

The Anthousai Trail

*Follow the trail of the Anthousia Nymphs
and discover the history of the plants.*

The Anthousai Trail of



apollonia
resort & spa

a member of cyan group of hotels

The Anthousai (Ancient Greek: Ανθούσαι from ἄνθος ánthos, meaning "flower, blossom") are nymphs of flowers in Greek mythology. They were described as having hair that resembled hyacinth flowers. Chloris the nymph is an example of a flower nymph.

In 1977 a typical Cretan hotel with a unique architecture and a specious garden was built on the long and sandy beach of Amoudara on the north coast of Crete.

Decades later the garden of Apollonia Beach Resort & Spa is one of the most beautiful hotel gardens of Crete with a rich vegetation.

For years the management of the hotel takes great efforts to conserve the nature and taking an impact on the protection of the environment.

By several environmental actions throughout the year we dedicate our efforts to set a sign against deforestation as it is our responsibility to protect our nature for future generations.

Follow the trail of the Anthousia Nymphs and discover the history of the plants.

List of *The Anthousai Trail* plants

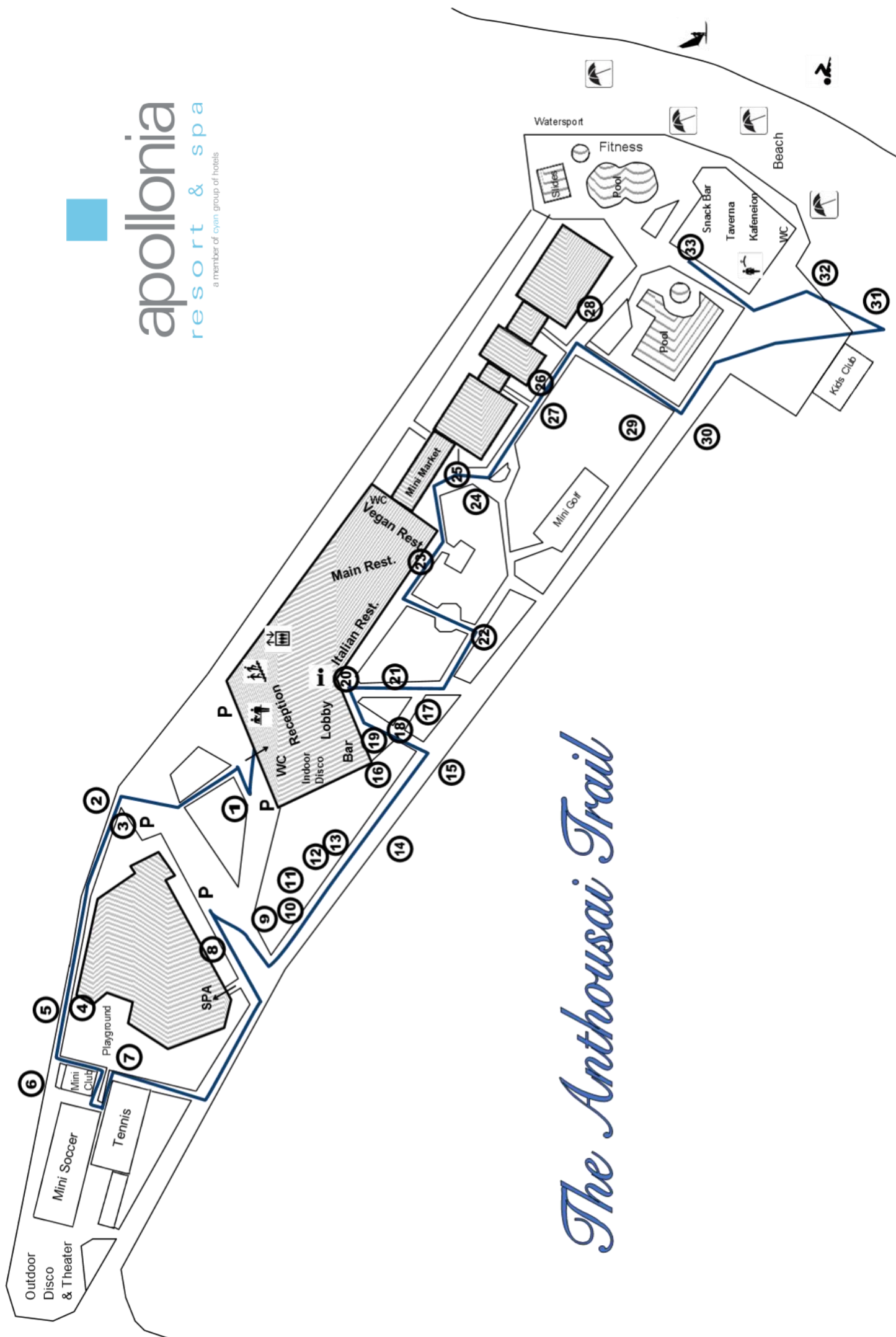
No.	Botanic name	English	Ελληνικά	HE	HI	MY	EN
1	<i>Citrus × aurantium L.</i>	Bitter orange	Νεραντζιά		HI		
2	<i>Ceratonia siliqua</i>	Carob	Χαρουπιά		HI		
3	<i>Olea europaea</i>	Olive tree	Ελιά		HI	MY	
4	<i>Musa</i>	Musa	Μπανανιά		HI	MY	
5	<i>Ficus carica</i>	Fig tree	Συκιά		HI		EN
6	<i>Quercus ilex</i>	Evergreen oak	Ιλεξ		HI		
7	<i>Citrus limon (L.) Osbeck</i>	Lemon	Λεμονιά		HI		
8	<i>Populus</i>	Populus	Λεύκα	HE			
9	<i>Eucalyptus</i>	Eucalyptus	Ευκάλυπτος				EN
10	<i>Mangifera indica</i>	Mango	Μάνγκο		HI		
11	<i>Cocos nucifera</i>	Coconut tree	Κοκοφοίνικας		HI		
12	<i>Ficus benjamina</i>	Weeping fig	Μπενζαμίνη	HE			
13	<i>Opuntia</i>	Prickly pear	Φραγκοσυκιά		HI		
14	<i>Eucalyptus</i>	Eucalyptus	Ευκάλυπτος				EN
15	<i>Washingtonia robusta</i>	Mexican fan palm	Φοίνικας Ουάσιγκτον	HE	HI		
16	<i>Pinus brutia</i>	Turkish pine	Τραχεία πεύκη	HE			
17	<i>Punica granatum</i>	Pomegranate	Ροδιά	HE	HI	MY	
18	<i>Brachychiton populneus</i>	Kurrajong	Βραχυχίτων ο Ετερόφυλλος	HE			
19	<i>Laurus nobilis</i>	Bay laurel	Δάφνη	HE	HI	MY	
20	<i>Ficus elastica</i>	Rubber fig	Φίκος ο ελαστικός				EN
21	<i>Morus</i>	Mulberries	Μουριά	HE	HI		
22	<i>Phoenix theophrasti</i>	Cretan date palm	Φοίνικας του Θεόφραστου	HE			
23	<i>Schefflera</i>	Schefflera	Σεφλέρα				EN
24	<i>Acacia saligna</i>	Coojong	Κυανόφυλλη Ακακία		HI		EN
25	<i>Citrus reticulata</i>	Mandarine	Μανταρινιά		HI		
26	<i>Citrus sinensis</i>	Orange tree	Πορτοκαλιά		HI		
27	<i>Phoenix canariensis</i>	Phoenix canariensis	Κανάριος φοίνικας	HE			
28	<i>Araucaria heterophylla</i>	Norfolk Island pine	Αροκάρια				EN
29	<i>Juniperus communis</i>	Gemeiner Wacholder	Αγριοκυπαρίσσι	HE			
30	<i>Yucca filamentosa</i>	Adam's needle and thread	Φοίνικας Γιούκα	HE			
31	<i>Pancratium maritimum</i>	Sea daffodil	Κρίνος της θάλασσας		HI		EN
32	<i>Tamarix</i>	Salt cedar	Αλμυρίκι	HE			
33	<i>Carissa macrocarpa</i>	Natal plum	Καρίσσα		HI		

