



QBA

QUINTA DA BOUÇA D'ARQUES

## Nature Therapy

Disconnect with the World, reconnect with nature!

[WWW.BOUCADARQUES.COM](http://WWW.BOUCADARQUES.COM)



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# The History behind the QBA

Surrounded by an exuberant green and the deep tranquility, Quinta da Bouça d'Arques (QBA) presents all the typical characteristics of the most solid tradition of the Minho region: beautiful vineyards, gravel terraces yards protected by centennial trees and and a meticulously restored sunny house, which for 300 years bears the arms of the Abreu Teixeira family. But a closer look reveals other fascinating details.

Tired of the Minho mimetism, Ana and João Couto sought to give the Quinta a more creative approach and it was a successful risk. Using less traditional materials such as iron, glass and concrete, they gave life to a dream where contemporary good taste and comfort coexist in full harmony with tradition.

This Quinta is an experience in itself, emerging as a differentiating mark of the cultural heritage of the people of Minho.

***"NATURE IS THE ONLY BOOK THAT  
OFFERS VALUABLE CONTENT ON  
EVERY LEAF!"***

Johann Goethe







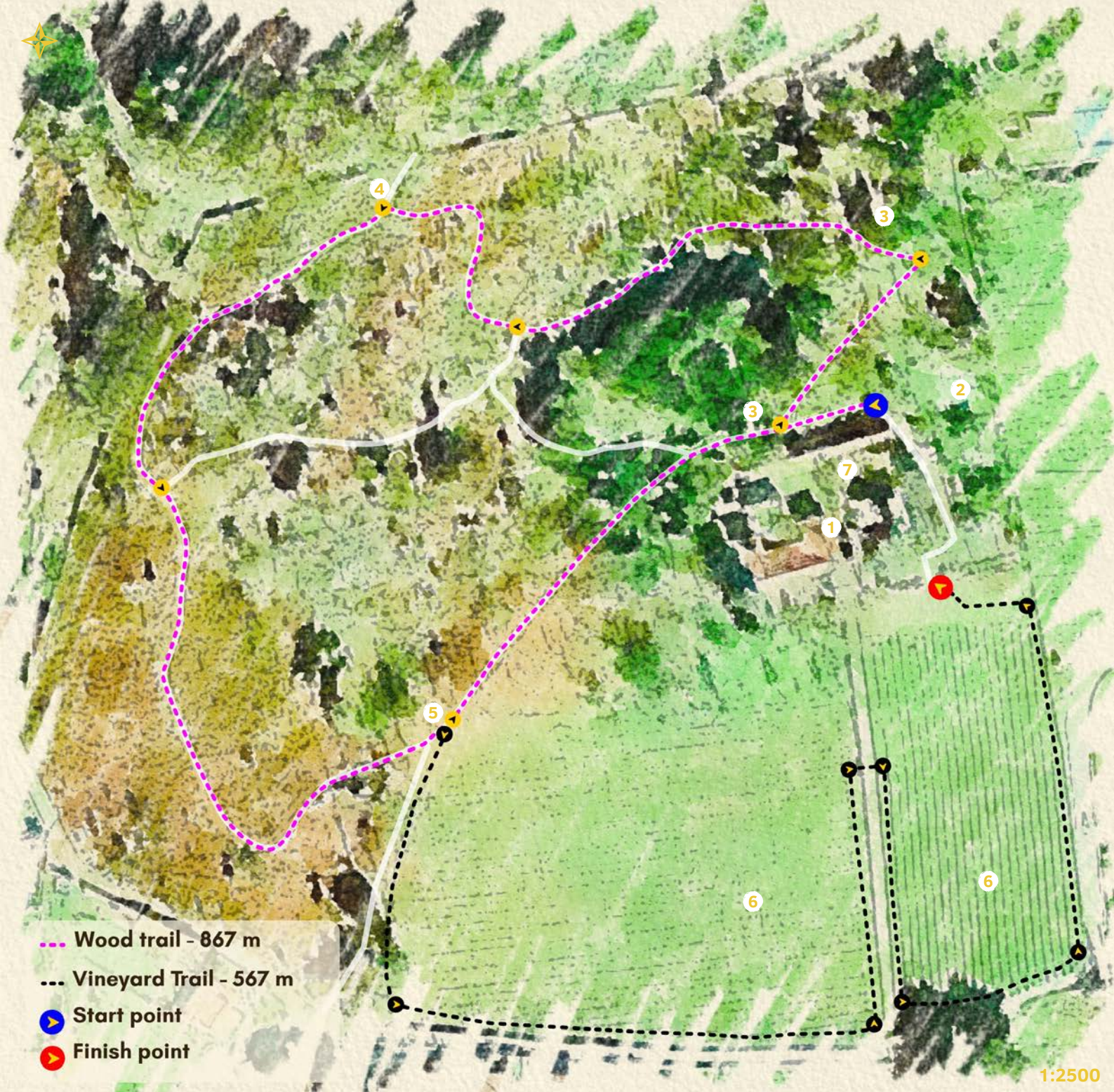
## Nature Therapy

In QBA we can immerse ourselves in an intense "forest bath" (Shinrin-Yoku in Japanese), this concept was introduced in Japan as a public health initiative in 1982, with the objective of minimizing the stress of the population, especially the working class.

We know that nowadays our professional life is more and more demanding, so slowing down, enjoying moments in contact with nature is more and more important. Having frequent contact with nature, works as a preventive medicine. Taking a "forest bath" reduces the production of cortisol, the main stress-causing hormone, lowers blood pressure, minimizes symptoms of anxiety, fatigue and irritation. Continuous contact with nature strengthens the immune system, a two-hour walk improves sleep by about 15%.

