globosum')
This is a rare cultivar of the Norway maple dating back to 1873. A striking small tree, it has a mop-shaped head and can grow to heights of up to 10 metres making it well adapted to street tree plantings.



2. FALSE ACACIA *(Robinia pseudoacacia)*
Also known as the Black Locust, this fast growing deciduous tree reaches heights of around 25 metres. An early 17th century introduction to Britain, the hard durable wood makes good fencing posts though legend states that the False acacia has a 'Will to live' and that when it is cut into fence posts and anchored back in the ground as fencing, the posts grow roots and sprout limbs again. It was also traditionally used for shipbuilding because of its extreme hardness and close grain. The Latin name 'Robinia' honours a French gardener, Jean Robin, who introduced the tree from North America c.1600. The Acacia symbolises 'Sensitivity and Protection' and is associated with the Sun.



3. JAPANESE FLOWERING CHERRY
(*Prunus serrulata*)
This tree is probably native to China and was introduced to Japan at a very early date, as Japanese cherry worship is known to be over 1000 years old. It can grow up to 25 metres high and can be pink or white flowered and some ornamental varieties bear no fruit. We associate the cherry with Captain Collingwood Ingram, a plant collector active in the early 20th century who travelled mostly in Japan and studied and grew Japanese cherries. Cherry trees symbolise 'Beauty and Purity' and are linked to the planet Venus.



4. WHITE WILLOW *(Salix alba)*
This deciduous tree can grow up to 25 metres and has ascending branches forming a narrow crown and a deeply fissured greyish-brown bark. The White Willow has been used for centuries in successful relief of pain and reduction of fever and in fact it dates back to the time of Hippocrates (400 BC) when patients were advised to chew on the bark to reduce fever and inflammation. We now know that all willow bark contains salicin, which was identified in 1827 as the active ingredient in aspirin. In folklore, the White Willow represents romantic love, healing, protection and fertility and White Willow smoke is believed to sooth and guide the souls of the dead. Willows generally symbolise 'Harmony' and are associated with the Moon.



5. GRIGNON'S THORN
(*Crataegus x grignonensis*)
This is a rare French hybrid introduced to Britain c.1873. The leaves will persist until mid-winter and some fruits will last to next spring making this a very reliable tree for attracting Waxwings on spring migration when there is no other fruit left anywhere else. The fruit can be eaten raw or cooked and can be used in making pies and preserves. The fruits and flowers of many hawthorns (of which this tree is a family member) are used in herbal folk medicine as a heart tonic and modern research has supported this use. The wood can be used for making tool handles and mallets. Hawthorns symbolise 'Purification, Sacred marriage and Male-Female unity' and are associated with the planets Mars and Venus.



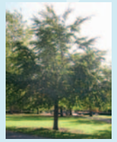
6. HOLLY *(Ilex aquifolium)*
Holly is a native, evergreen tree that that usually only grows up to 10 metres high. The male and female flowers are on separate trees and only the females produce red berries. Many varieties are cultivated - often with variegated leaves. The berries are a favourite winter food of redwings, fieldfares and mistle thrushes and the dense, heavy wood can be used for carving and making woodcuts. The Bach remedy derived from the Holly relives anger, jealousy and envy. Holly trees symbolise the 'Sword of Truth' and are associated with the planet Mars.



7. COMMON LIME *(Tilia x europaea)*
Very common on streets and along park entrances, this tree is the largest broadleaf tree in the country. It can grow up to 39 metres high and is a hybrid between the Small leafed and the Large leafed lime that probably arose in Continental Europe and was then introduced to Britain around 1600. It also goes by the Anglo Saxon name 'Linden' and is actually only referred to as a Lime tree in this country. It is often called sacred wood as it was used for carving religious statues and musical instruments, most notably the piano. In high summer the flowers are often so laden with bees that they can be heard up to 50 metres away. Lime trees symbolise 'Healing and Peace' and are associated with the planets Venus and Jupiter.