Heritage
Environment
Historical
Mythology



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The Anthousai Trail

Heritage (HE):

The management defines trees as heritage plant existing since billions of years or mentioned in the bible.

Historic (HI):

plants used as agricultural crop since centuries or millenniums

Mythology (MY):

plants playing a role in Greek mythology

Environmental (EN):

plants important to the protection of the environment



Historical

NEPANTZIA
BITTER ORANGE
BIGARADIER

1

Citrus x aurantium L.



Bitter orange, Seville orange, sour orange, bigarade orange, or marmalade orange refers to a citrus tree (*Citrus × aurantium*) and its fruit. It is native to southeast Asia and has been spread by humans to many parts of the world. Wild trees are found near small streams in generally secluded and wooded parts of Florida and The Bahamas after it was introduced to the area from Spain, where it had been introduced and cultivated heavily beginning in the 10th century by the Moors. The bitter orange is believed to be a cross between the Pomelo, *Citrus maxima*, and the Mandarin orange, *Citrus reticulata*.¹



Historical

ΧΑΡΟΥΠΙΑ
CAROB TREE
JOHANNISBROTBAUM
CAROUBIER

2

Ceratonia siliqua



The **carob** (*Ceratonia siliqua*) is a flowering evergreen tree or shrub in the legume family, Fabaceae. It is widely cultivated for its edible pods, and as an ornamental tree in gardens and landscapes. The carob tree is native to the Mediterranean region and the Middle East.

The word "carob" comes from Middle French carobe (modern French caroube), which borrowed it from Arabic خَرْوْب (kharrūb, "locust bean pod"), ultimately perhaps from Akkadian language kharubu or Aramaic kharubha, related to Hebrew harubh. *Ceratonia siliqua*, the scientific name of the carob tree, derives from the Greek kerátion κεράτιον 'fruit of the carob (from keras κέρας 'horn'), and Latin siliqua 'pod, carob'.¹



Historical

ΕΛΙΑ

OLIVE

OLIVENBAUM

3

Olea europaea



The **olive**, known by the botanical name ***Olea europaea***, meaning "European olive", is a species of small tree in the family Oleaceae, found in the Mediterranean Basin from Portugal to the Levant, the Arabian Peninsula, and southern Asia as far east as China, as well as the Canary Islands and Réunion. The species is cultivated in many places and considered naturalized in all the countries of the Mediterranean coast, as well as in Argentina, Saudi Arabia, Java, Norfolk Island, California, and Bermuda. *Olea europaea* is the type species for the genus *Olea*. Fossil evidence indicates the olive tree had its origins some 20–40 million years ago in the Oligocene, in what is now corresponding to Italy and the eastern Mediterranean Basin. The olive plant was first cultivated some 7,000 years ago in Mediterranean regions.¹



Historical

ΜΠΑΝΑΝΙΑ

BANANA

BANANE

4

Musa



A **banana** is an edible fruit – botanically a berry – produced by several kinds of large herbaceous flowering plants in the genus *Musa*. *Musa* species are native to tropical Indomalaya and Australia, and are likely to have been first domesticated in Papua New Guinea. They are grown in 135 countries.