We invite you to explore our forest, gardens or vineyards at your own pace. Learn more about the local biodiversity and at the same time connect with nature. From the early hours to the night sky, we hope you enjoy every moment in harmony with nature, as if it were an "eco-therapy" session.





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Quinta da Bouça d'Arques offers you two walking trails.

The **Wood Trail** is an easy walk, with 900 meters, perfect to learn more about the local mountain flora, a mix of forest and native shrub area. The granite soil and half slope location, offers the ideal conditions to observe QBA biodiversity. The trail reaches an amazing viewpoint, from where you can contemplate the ocean.

With 600 meters and very easy difficulty, **The Vineyards Trail** is the perfect choice to learn more about the local Vinho Verde and for bird lovers. At QBA vineyards, "Loureiro" grape variety, is the predominant. Light-skinned variety, with primary aromas citrus fruits.



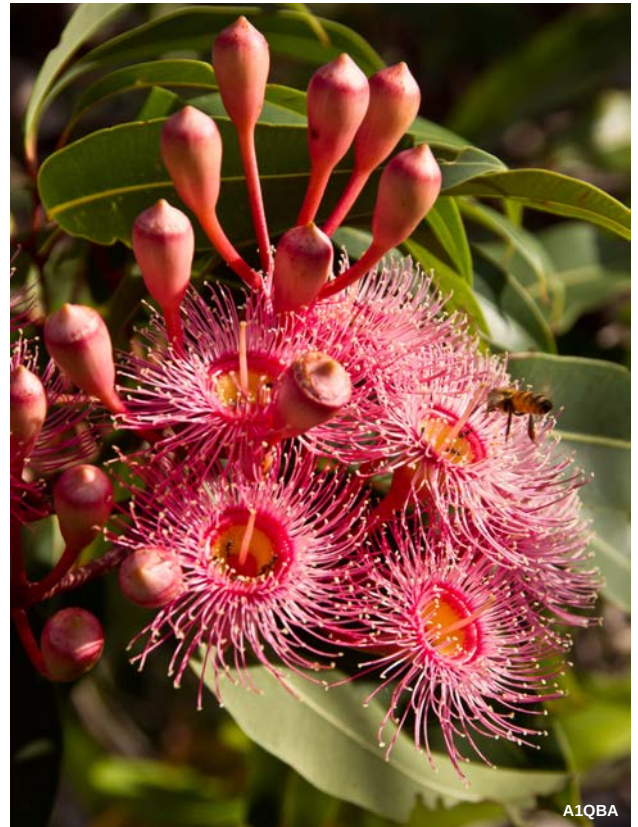
# Wood Trail

Plants & Trees

## Red-flowered Eucalyptus

*Corymbia ficifolia*

The red-flowered eucalyptus is a tree found on sandy soil slopes in native forests in a small region in Australia. It is one of the most beautiful eucalyptus trees grown for ornamental purposes in the world. The tree, attracts butterflies, bees and some birds. The flowers and leaves are used in floral arrangements. As you begin the Woods Trail, it is the first tree on the right that stands out the most for its peculiarity and beauty.