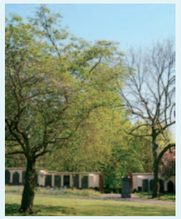
8. LONDON PLANE *(Platanus x hispanica)*
This is a large deciduous tree that was probably planted here c.1900. It can grow to heights of up to 35 metres. It has an unmistakeable smooth bark, which peels off in large flakes leaving creamy patches. The spherical fruits remain on the tree throughout winter. First recorded c.1663, the London Plane arose as a hybrid between the American Plane and the Oriental Plane. The wood is hard and fine-grained and is sold under the name of 'Lacewood', reflecting the delicate pattern of the grain. Shiny leaves, easily washed clean by rain, prevent this tree from being stifled by city soot, hence the urban planting. It symbolises 'Balance' and is associated with the Sun.



9. COMMON BEECH *(Fagus sylvatica)*
This was the last species of tree to colonise Britain after the last ice age. It is native to Southern England and can grow to a height of 40 metres with some trees being estimated to be up to or over 1000 years old. Trees are shallow rooted though, and are susceptible to being blown over. Beech nuts are called Mast and are contained within a 4 lobed prickly case. Beech wood is good for charcoal as it gives the greatest heat. Folklore depicts the Beech as the 'Mother of the Wood' because of its protective and nurturing nature and beech leaves have traditionally been used as cooling agents to alleviate swellings. It is said that thin slices of beech formed the first book. The beech tree is said to symbolise 'Understanding' and is associated with the planet Saturn.











10. SILVER MAPLE *(Acer saccharinum)*
So called due to the silver underside of its leaves, this is America's fastest growing maple which was introduced to Britain in 1725. It can grow up to 12 metres high and is valued for its decorative timber known as 'Bird's eye maple'. In Britain, seeds rarely set, so plantings are often necessary. The sap contains sugar and can be used as a drink or turned into a sweetener for other foods.



11. ITALIAN ALDER *(Alnus cordata)*
This deciduous tree can grow to heights of up to 25metres at a fast rate. The flowers can be male or female, but both sexes can be found on the same tree. This is an excellent pioneer species for re-establishing woodlands on disused farmland and other difficult sites as it is fast growing meaning that it quickly provides sheltered conditions. The seedlings do not compete well in shady woodland conditions and so this species gradually dies out as the other trees become established. Alder is the best wood for underwater use and many river or lakeside buildings have foundations made from it. The Alder tree symbolises 'Release' and is astrologically linked to the planet Neptune.



12. PURPLE NORWAY MAPLE
(*Acer platanoides* 'Crimson King')
Another variant of the Norway maple, of which there are several varieties. This version is of a moderate size growing up to 15 metres. Leaves are purplish-red in spring and summer and then become duller, sometimes after a dry summer. Maples in general symbolise 'Expansion' and are associated with the planet Jupiter, though the Romans associated the tree with bad luck as the Trojan Horse was made from maple wood.

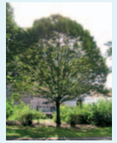


13. SILVER BIRCH *(Betula pendula)*
A common native tree, the Birch can live to be up to 100 years old can grow to heights of roughly 30 metres. It is often seen with masses of small branches that look like a birds nest and is sometimes referred to as 'witches broom'. In medieval times birch rods, that symbolised authority, would precede a magistrate on his way to court. This relates to the punishment at the time known as 'the Birch'. In spring the sap can be collected to make Birch Sap Wine. The bark is paper-like and has historically been used as a writing material. Oil from the bark is used for tanning leather and, in cold countries, is used for making cloaks and leggings due to its water resistant qualities. It is known as 'The Lady of the Woods' because it sways gracefully in the wind.