The earliest domestication of bananas (*Musa* spp.) were initially from naturally occurring parthenocarpic (seedless) individuals of *Musa acuminata banksii* in New Guinea. These were cultivated by Papuans before the arrival of Austronesian-speakers. Numerous phytoliths of bananas have been recovered from the Kuk Swamp archaeological site and dated to around 10,000 to 6,500 BP. The word banana is thought to be of West African origin, possibly from the Wolof word banaana, and passed into English via Spanish or Portuguese.¹



Mythology

ΣΥΚΑ

COMMON FIG

ECHTE FEIGE

5

Ficus carica



Ficus carica is an Asian species of flowering plant in the mulberry family, known as the common fig (or just the fig). Native to the Middle East and western Asia, it has been sought out and cultivated since ancient times and is now widely grown throughout the world, both for its fruit and as an ornamental plant. In Greek mythology, the god Apollo sends a crow to collect water from a stream for him. The crow sees a fig tree and waits for the figs to ripen, tempted by the fruit. He knows that he is late and that his tardiness will be punished, so he gets a snake from the stream and collects the water. He presents Apollo with the water and uses the snake as an excuse. Apollo sees through the crow's lie and throws the crow, goblet, and snake into the sky where they form the constellations Hydra, Crater, and Corvus. ¹



Historical

ΙΑΕΞ

EVERGREEN OAK

STEINEICHE

CHÊNE VERT

6

Quercus ilex



Live oak or **evergreen oak** is any of a number of oaks in several different sections of the genus *Quercus* that share the characteristic of evergreen foliage

The name live oak comes from the fact that evergreen oaks remain green and "live" throughout winter, when other oaks are dormant and leafless. Evergreen oak species are also common in parts of southern Europe and south Asia, and are included in this list for the sake of completeness. ¹

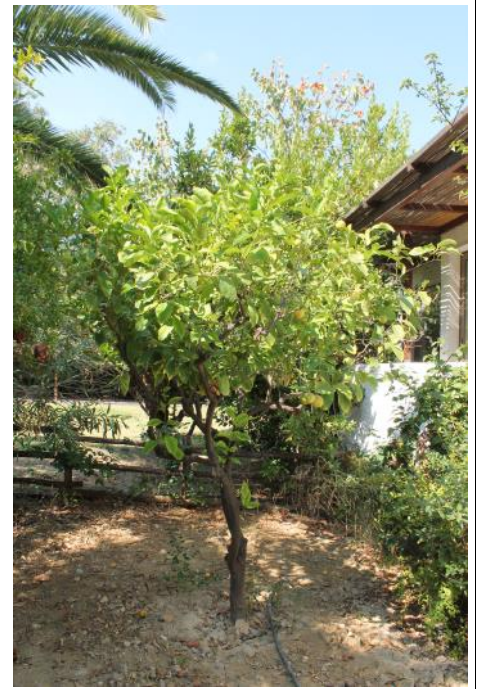


Historical

ΛΕΜΟΝΙΑ
LEMON
ZITRONE

7

Citrus x limon



The **lemon**, *Citrus limon* (L.) Osbeck, is a species of small evergreen tree in the flowering plant family Rutaceae, native to South Asia, primarily North eastern India.

The origin of the lemon is unknown, though lemons are thought to have first grown in Assam (a region in north-east India), northern Burma or China. A genomic study of the lemon indicated it was a hybrid between bitter orange (sour orange) and citron.¹

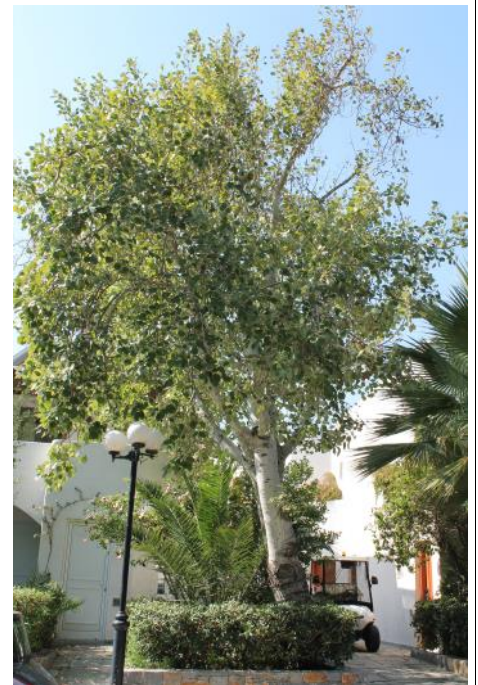


Heritage

ΛΕΥΚΑ
POPOULUS
PAPPEL
PEUPLIER

8

Populus



Populus is a genus of 25–30 species of deciduous flowering plants in the family Salicaceae, native to most of the Northern Hemisphere. English names variously applied to different species include poplar /'pɒp.lər/, aspen, and cottonwood.