## Brazilian Pine Tree

*Araucária SP*

Introduced by King Fernando II, the Araucaria became widespread throughout the country. Its emblematic size and singular structure stands out and makes its presence felt in the woods of the QBA. This royal tree has become well established in Portuguese gardens. Species of the Araucaria genus are mostly native to the southern hemisphere, particularly South America, Australia and the islands of Melanesia. They are trees of conic shape, slow growth and great longevity, therefore ornamenting gardens for long years, 200 to 300 years.



## Fir tree

*Abies sp*

Fir, in general, have small, aromatic acículas (leaves), and produce abundant pollen during the breeding season, which can cause respiratory allergies in more sensitive individuals. They are used as a source of wood and from their leaves essential oils are extracted for aromatherapy and pharmacology. They are also highly appreciated for their decorative effect and used as protection against the wind.



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## Lawson's Cedar

*Chamaecyparis lawsoniana*

Known by the common names Oregon-Cedar or Lawson-Cedar, it is a tree of the cupressaceae family, widely used as an ornamental tree. It is a tree native to northwestern North America, southwestern Oregon, and extreme northwestern California, occurring from mean sea level to an elevation of 1500 m in mountain valleys, often accompanying streams.

It is characterized by its tall stature, reaching 50 to 70 m, with a pyramidal and frondose crown. Its wood is strong and durable.



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# Holly tree

*Ilex aquifolium*

holly is a very slow growing shrub, reaching as adult 4 to 6 meters in height. It can live 100 years or more.

The alternate, entire leaves have a short petiole and a 5 to 7 cm long, coriaceous limb, generally oval in shape with a wavy, spiny edge, sometimes smooth in older individuals. The leaves are a shiny dark green on top, lighter on the underside and have sharp spines, usually persisting for three years. The bark of the trunk is light gray and smooth. There are in the QBA also hollies with bicolor leaves, usually green and white or green and cream.



A5QBA

# Australia or Spike Acacia

*Acacia longifolia*

It is an Acacia species native to southeastern Australia, it is an invasive species. At QBA it has a welcoming environment, it is controlled in a certain area. The cylindrical flower spikes are 2 to 4.5 cm long, packed with light to bright yellow colored flowers. After flowering, seed pods are formed, finely coriaceous, firm as paper, straight, strongly twisted and raised, contracted between each of the seeds. The pods are usually 4 to 15 cm long and 2 to 6 mm thick, fairly brittle when dry.



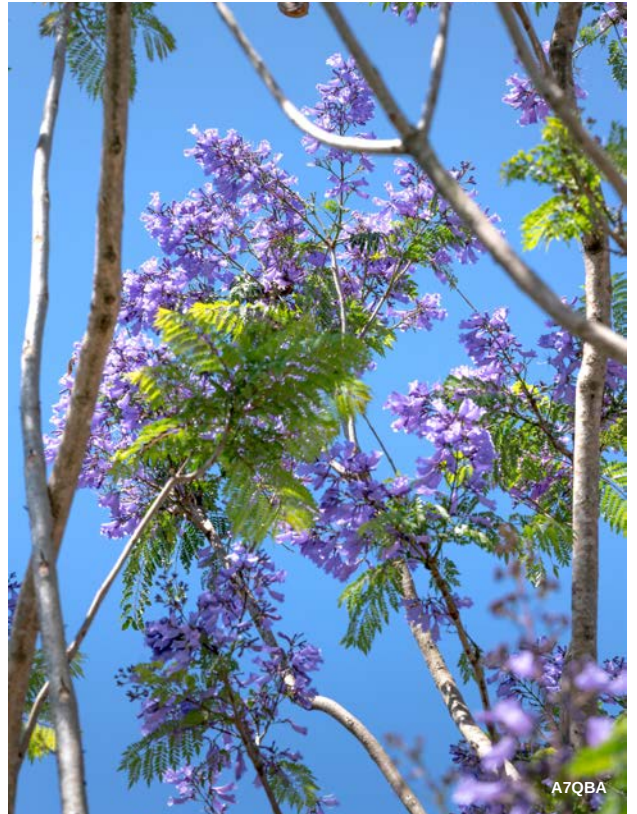
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## Jacaranda tree

