

Plants as Food and Medicine

Start date 5th November 2017 **Time** 10:00 – 16:45

Venue Madingley Hall
Madingley
Cambridge

Tutor Dr Patrick Harding **Course code** 1718NDX004

Director of Programmes

Emma Jennings

For further information on this course, please contact

Public Programme Coordinator, Clare Kerr
clare.kerr@ice.cam.ac.uk or 01223 746237

To book See: www.ice.cam.ac.uk or telephone 01223 746262

Tutor biography

Patrick Harding has taught a wide range of courses at Madingley for nearly 30 years. As with this course he likes to link science (in the form of natural history) and the arts (in the form of history and folklore). In a former life he taught plant ecology, genetics and evolution to undergraduates before organising a large science extra-mural programme for Sheffield University. Patrick's lectures are well illustrated and often backed up with handouts plus a little humour; education can be fun. He has considerable media experience; both television and radio and has written eight books including one on the medicinal use of plants.

Course programme

09:30	Terrace bar open for pre-course tea/coffee
10:00 – 11:15	Session 1 From cereals to potatoes along with sources of sugar, tea and coffee – the importance of plants in our diet.
11:15	Coffee
11:45 – 13:00	Session 2 Foraging for wild plants as food. From soups to main courses and salads, delicious fruits and home-made hot and cold beverages.
13:00	Lunch
14:00 – 15:15	Session 3 A history of the use of plants in medicine.
15:15	Tea
15:30 – 16:45	Session 4 Examples of plants containing alkaloids, essential oils, mucilages and tannins and their medicinal properties plus a visit to the medicinal plant border in the gardens at Madingley.
16.45	Day-school ends

Course syllabus

Aims:

The course aims to examine the importance of plants as providers of staple foods and drinks.

The course will help students to get to grips with the identification of some common plant species that can be safely eaten or made into drinks.

The course will show how chemicals in plants have been and still are used as medicines to alleviate symptoms in a range of common illnesses.

Content:

During the first session we will look at how important plant food crops evolved, with special reference to the cereals and potato along with tea, coffee and chocolate. In the second session we will examine a number of common wild plants that can provide soup, salad, fruit and the basis for making herbal teas, coffee substitutes and some interesting wines. After lunch we will see how plants have formed the basis for medicines for at least 60,000 years. In the final session we will see how certain plant chemicals act in the body and so have medicinal properties. We will also examine the interesting medicinal plant border which is situated in the walled garden here at Madingley.

Presentation of the course:

Most of the sessions will include illustrated lectures backed up by handouts and specimens where appropriate. There will be time for questions and discussion. The excursion into the grounds to look at medicinal plants will be a more hands on session.

As a result of the course, within the constraints of the time available, students should be able to:

1. Evaluate the importance of plants as providers of food and drink.
2. Understand from both historical and modern chemical evidence how plants have played a role in medicine.

Reading and resources list

Listed below are a number of texts that might be of interest for future reference, but do not need to be bought (or consulted) for the course.

Author	Title	Publisher and date
Harding, P	Patrick's Florilegium	Hallamshire Press 2000
Griggs,B	Green Pharmacy	Jill Norman & Hobhouse 1981
Mabey,R	Food for Free	HarperCollins 2001 new edition
Mysgrave,T&W	An Empire of Plants	Cassell & Co 2000

Additional information

Venue

Details of how to find Madingley Hall can be found on our website:
<http://www.ice.cam.ac.uk/who-we-are/how-to-find-the-institute>

Refreshments

Tea and coffee and lunch will be provided. If you have any specific dietary requirements or allergies and have not already advised us, please inform our Admissions Team on ice.admissions@ice.cam.ac.uk or +44 (0)1223 746262.

Students are encouraged to bring specimens of higher fungi (mushrooms and toadstools) to the class to add to those collected by the tutor. Note that once picked they keep better in the fridge!

Note Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

Information correct as of: 14 July 2017