14. WISLEY CRAB APPLE *(Malus sylvestris)*

This small deciduous tree rarely grows more than 8 metres in height. Crab apples make a splendid jelly and the wood is valued for carving and for burning. Bach remedies of the crab apple state it as a remedy for cleansing wounds though psychologically people often use the remedy for a general feeling of uncleanliness that they wish to rid themselves of. More practically, it is recommended for people who have low self-esteem and are prone to phobias. The genus 'Malus' is derived from the Latin word 'mal' meaning bad or evil. This is linked to Man's fall from grace by eating an apple in the Garden of Eden and because of this, superstition states that it is said to be unlucky to bring the blossom of an apple tree into the house. There is an ancient custom that states that because apple trees are associated with the male gender, an apple tree should be planted following the birth of a boy. Apple trees in general symbolise 'Health and Fertility' and are associated with the planet Venus and also the Sun.



15. HORNBEAM *(Carpinus betulus)*

This is the upright form of our native species that can grow up to 30 metres and has a fluted trunk and a smooth bark. The leaves will persist throughout winter if managed as a hedge. The nuts are the staple food of hawfinches in autumn and winter. A yellow dye can be obtained from the bark and the wood is heavy, close grained and hard and is used for flooring, tools and piano mechanisms. It is also the perfect choice of wood for windmill and watermill cogs and in the USA is used as the traditional wood for supporting wigwams. The Bach remedy of the hornbeam counteracts the feeling of being overwhelmed. It symbolises 'Guardianship' and is associated with the planet Saturn.



16. WEEPING ASH *(Fraxinus excelsior* 'Pendula')

One of the best known cultivars, this variety was widely planted during the Victorian era as it grows vigorously and forms an attractive small to medium size tree with mounds of weeping branches. The ash tree symbolises 'Power' and is associated astrologically with the Sun.



17. COMMON ASH *(Fraxinus excelsior)*

Growing to heights of up to 30 metres, the ash tree was dedicated to Mars, the Roman god of war, and in legend Achilles kills Hector with an ash spear. The ash can alter its gender from year to year and from branch to branch and does not always produce seeds (or keys as they are known) every year. Designers of the first aircraft used ash timber to make the frames of their flying machines as they were light and strong, but today the timber is preferred for hockey sticks and tennis racquets. Tool handles are still an important end-use for the Ash tree and it is excellent for firewood, green or dry. Folklore relates the Ash to adverse weather conditions stating that 'if the ash leaf appears before the oak, there'll be a very great soak, but if the oak comes before the ash, then expect a very small splash.'



18. SWEET CHESTNUT *(Castanea sativa)*

Also known as the European Chestnut or the Spanish Chestnut, this tree can grow up to 30 metres. Female flowers develop into spiny green fruits that split in autumn to release up to 3 edible 'chestnuts'. Chestnut wood is similar to oak and can be turned into beams and panelling. It is native to the Mediterranean, introduced to Britain by the Romans. The ancient Greeks worshipped the sweet chestnut and dedicated it to Zeus. Chestnuts are rich in complex carbohydrates and starch but contain considerably less fat than other nuts, so they are easily digestible. Roasted chestnuts can be incorporated into a variety of dishes, but they can also be ground to a flour and used in bread-making or to make a coffee-like drink. Chestnut trees symbolise 'Incarnation and Nourishment' and are associated with the planet Earth.



19. ROWAN *(Sorbus aucuparia)*

Also known as Mountain Ash, Witch Wiggin tree or Quickbeam, this tree can grow up to a height of 20 metres. It produces an orangey-red berry, which as well as making a good autumn food for birds, has also been used to make jelly to accompany game and lamb and even into wine in parts of Wales and Scotland. It is known as the 'Lady of the Mountain' as it can grow at altitudes of 1000 metres. Rowan's symbolise 'Protection' and in folklore the tree was thought to be a protector of milk and so was kept in dairies and around milk and butter churns to protect from evil and thieves. It is linked astrologically to the planet Mercury.