*Jacaranda mimosifolia*

The tree is of South American origin, what most calls the attention of this tree is the pink wood, its mauve crown, which blooms in spring. When temperatures drop, it becomes a deciduous tree as a defense mechanism against the cold. Its beautiful blooming occurs in the spring. When the time comes, the crown is covered with several sets of tubular flowers. For this reason it is one of the most desired trees when it comes to garden decoration.



## Japan walnut or Ginkgo

*Ginkgo biloba*

It is a tree of Chinese origin considered a living fossil, there is a record of its existence in the Jurassic period, more than 200 million years ago. They are deciduous trees, meaning that they lose all their leaves in winter. They reach a height of 20 to 35 meters. They were long considered extinct in the wild, but two small areas in Zhejiang province in the People's Republic of China were later found to be home to examples of the species. Today, the plant exists on practically every continent in the world.



# Horse Chestnut

*Aesculus hippocastanum*

It is a robust tree up to 25 meters high, with a huge, domed crown. Its fruit is called horse chestnut, and is used in folk medicine against blood circulation problems. Did you know that, the nuts produced by this tree are used to repel moths.

The crown has such a well-defined shape, this species is widely used as an ornamental in urban areas and parks. In addition, it is widely recognized for its medicinal properties. Despite its common name, it is a plant native to the Balkan Peninsula.



# Oak tree

*Quercus robur*

The Oak likes a temperate climate, that is, without prolonged summer dryness. It is preferably found from 0 to 1500 meters of altitude, but can reach 2500m. It also needs environmental humidity. Desirable temperatures in winter between -15 and 10°C and in summer between 10 and 25°C. It has great resistance to cold and late frosts. It is an indicator of soil humidity. It is a very important food source for the larvae of many butterfly species and there are more than 250 insects associated with the tree. Older trees have thick bark that protects them from forest fires. Young trees, in case of fire or cutting, will regenerate from the base.

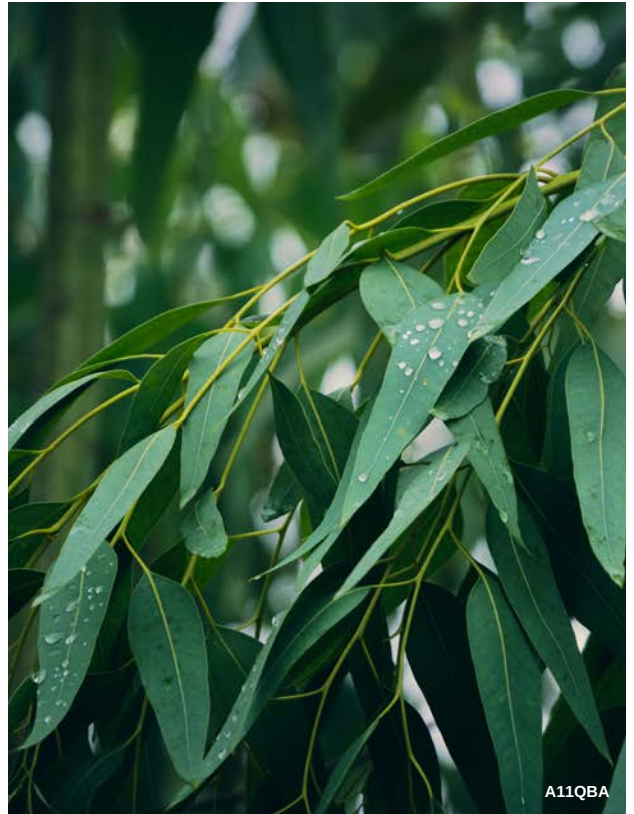


# Eucalyptus

*Eucalyptus globulus*

The most common species of eucalyptus in Portugal. This tree, began to be planted in the country in the mid-nineteenth century, as an ornamental species and source of wood. The tree attracts birds, but also bees and other insects, which seek the abundant nectar from its flowers.

