

U3A Visit to Chelsea Physic Garden

We visited Chelsea Physic Gardens on the most glorious sunny day in June and had a wonderfully interesting tour given by our volunteer, Kate who told us all about the history of this oasis of green and calm established in 1673, just over 350 years ago.

Ever since then, Chelsea Physic Garden has been evolving with the world around it. Today, as a four-acre green space in the heart of London, the Garden contributes to the city's biodiversity and provides a place for people to connect with nature. Chelsea Physic Garden's plant collection is the only botanic garden collection focused entirely on medicinal, herbal and useful plants.

We walked around and were shown the plants & flowers that were divided into areas by country of origin, or by medical condition they treated, or by groups of similar plants and even one area of poisons.

The physic – when plants were used to treat illnesses all those years ago, is now home to over 4,500 medicinal, edible and useful plants and these even now are coming back into medical treatments today in reproduced and extracted formats.

The plants and flowers in bloom were all colours of the rainbow and it was difficult for us to eventually leave the gardens as we felt so relaxed in this hidden green gem of a working medical and research garden.