The genus is represented by their fossil leaves very often. The oldest finds date from the late Paleocene of North America and are about 58 million years old. They can be assigned to the section *Abaso*. In the late Eocene fossils of the section *Leucoides* appeared for the first time, as well as the first fossils in Eurasia.¹



Environment

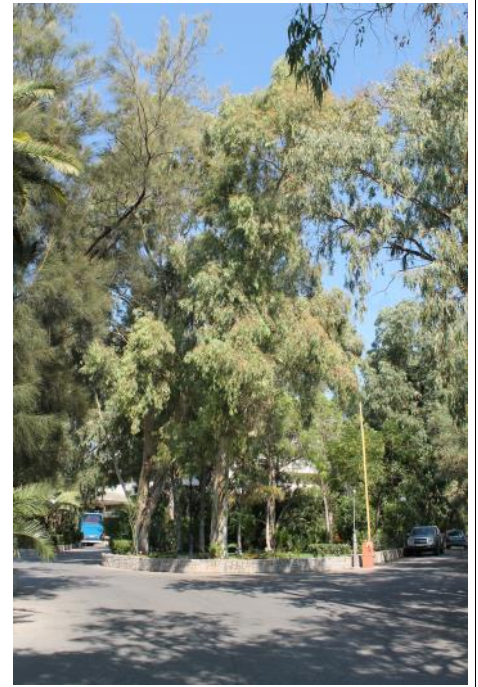
ΕΥΚΑΛΥΠΤΟΣ

EUCALYTUS

EUKALYPTUS

9

Eucalyptus Chapmaniana



Eucalyptus chapmaniana, commonly known as the Bogong gum, is a species of small to medium-sized tree endemic to montane and eastern Australia. It has rough, fibrous and fissured bark on most of the trunk and smooth light brown to grey bark often shed in long ribbons on the branches.¹



Historical

ΜΑΝΓΚΟ

MANGO

MANGUIER

10

Mangifera indica



Mangifera indica, commonly known as mango, is a species of flowering plant in the sumac and poison ivy family Anacardiaceae. It is native to the Indian subcontinent where it is indigenous.

The species domestication is attributed to India around 2000 BCE. Mango was brought to East Asia around 400–500 BCE, in the 15th century to the Philippines, and in the 16th century to Africa and Brazil by Portuguese explorers. The species was assessed and first named in botanical nomenclature by Linnaeus in 1753. Mango is the national fruit of India, Pakistan and the Philippines and the national tree of Bangladesh.¹

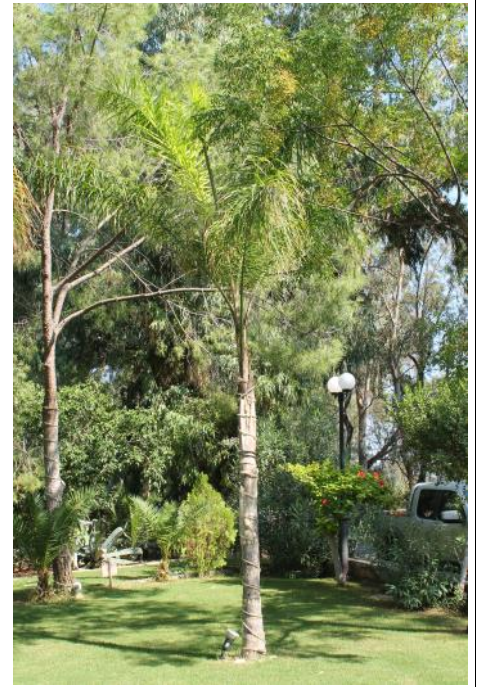


Heritage

ΚΟΚΟΦΟΙΝΙΚΑΣ
COCONUT TREE
KOKOSPALME

11

Cocos nucifera



The **coconut tree** (*Cocos nucifera*) is a member of the palm tree family (Arecaceae) and the only known living species of the genus *Cocos*. The term "coconut" (or the archaic "cocoanut") can refer to the whole coconut palm, the seed, or the fruit, which botanically is a drupe, not a nut. The term is derived from the 16th-century Portuguese and Spanish word *coco*, meaning 'head' or 'skull' after the three indentations on the coconut shell that resemble facial features. The evolutionary history and fossil distribution of *Cocos nucifera* and other members of the tribe Cocoseae is more ambiguous than modern-day dispersal and distribution, with its ultimate origin and pre-human dispersal still unclear. There are currently two major viewpoints on the origins of the genus *Cocos*, one in the Indo-Pacific, and another in South America. The vast majority of *Cocos*-like fossils have been recovered generally from only two regions in the world: New Zealand and west-central India. ¹