With a characteristic long, smooth trunk (in white and brownish tones) and an aroma reminiscent of mint, eucalyptus does not go unrecognized. This is an evergreen tree that can grow to over 70 meters and cannot survive very low temperatures.



# Stone Pine

*Pinus pinea*

The stone pine (*Pinus pinea*) is a species of pine tree originating more precisely from the Mediterranean region. Since prehistoric times, this tree has been used as a source of food, due to the pine nuts it produces, and is a widespread species around the world. The stone pine can exceed 30 meters in height, although it is usually smaller at 12 to 20 meters. It has a very characteristic umbrella shape, with a short, broad trunk and a crown culminating in a flat shape.





# Strawberry tree

*Arbutus unedo*

The strawberry tree normally has a growth to a height of about 5 meters with erect branches, which sprout from the trunk from 50 cm above the ground and are also widely spaced from each other. The crown of the strawberry tree is rounded with elliptically shaped evergreen leaves that take on a dark green coloration similar to that of the cork oak, and also have a waxy sheen on the upper side.

The fruit, besides being eaten in fresh, is used to make many derivatives, from jelly, to firewater and liqueurs. From the flowers is extracted the pollen for the strawberry tree honey.



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# Maritime pine

*Pinus pinaster*

It is an average tree, reaching 30 to 60 meters high. The crown of the young trees is pyramidal, while the crown of the adult trees is rounded. The trunk is covered by a thick, rough, reddish-brown, rugous and deeply split bark. Its persistent, needle-like leaves (acículas) cluster in pairs, 10 to 25 centimeters long. It has a verticillate and branch dense, when they are young are widely spaced and broad. In Portugal it was primitively a spontaneous species in the coastal strip on sandy soils north of the Tejo, where it finds ideal conditions: atmospheric humidity and atlantic influence, but today, due to man's actions is present in the whole country.



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# Alder buckthorn

*Rhamnus frangula*

It is a leafy deciduous shrub that can grow up to 5 m high. The youngest branches have a purple coloration, especially in winter. The leaves are simple, ovate and petiolate, and about 8 cm long. They also turn purple in the Autumn.

The flowers, white terminal corymbs, are hermaphrodite and appear during spring and summer. They are pollinated by insects. The fruit is a very dark blue or black globose drupe, 5 to 8 mm in diameter, containing a single seed inside.



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# Bell heather

*Erica cinerea*

In Portugal it is most present in the North and Center regions. Its height ranges from 15 to 60 cm, it has woody branches, with a greyish-brown bark. It has green or bluish green leaves with solitary flowers or in groups of two or three, assembled in variable numbers on the branches.



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# Common gorse

*Ulex europaeus*

The gorse is a shrubby perennial plant that can reach up to 3 m in height. It stands out for forming a very dense bush, very thorny, with erect, rigid, dense branches, with dark green new shoots and leaves transformed into thorns in a linear shape and arranged alternately on the stems.

Favorable observation: blooms mainly in late winter and spring.