20. PURPLE LEAVED PLUM *(Prunus cerasifera)*

This purple version of the Plum tree comes in two varieties, the white flowered 'Pissardii' which was discovered in the Shah of Persia's garden in 1878, and the pink flowered 'Nigra' which was bred in the USA in 1916. Extracts from plum trees of this kind are used in Bach flower remedies when the patient is feeling despair or dread as they contain substances that stimulate respiration, improve digestion and give a sense of well-being.



21. MAIDENHAIR TREE *(Ginkgo biloba)*

Introduced to England in 1754, this deciduous tree can grow to heights of up to 30 metres and is known to be one of the oldest trees in history. The raw seed is said to have a fish-like flavour but when cooked has a soft, oily texture and a sweet flavour, tasting rather like a large pine nut. Oil obtained from the seed can also be used as a fuel for lighting. The Ginkgo has long been used in traditional Chinese medicine, in particular the leaves stimulate the blood circulation and have a tonic effect on the brain, reducing lethargy, improving memory and giving an improved sense of well-being. The Maidenhair tree symbolises 'Primeval life-force' and is astrologically linked to the Moon. The Hiroshima bomb dropped in 1945 caused every living thing around the epicentre to be destroyed, with the exception of 4 Ginkgo trees, which survived and blossomed the following spring. Therefore in Japan the Ginkgo is now regarded as the "Bearer of Hope".



22. PEAR *(Pyrus calleryana* 'Chanticleer')

An unusual, stately, deciduous, thorny Chinese tree that has superb late autumn colour. Introduced in 1908 from North America, this particular cultivar, with flamboyant red autumn leaves, is now very popular because of its terrific show of early spring blossom. Its relatively tall, thin, spire-like shape and its ability to tolerate pollution is why it is often seen in cities. Pear trees symbolise 'Good health and Fortune' and are associated with the planet Venus. There is an ancient custom that states that because pear trees are associated with the female gender, a pear tree should be planted following the birth of a girl.



23. HIMALAYAN BIRCH *(Betula utilis)*

This tree has a stunning white bark and can grow quickly up to heights of around 20 metres. The bark has many uses and can be modified to create an antiseptic that can be used in the treatment of earache and for cuts and burns, as well as sometimes being burnt as incense. It can also be carefully peeled off the tree (this does not harm the tree) and used as a paper. The outer bark can also be used for waterproofing and for roofing houses. Birch trees are said to symbolise 'Renewal and Protection' and are associated with the planet Venus.



24. PIN OAK *(Quercus palustris)*

This is a fast growing deciduous tree that was introduced in the 1800's and can reach heights of up to 25 metres. Various uses for different parts of the tree include infusion of the inner bark to treat intestinal pains, mulching of the leaves to repel slugs and roasting of the seeds for a coffee substitute. Any galls produced on the tree are strongly astringent and can be used in the treatment of bowel disorders. Oak trees symbolise 'Sovereignty and Power' and are associated with the planet Mars.



25. DAWN REDWOOD *(Metasequioa glyptostroboides)*

Until 1941 this tree was thought extinct and was known only from fossil remains dating back to the time of the dinosaurs. A strong growing vigorous conifer with shaggy cinnamon-brown bark, it can grow to heights of 15 metres quite quickly and has an extensive root system, which means it is often planted near rivers to stabilise the banks. Redwoods symbolise 'Balance' and are associated with the planet Jupiter.

Compiled by Steve Doughty, Steve Clarke and Graham Piearce.

Nottingham City Council **proud** to present

Tree Trail
Victoria Park
and St. Mary's Rest Garden

Is your park litter-strewn or litter free?
Brilliant or Boring?
What would make it better?

GreenSTAT is a national system that gives local residents the opportunity to comment on the quality of their open space and how well they feel they are being managed and maintained. To register your view go to **www.greenstat.org.uk**

greenSTAT

Contact Us
www.nottinghamcuty.gov.uk/parks
0115 915 2733
parksandopenspaces@nottinghamcity.gov.uk

Public Transport
Nottingham City Transport Buses:
Number 21, 40, 40A and 41 from City Centre.