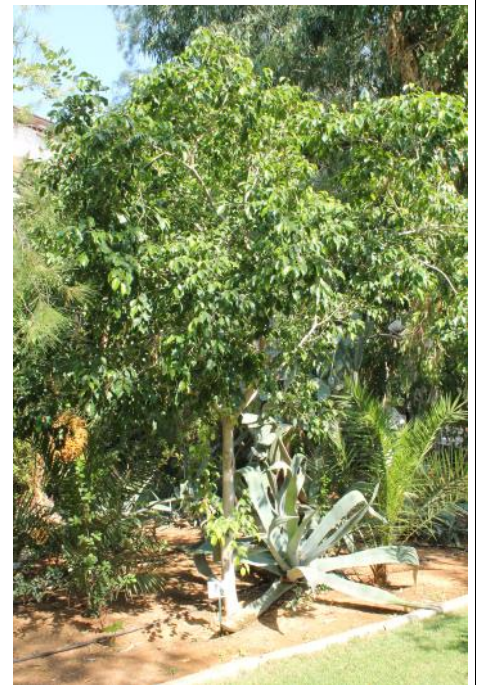


Heritage

ΦΙΚΟΣ BENIAMIN
WEeping FIG
BIRKENFEIGE
FICUS BENJAMINE

12

Ficus benjamina



Ficus benjamina, commonly known as **weeping fig**, **benjamin fig** or **figus tree**, and often sold in stores as just **figus**, is a species of flowering plant in the family Moraceae, native to Asia and Australia.

Ficus benjamina grows along a wide band extending from Portugal to Afghanistan, as well as in South-West Asia, Africa, South America and Australia. The plant is a member of the Mulberry family, and has been growing on Earth for a very long time: fossil remains have been found dating back 30 million years. ¹



Historical

ΦΡΑΓΚΟΣΥΚΙΑ

INDIAN FIG

FEIGENKAKTUS

FIGUIER DE BARBARIE

13

Opuntia ficus



Opuntia ficus-indica (prickly pear) is a species of cactus that has long been a domesticated crop plant grown in agricultural economies throughout arid and semiarid parts of the world. Likely having originated in Mexico, *O. ficus-indica* is the most widespread and most commercially important cactus.¹

DNA analysis indicated *O. ficus-indica* was domesticated from *Opuntia* species native to central Mexico. The Codex Mendoza, and other early sources, show *Opuntia* cladodes, as well as cochineal dye (which needs cultivated *Opuntia*), in Aztec tribute rolls. The plant spread to many parts of the Americas in pre-Columbian times, and since Columbus, has spread to many parts of the world, especially the Mediterranean, where it has become naturalized.⁷



Environment

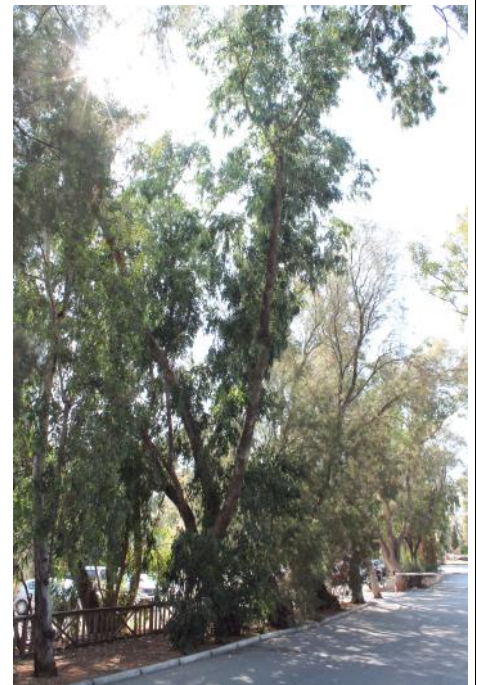
ΕΥΚΑΛΥΠΤΟΣ

EUCALYTUS

EUKALYPTUS

14

Eucalyptus agglomerata



Eucalyptus agglomerata, commonly known as **blue-leaved stringybark**, is a tree endemic to eastern Australia. It has persistent, stringy bark, green or greyish leaves with a bluish sheen, flower buds in groups of eleven to fifteen, white to cream-coloured flowers and crowded, flattened hemispherical fruit.

Blue-leaved stringybark is a koala food tree. It is not often seen in cultivation but has potential as a windbreak or shelter tree.¹



Historical

MEXICAN FAN PALM

MEXIKANISCHE WASHINGTONPALME

PALMIER ÉVANTAIL DU MEXIQUE

15

Washingtonia robusta



Washingtonia robusta, the **Mexican fan palm** or **Mexican washingtonia**, is a palm tree native to western Sonora, and Baja California Sur in northwestern Mexico. ¹



Heritage

ΤΡΑΧΕΙΑ ΠΕΥΚΗ

TURKISH PINE

KALIBRISCHE KIEFER

PIN DE CALABRE

16

Pinus brutia



Pinus brutia, the **Turkish pine**, is a pine native to the eastern Mediterranean region. The bulk of its range is in Turkey, but it also extends to southeastern-most Bulgaria, the East Aegean Islands of Aegean Sea, Crete, the Crimea, Iran, Georgia, Azerbaijan, northern Iraq, western Syria, Israel, north-west Jordan, Lebanon, and Cyprus. ¹

Known as "pitys" to the ancient Greeks, this is the most important forest tree in the north-eastern Mediterranean area. *Pinus brutia* was planted outside its native range in Greece from early times for this harvest. ³