# Rockrose

*Cistus sp*

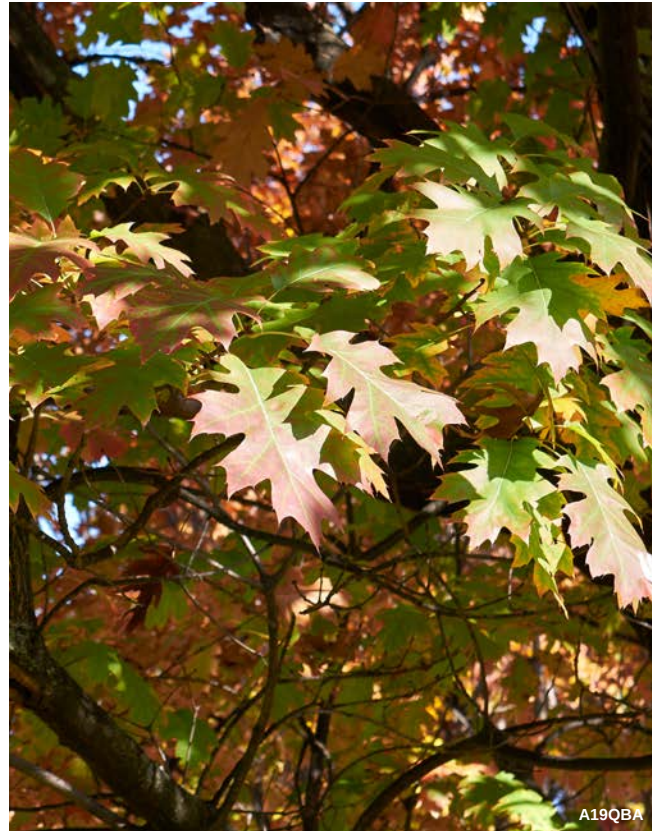
It is a very fast growing perennial shrub that can reach up to 3 meters in height. Very resistant to drought and wind, even sea wind, it can even be found on sandy beaches or in the recesses of rocks. It also grows at altitude up to about 1000 meters above sea level. The rock rose is a biological indicator of soil degradation, for example, due to overgrazing or the continuous occurrence of fires, being one of the first plants to appear, occupying the space where other plants used to grow. In the old days, in some parts of the country, charcoal was also obtained, made from the hard, woody root of the rockrose.



## Red oak

*Quercus rubra*

Red Oak is a tree native to North America. This was introduced in Europe in the 17th century to beautify parks and gardens, but it also found use as a forest species due to its ease of adaptation and rapid growth. *Quercus rubra* is a fast growing and long-lived tree. Its longevity usually stands at 500 years of age. This tree is quite hardy and adapts well to various soil types. It can be planted at any time of the year, especially in autumn and spring. It withstands temperatures down to  $-15^{\circ}\text{C}$ .



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## Chestnut tree

*Castanea sativa*

As Aquilino Ribeiro, Portuguese writer, said, the chestnut tree "is the ultimate giant of our flora", the "king of Lusitanian vegetation". It is a tree of great size and high longevity, has a rooted historical and cultural importance in Portugal, the chestnut tree is a species with elevated ecological, economic and social interest.



# American sweetgum or American storax

*Liquidambar styraciflua*

The Sweetgum is a very ornamental tree, native to the United States and the mountainous regions of Mexico and Central America. The name sweetgum refers to the sap of the plant, which is amber in color, resinous, and sweet. With its conical crown and large size, it can reach a height of 20 to 30 meters. A distinct characteristic of this tree is the peculiar appearance of its branches and twigs.



# Cork oak

*Quercus suber*

It is a tree related to the oak, grown in southern Europe and from which cork is extracted. The cork oak is, along with the maritime pine, one of the most predominant tree species in Portugal, and is most common in coastal Alentejo and in the Algarve mountains.

Because of cork, the cork oak has been cultivated since ancient times. The extraction of the cork is (in general terms) not damaging to the tree, since the tree produces a new layer of "bark" (suber) of identical thickness every 9 years. The cork oak was also part of the natural vegetation of the Iberian Peninsula, being spontaneous in many places in Portugal and Spain, where it constituted, before the action of Man, frondose forests.