Address
Victoria Park, Bath Street, Nottingham, NG1 1DF



Safer, cleaner, ambitious Nottingham
A city we're all proud of

Nottingham City Council

Tree Trail
Queen's Walk
Recreation Ground

History

Queen's Walk Recreation Ground was created as a result of the 1845 Enclosure Act, which guaranteed a number of green spaces in Nottingham would always remain as green spaces for the benefit of the general public.

In 1865 this six-acre plot of land was first known as the 'Meadow's Cricket Ground', but then around 1915 it's name was changed to 'Queens Walk Cricket Ground', and then in 1927 changed again to 'Queens Drive Cricket Ground' when the adjacent Queen's Walk became a through road. It ceased to be a cricket ground and became a park after the end of the Second World War.

The trail

Most of the trees on the trail were planted in the 1940's in response to the new layout and are therefore of historical significance. Some are native to the United Kingdom and are quite common, but there are also some non-native, rare species.

The trail starts at the park entrance by the pavilion and works it way around the park in an anti-clockwise direction. This leads the trail to a natural end in the new sensory garden where there is a further selection of newly planted trees that are too young to be included on the trail.

More detailed information is available upon request about the trees on the trail, as well as the new plantings within the garden so please ask a member of staff on site if you wish to learn more or call the parks and open spaces team on 0115 915 2733.

We hope you enjoy the trail and welcome any suggestions for improvement should you wish to comment.



1. PILLAR APPLE (*Malus tschonoskii)*
This fruit tree was discovered near Mount Fujiyana in Japan in the late 19th century and can grow up to 12 metres high. It is mostly grown for its grey backed leaves that can sometimes produce spectacular orange and scarlet autumn colours. Small round apples that are yellowish green with a purple cheek follow the small blushed white flowers. The fruits are firm, slightly juicy and have an acid flavour, much like a lemon.



2. PURPLE-LEAVED PLUM (*Prunus cerasifera* 'Nigra')
This purple version of this Plum was bred in the USA in 1916 and can grow up to 8 metres high. Extracts from plum trees of this kind are used in Bach flower remedies when the patient is feeling despair or dread as they contain substances that stimulate respiration, improve digestion and give a sense of well-being.



3. PLUM (*Prunus spp.)*
Plum trees are a popular fruit tree in parks and this variety has a striking white blossom early in spring. Timber from this tree is ideal for turning on a lathe. Its seeds can be ground up and used cosmetically in the production of facemasks for dry skin. The flowers can be eaten in salads, garnished on ice cream or brewed into a tea. It was once believed that if the plum tree flowered in December, the household would lose somebody in the winter months.



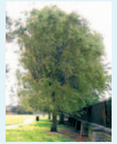
4. WILD CHERRY (*Prunus avium*)
This cherry can grow to heights of 12 metres and typically lives for around 80 years, though some have been known to keep going for 200 years or more. The bark makes a pleasantly flavoured cough syrup and the wood is fine grained and can be used for making musical instruments, particularly woodwind. The cherry tree symbolises 'Beauty and Purity' and is linked astrologically to the planet Venus.



5. JAPANESE FLOWERING CHERRY
(*Prunus serrulata)*
This tree is probably native to China and was introduced to Japan at a very early date, as Japanese cherry worship is known to be over 1000 years old. It can grow up to 25 metres high and can be pink or white flowered and some ornamental varieties bear no fruit. We associate the cherry with Captain Collingwood Ingram, a plant collector active in the early 20th century who travelled mostly in Japan and studied and grew the Japanese cherries.



6. RED OAK (*Quercus rubra)*
Originating in Eastern North America, this Oak was introduced to the UK in 1724. A fast growing deciduous tree, it can grow up to 25 metres high and is resistant to air pollution making it ideal for cities. The acorns can be ground and used as a coffee substitute and the bark chewed as a treatment for mouth sores. The wood is coarse grained and durable and is valued for flooring and furniture and the mulch of the leaves in autumn repels slugs and grubs. Oak trees symbolise 'Power and Sovereignty' and are associated with the planet Mars.