Mythology

ΡΟΔΙΑ

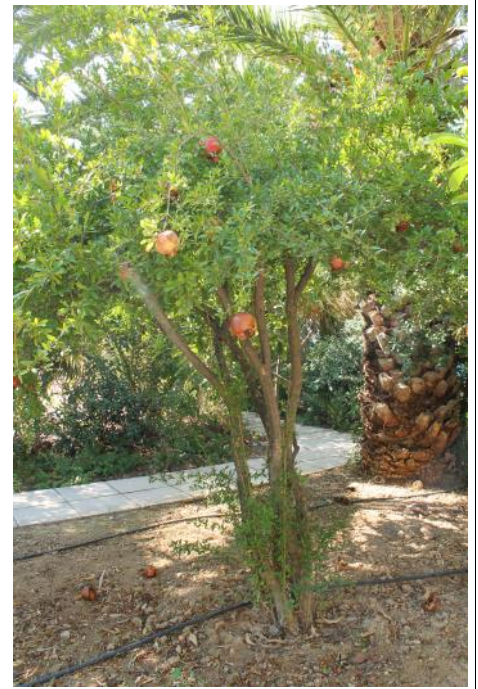
POMEGRANATE

GRANATAPFEL

GRENADIER COMMUN

17

Punica granatum



The **pomegranate** (*Punica granatum*) originated in the region extending from modern-day Iran to northern India, and has been cultivated since ancient times throughout the Mediterranean region. It was introduced into Spanish America in the late 16th century and into California by Spanish settlers in 1769.

In Ancient Greek mythology, the pomegranate was known as the "fruit of the dead", and believed to have sprung from the blood of Adonis. In modern times, the pomegranate still holds strong symbolic meanings for the Greeks. When one buys a new home, it is conventional for a house guest to bring as a first gift a pomegranate, which is placed under/near the *ikonostasi* (home altar) of the house, as a symbol of abundance, fertility, and good luck. When Greeks commemorate their dead, they make kollyva as offerings, which consist of boiled wheat, mixed with sugar and decorated with pomegranate.¹



Heritage

KURRAJONG BOTTLE TREE

KURRAJONG FLASCHENBAUM

KURRAJONG

18

Brachychiton populneus



Brachychiton (**kurrajong**, **bottletree**) is a genus of 31 species of trees and large shrubs, native to Australia (the centre of diversity, with 30 species), and New Guinea (one species). Fossils from New South Wales and New Zealand are estimated to be 50 million years old, corresponding to the Paleogene.¹



Mythology

ΔΑΦΝΗ

BAY LAUREL

LORBEER

LAURIER

19

Laurus nobilis



Laurus nobilis is native to the Mediterranean region and is used as bay leaf for seasoning in cooking. Its common names include **bay tree** (esp. United Kingdom), **bay laurel**, **sweet bay**, **true laurel**, **Grecian laurel**, or simply **laurel**.

In ancient Greece, the plant was called daphne, after the mythic mountain nymph of the same name.¹



Environment

ΦΙΚΟΣ ΝΑΥΠΛΙΟΥ

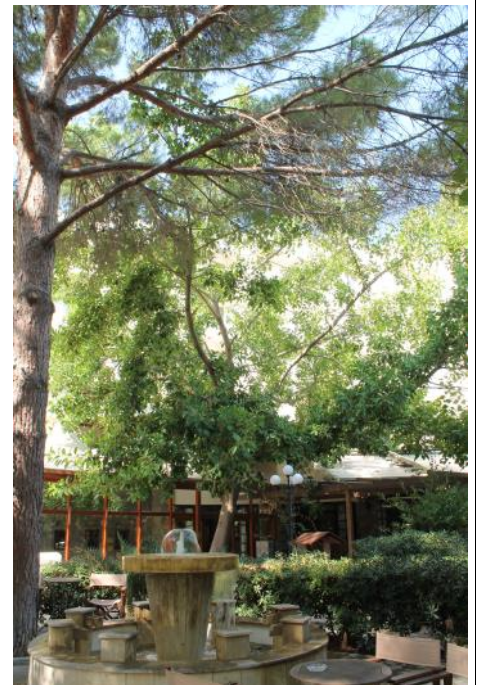
RUBBER FIG

GUMMIBAUM

CAOUTCHOUC

20

Ficus elastica



Ficus elastica, the **rubber fig**, **rubber bush**, **rubber tree**, **rubber plant**, or **Indian rubber bush**, **Indian rubber tree**, is a species of plant in the fig genus, native to eastern parts of South Asia and southeast Asia.¹



Historical

MOYPIA
MULBERRIES
MAULBEERE
MURIER

21

Morus



Black, red, and white **mulberries** are widespread in Southern Europe, the Middle East, northern Africa, and the Indian sub-continent, where the tree and the fruit have names under regional dialects.

Fossils of *Morus* are reported from the Pliocene of the Netherlands.¹



Heritage

ΦΟΙΝΙΚΑΣ ΤΟΥ ΘΕΟΦΡΑΣΤΟΥ
CRETAN DATE PALM
KRETISCHE DATTELPALME
PALMIER DE THÉOPHRASTE

22

Phoenix theophrasti



The **Cretan Date Palm** (*Phoenix theophrasti*) is a palm species found in a few locations on Crete and on the southwest coast of Turkey. The Cretan date palm was known since antiquity. Theophrastos of Eresos and Pliny the Elder have described them. Greuter therefore named her after the Greek naturalist.