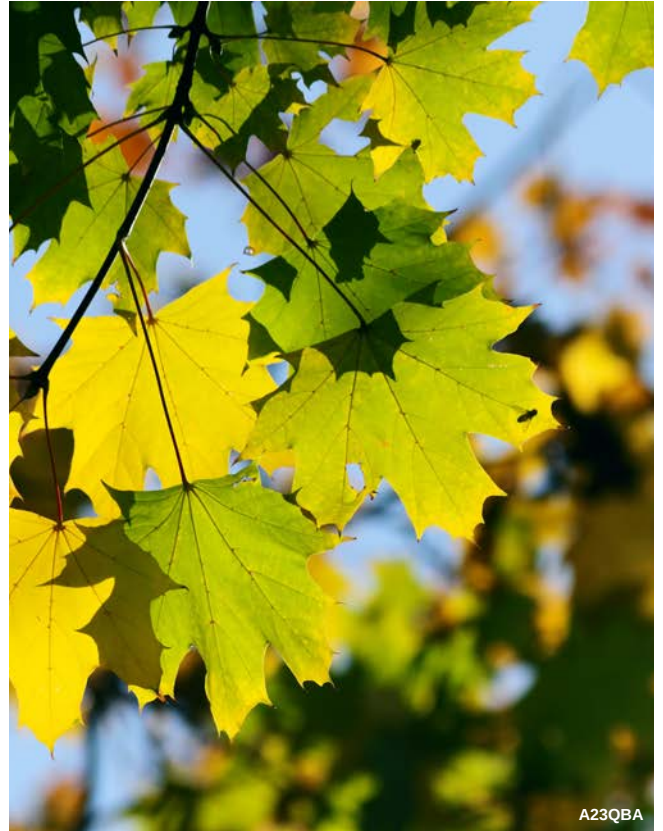


# American sycamore

*Platanus x acerifolia*

It is a fast growing and long-lived deciduous tree that can reach 35 m in height. It has a fronded and rounded crown. The trunk has a thin bark that is shedding plaques, acquiring a spotted appearance in shades of gray, green, and brown.

The leaves are palmately five-lobed with a pointed, shiny, smooth, light green termination, about 20 cm long, with woolly veins on the lower leaf. Before they fall in the fall, they turn yellowish.



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# Laurel

*Laurus nobilis*

An evergreen tree that can reach up to 15 m in height, with a dense crown. The leaves are dark green with a lanceolate shape and the flowers are yellowish white and appear in the months of April-June. The plant is widely used for garden hedges and agricultural fields.

From the leaves of the laurel tree, crowns were made and placed on the heads of the winning athletes of the Olympic games in ancient Greece. Heroes and victors in battles were also crowned with this symbol of triumph. The term Laureates comes from the word "Laurus".



# Vineyard Trail

Trees & birds

## Olive tree

*Olea SP*

The olive tree is slow growing but long living. The stature of an olive tree can reach about 8 meters in height, however, in older olive trees, greater heights can be attained. The foliage of the olive tree is of the evergreen type, and can last up to three years.

In Europe, we highlight countries that produce olive plantations, such as Spain, Italy and Greece.

In our country, the production of olives and olive oil is also quite expressive, both at the European and national levels. Regarding the agricultural regions with the largest area, Trás-os-Montes and Alentejo stand out.



## Cypress

*Cupressus sempervirens*

Native to the eastern Mediterranean region, it has been cultivated since ancient times. It is considered one of the plant elements that best invokes the Mediterranean landscape. The cypress is an evergreen tree that can reach 30 m in height with extraordinary longevity, with specimens known to be more than 1000 years old.

It has a conically shaped, intensely green crown. The trunk is grayish brown and finely striated. With production of male and female flowers on the same tree. The fruits, pine cones, are green, globose-elliptical in shape and about 3 to 4 cm long. They turn brown as they ripen in summer. The seeds are used as food for some animals.



# Robin

*Erithacus rubecula*

The robin, also known regionally as red-breasted robin, purple-breasted robin, is a small bird that is easily recognized by the orange patch that adorns its breast. It is a bird with a melodious and persistent song. It is a small bird, about 14 cm long. Adults have a very characteristic rusty orange chest and forehead. Juveniles are brown with abundant yellowish brown spots and change to adult plumage after a year. It feeds mainly on, insects, spiders, worms, and snails. In autumn and winter, berries and other soft fruits, such as grapes.



# Common blackbird

*Turdus merula*

The blackbird is omnivorous, consuming a wide variety of insects, worms, and berries. It is a complete black bird, except for its beak and yellow orbital ring, and has a wide repertoire of vocalizations, while the adult female and juveniles are predominantly brown in color. This species nests in woods and gardens, building cup-shaped nests with grass and mud, in creepers or shrubs, and can be found in forests as well as in open country and urban areas.