7. CONTORTED WILLOW
(*Salix babylonica* var. *pekinensis* 'Tortuosa')
Introduced from Peking, China around 1920, this willow can grow up to 10 metres high and is also known as the 'Corkscrew Willow' and the 'Dragon's Claw Willow' due to the curling not just of the leaves, but also of the branches and indeed the whole tree trunk as it grows. It usually only lives to around 50 years old and its leaves are among the first to show in the spring and the last to go in the autumn. This variety tolerates drought, which contradicts most willows that are found near bodies of water. The bark contains salicin, which was identified in 1827 as the active ingredient in aspirin. Willows symbolise 'Harmony' and are associated astrologically with the Moon.



8. SILVER MAPLE *(Acer saccharinum)*
So called due to the silver underside of its leaves, this is America's fastest growing maple which was introduced to Britain in 1725. It can grow up to 12 metres high and is valued for its decorative timber known as 'Bird's eye maple'. In Britain, seeds rarely set, so plantings are often necessary. The sap contains sugar and can be used as a drink or turned into a sweetener for other foods.



9. NORWAY MAPLE *(Acer platanoides)*
Introduced to Britain in 1683, this tree can grow up to 20 metres high and the flowers are a useful source of food for early-flying bees. The yellowish-white timber is very hard and is used for joinery and furniture making. The sap contains sugar, which can be used as a sweetener, and the leaves are often packed around apples to help to preserve them.



10. COMMON LIME (*Tilia x europaea)*
Very common on streets and along park entrances, this tree is the largest broadleaf tree in the country. It can grow up to 39 metres high and is a hybrid between the Small leafed and the Large leafed lime that probably arose in Continental Europe and was then introduced to Britain around 1600. It also goes by the Anglo Saxon name 'Linden' and is actually only referred to as a Lime tree in this country. It is often called sacred wood as it was used for carving religious statues and musical instruments, most notably the piano. In high summer the flowers are often so laden with bees that they can be heard up to 50 metres away. Lime trees symbolise 'Healing and Peace' and are associated with the planets Venus and Jupiter.







11. WHITEBEAM *(Sorbus aria)*
So called due to the leaves being white on the underside when they first open, this tree is native to central and southern Europe. It can grow to a height of 25 metres and produces edible red fruit, which can be made into jam, jelly and even wine in some parts of Europe. Its dense hard timber was once used to make wheels, cogs and tool handles. It has historically been referred to as the weather tree, for when the white underside of the leaves became visible; rain was believed to be on the way.



12. PURPLE BEECH
(Fagus sylvatica forma *purpurea)*
A variation of the Common Beech, this tree typically grows up to 12 metres high but has been known to reach heights of 22 metres. It was first discovered in the village of Buchs in Switzerland and subsequently introduced to Britain in 1726. Also known as the copper beech, it is in fact a quirk of nature because only 1 in 1000 common beech seeds results in a purple seedling. Legend states that the original three trees discovered at Buchs marked the spot where five brothers all fought and killed each other. The beech tree is said to symbolise 'Understanding' and is associated with the planet Saturn.



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A variant of the Norway maple, of which there are several varieties. This version is of a moderate size growing up to 15 metres. Leaves are purplish-red in spring and summer and then become duller, sometimes after a dry summer. Maples in general symbolise 'Expansion' and are associated with the planet Jupiter, though the Romans associated the tree with bad luck as the Trojan Horse was made from maple wood.



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18. DOWNY BIRCH *(Betula pubescens)*
Similar to the Silver Birch, the Downy's branches grow upwards while the Silver's hang down! It can grow quickly up to heights of 20 metres and has many uses. The sap can be drunk as a tonic and used in the relief of aching joints, beer can also be fermented from the sap, young leaves can be eaten raw or cooked and made into tea, and an essential oil from the inner bark can also used to treat eczema. Birches are said to symbolise 'Renewal and Protection' and are associated with the planet Venus.