A large number of fossil woods with anatomical features resembling the genus *Phoenix* have been excavated from Deccan Intertrappean formation in India of Maastrichtian-Danian age (65-67 my). Discovery of biocompounds from the fossil woods have affinity with the biocompounds known from modern *Phoenix* species. A *Phoenix* seed from the latest Paleocene has been excavated from the Petit Pâtis quarry in Rivecourt, France.¹



Environment

ΣΕΦΛΕΡΑ
SHEFFLERA
STRAHLENARALIE
SCHEFFLÉRA

23

Araliaceae



Schefflera arboricola is a flowering plant in the family Araliaceae, native to Taiwan as well as Hainan. Its common name is **dwarf umbrella tree**, as it appears to be a smaller version of the umbrella tree, *Schefflera actinophylla*.¹

Schefflera are sturdy plants that last for a long time. These plants remove toxins like benzene, formaldehyde and toluene. They also remove toxins released into the surrounding air by cigarettes.⁴



Environment

AKAKIA
COOJONG
WEIDENBLATT-AKAZIE
MIMOSA À FEUILLES DE SAULE

24

Acacia saligna



Acacia saligna, commonly known by various names including **coojong**, **golden wreath wattle**, **orange wattle**, **blue-leaved wattle**, **Western Australian golden wattle**, and, in Africa, **Port Jackson willow**, is a small tree in the family Fabaceae and native to Australia.

The willow leaf acacia lives symbiotically with nodule bacteria (Rhizobiaceae) and can thus bind nitrogen from the air.¹



Historical

MANTAPINIA
MANDARINE
MANDARINIER

25

Citrus reticulata



The **mandarin orange** (*Citrus reticulata*), also known as the **mandarin** or **mandarine**, was one of the original citrus species; through breeding or natural hybridization, it is the ancestor of many hybrid citrus cultivars. With the citron and pomelo, it is the ancestor of the most commercially important hybrids (such as sweet and sour oranges, grapefruit, and many lemons and limes).

The plants have been cultivated in China for several thousand years, the first safe mention dates from the 12th century BC. From the region of origin, the mandarin spread over Southeast Asia and India. Around the 1st millennium AD, the mandarin was already cultivated in many southern prefectures of Japan.¹

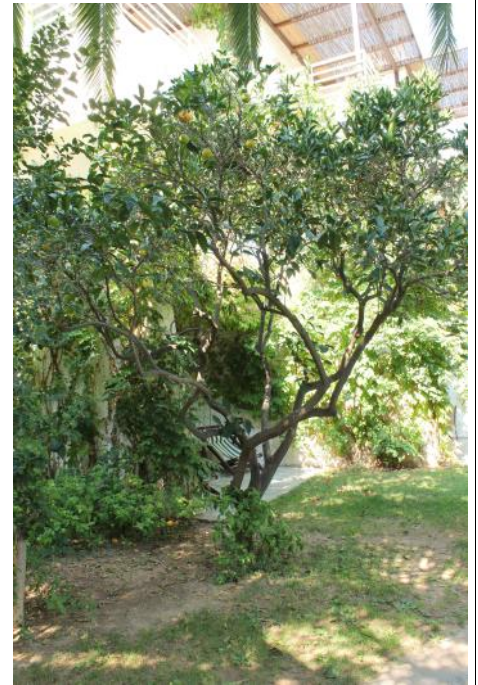


Historical

ΠΟΡΤΟΚΑΛΙΑ
ORANGE TREE
ORANGE
ORANGIER

26

Citrus sinensis



Citrus × sinensis, also known as the **Citrus aurantium (Sweet Orange Group)** originated in Ancient China and the earliest mention of the sweet orange was in Chinese literature in 314 BC.¹

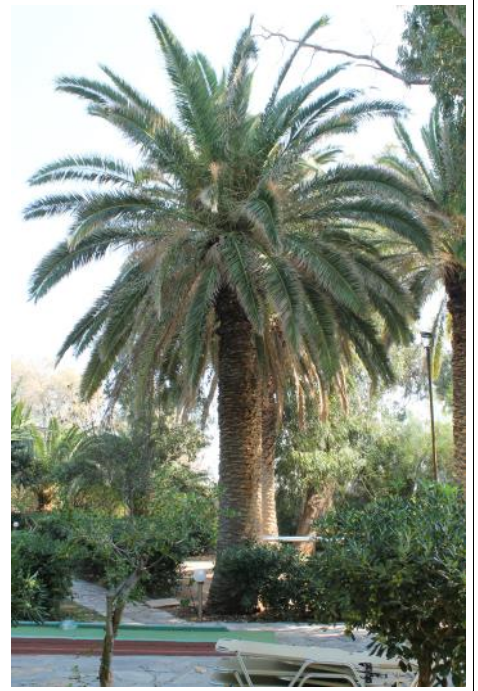


Heritage

ΚΑΝΑΡΙΟΣ ΦΟΙΝΙΚΑΣ
CANARIAN DATE PALM
KANARISCHE DATTELPALME
PALMIER DES CANARIES

27

Phoenix canariensis



The Canary Island Date Palm (*Phoenix canariensis*) is a species of the genus Date Palms (*Phoenix*) of the family Palm Family (Arecaceae). It is the natural symbol of the Canary Islands. The Canary Island Date Palm is endemic to the Canary Islands and introduced to Madeira, the Azores and Cape Verde Islands. In the Canary Islands, especially on La Gomera, the palm-rich island of the Canary, palm-honey has been extracted from the date palm since the 16th century.