19. PURPLE CRAB APPLE *(Malus x purpurea)*
This fruit tree starts off with reddish purple leaves and flowers but the foliage fades to greyish green and becomes sparse by midsummer. Several varieties originated in nurseries in France from about 1900 onwards of which this is a hybrid ornamental variety. Bach remedies of the crab apple state it as a remedy for cleansing wounds though psychologically people often use the remedy for a general feeling of uncleanliness that they wish to rid themselves of. More practically, it is recommended for people who have low self-esteem and are prone to phobias. The genus 'Malus' is derived from the Latin word 'mal' meaning bad or evil. This is linked to Man's fall from grace by eating an apple in the Garden of Eden and because of this, superstition states that it is said to be unlucky to bring the blossom of an apple tree into the house. There is an ancient custom that states that because apple trees are associated with the male gender, an apple tree should be planted following the birth of a boy. Apple trees in general symbolise 'Health and Fertility' and are associated with the planet Venus and also the Sun.



20. SWEET GUM *(Liquidambar styraciflua)*
Found mainly in the deciduous hardwood forest of America and known to have reached heights of 45 metres, this tree was introduced to Britain in 1681 and has an exceptionally varied and long-lasting autumn colour. The timber is known as satin walnut and is used in fine furniture and cabinet making as well as a veneer. The resinous gum derived from the tree is turned into a product known as 'American Storax', which is used to scent soap, and also as an expectorant in cough sweets. The resin is also used in chewing gum and breath fresheners.



21. SWEDISH WHITEBEAM *(Sorbus intermedia)*
Native to Scandinavia, USSR and Germany, this tree has long been cultivated in Britain and has become naturalised in places, probably from bird-dispersed seeds. It can grow to a height of 12 metres and is tolerant of maritime exposure and atmospheric pollution. It produces a fruit that can be eaten raw or cooked and has a mild though slightly bitter flavour.



22. BRILLIANT SYCAMORE
(Acer pseudoplatanus 'Brilliantissimum'*)*
A variety of the common Sycamore, this is a small dense tree that gives striking pink leaves that eventually turn green. It originated in a nursery here in Britain in 1905 and was bred to be a miniature ornamental tree and typically grows up to 4 metres in 20 years.



23. SCOT'S PINE *(Pinus sylvestris)*
An evergreen tree that grows to heights of up to 25 metres, its natural occurrence is now confined to the remnants of the once large Caledonian forest in central and eastern Scotland. One of the stronger soft woods, it is used to construct joists, window frames, chipboard, railway sleepers and telegraph poles. The fresh green needles can be pulped to make pine needle tea or used as an addition to bath water to alleviate skin abrasions, circulatory disorders and fatigue. In times of famine, people of Norway would grind the inner bark, mix it with oats and make it into thin cakes. Pine trees symbolise 'Vitality' and are associated with the planet Mars.



24. ORIENTAL THUJA *(Platycladus orientalis)*
Typically reaching 2 metres in height, this conifer's distinguishing characteristics are that the foliage is the same colour on both sides and is more or less scentless and the cones have prominently hooked horn-like projections. Commonly used in Chinese herbalism, both the leaves and the seeds contain an essential oil. The leaves are antibacterial and their use is said to improve the growth of hair and to treat asthma, mumps and premature baldness. The seed acts as a sedative and can be used in the treatment of palpitations, insomnia and nervous disorders and the wood can be used for cabinet making. It is very rare in collections and large gardens but frequent in villages and towns, churchyards and parks and this is quite possibly the only specimen in Nottingham. The thuja symbolises 'Heaven's calling' and is associated with the Sun.

Compiled by Steve Clarke, Steve Doughty and Graham Piearce.

Is your park litter-strewn or litter free?
Brilliant or Boring?
What would make it better?

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