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Environment

ΑΠΟΚΑΡΙΑ
NORFOLK ISLAND PALM
NORFOLK-TANNE
PIN DE NORFOLK

28

Araucaria heterophylla



Araucaria heterophylla (synonym *A. excelsa*) is a vascular plant in the ancient and now disjointly distributed conifer family Araucariaceae. As its vernacular name **Norfolk Island pine** (or **Norfolk pine**) implies, the tree is endemic to Norfolk Island.¹



Heritage

ΑΓΡΙΟΚΥΠΑΡΙΣΣΙ
COMMON JUNIPER
GEMEINER WACHOLDER
COMMON JUNIPIER

29

Juniperus communis



Juniperus communis, the **common juniper**, is a species of conifer in the genus *Juniperus*, in the family Cupressaceae. It has the largest geographical range of any woody plant, with a circumpolar distribution throughout the cool temperate Northern Hemisphere from the Arctic south in mountains to around 30°N latitude in North America, Europe and Asia.

The species *Juniperus coahuilensis*, commonly known as **redberry juniper** is known to have been present during the Late Wisconsin Glacial Episode of the Last glacial period, in North American latitudes defined by fossils from the Waterman Mountains in present-day Arizona ¹



Environment

ΦΟΙΝΙΚΑ ΓΙΟΥΚΑ
ADAMS'S NEEDLE & THREAD
FÄDRIGE PALMLILIE
YUCCA FILAMENTEUX

30

Yucca filamentosa



Yucca filamentosa, **Adam's needle and thread**, is a species of flowering plant in the family Asparagaceae native to the southeastern United States.¹

First finds of a yucca plant are from the upper part of from the Pico Formation south of Newhall, southern California, and is of late Pliocene age (about 3 million years old).⁵



Historical

ΚΡΙΝΟΣ ΤΗΣ ΘΑΛΑΣΣΑΣ
SEA DAFFODIL
DÜNEN-TRICHTERNARZISSE
LIS MARITIME

31

Pancratium maritimum



Pancratium maritimum, or **sea daffodil**, is a species of bulbous plant native to the Canary Islands and both sides of the Mediterranean region and Black Sea from Portugal, Morocco and the Balearic Islands east to Turkey, Syria, Israel and the Caucasus. It is threatened with extinction.¹

P. maritimum has been known for at least 2,500 years in Greece and cultural aspects indicate that the plant ornamentation has played an important role in the early civilization.⁶

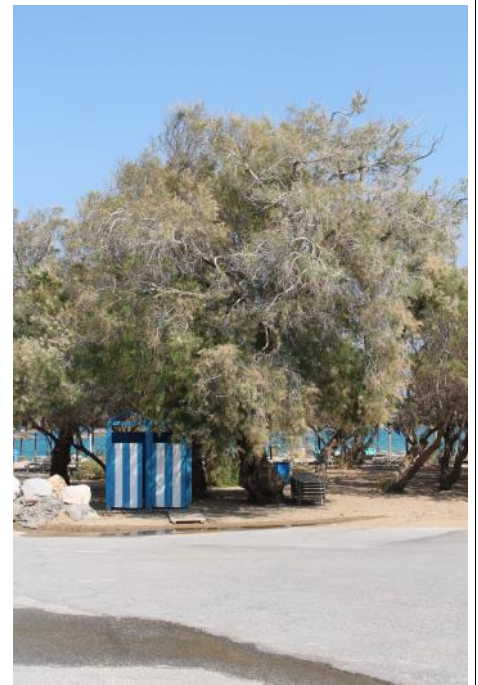


Heritage

ΑΛΜΥΠΙΚΙ
SALT CEDAR
TAMARISKEN
TAMARIS

32

Tamarix



The genus **Tamarix** (**tamarisk**, **salt cedar**) is native to drier areas of Eurasia and Africa.

The "tamarisk tree" is mentioned in several places in the Bible (Genesis 21:33, 1 Samuel 22: 6, 1 Samuel 31:13). In the Old Testament, Saul's bones are buried under a tamarisk tree in Jabesh.¹



Historical

ΚΑΡΙΣΣΑ

NATAL PUM

NATAL PFLAUME

PRUNIER DU NATAL



Carissa macrocarpa

33

Carissa macrocarpa is a shrub native to South Africa. It is commonly known as the **Natal plum** and, in South Africa, the **large num-num**. The berries of the Natal plum are edible. The fruit can be eaten out of hand or made into pies, jams, jellies, and sauces. Some claim that other than the fruit, the plant is poisonous.¹

Sources:

¹ www.wikipedia.org

² www.hamiplant.com/en/ficus-benjamina-is-the-houseplant-for-january/

³ www.conifersociety.org/conifers/pinus-brutia/

⁴ www.dengarden.com/gardening/Indoor-Plants-that-Help-to-Purify-Air-in-Your-Home-Naturally

⁵ www.rsquirespaleo.blogspot.com/2015/09/fossil-yucca-plant.html

⁶ www.pdf.semanticscholar.org/29d2/ee0ab98decca01682ae6b490751f37fe1bff.pdf

⁷ www.doc-developpement-durable.org/file/Arbres-Bois-de-Rapport-Reforestation/haies-defensives/Figuier%20de%20Barbarie/Opuntia-ficus-indica_Wikipedia-En.pdf

You will find a flyer with the tree list and a plan of the Anthoussai Trail
in front of the Guest Relations Office.

Eine Liste mit den Pflanzen und einen Plan des Pfades der Anthoussai
finden Sie vor dem Büro der Guest Relations.

Vous trouverez un dépliant avec la liste des arbres et un plan du chemin d' Anthoussai
devant le bureau des relations avec la clientèle.