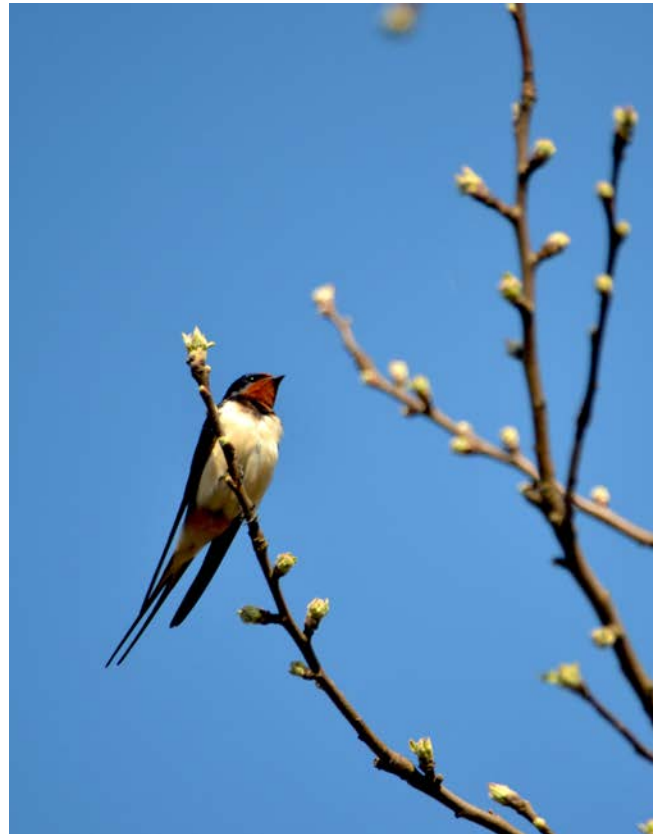




# Swallow

*Hirundo rustica*

Also known as the Barn Swallow, a migratory bird from Africa, it has spread a bit throughout Europe, as well as the entire world. It feeds exclusively on insects, which it catches in flight, and therefore migrates to climates with an abundance of insects. Both sexes have a bluish upper head and body, a long deeply forked tail, and curved, pointed wings. It can be found both in open field as well as in villages and towns. It builds closed, bowl-shaped nests with mud and straw in granaries, stables, or other similar locations, sometimes living in colonies.



# Black redstart

*Phoenicurus ochruros*

The Black redstart is one of the most characteristic birds of the villages in the north and center of the territory.

Small insectivorous passeriforme about the size of a robin. The male is black with a small white spot on the wing. The female and juvenile are brownish. In all plumages, the black redstart can be identified by its flame-colored and "nervous tic" that consists of frequent trembling tail.





## Northern wren

*Troglodytes troglodytes*

It is a very active small bird with a brown color on top. It has a small, snub tail and a stout beak with a yellow tinge at the tip. It is easily recognizable by its size and how small it is, at only 10 cm. It lays 5 to 7 eggs in a large, domed nest. Its scientific name means "cave dweller" and refers to its habit of entering cavities and crevices for the night or to hunt arthropods. It also feeds on grubs, spiders and berries. Common all over Europe, extending in Asia, from northern Iran and Afghanistan to Japan and North America. It is migratory only in the northernmost areas of its distribution.



## Jay

*Garrulus glandarius*

It is a large bird of the woods, with a long tail, rounded wings, and very characteristic plumage. It has a length of 33 to 36 cm and a weight of 140 to 190 g. It has a black and white spotted crown, a black mustache, and a pinkish brown back and belly. The wings and tail are black, with the uropygium and the inside of the wings white, both very visible in flight. It has a blue patch, with thin black and white stripes, on the large primary wing coverts, very characteristic of these birds.





# Hoopoe

*Upupa epops*

The Hoopoe is a medium-sized bird, 25-27 cm long, with a wingspan of about 50 cm and a relatively long tail. The plumage is brownish, with black and white wings and a black tail. The spiky crest that gives it its name is clearly visible when erect. The beak is long and curved, and the legs are grayish and short. Their singing is a characteristic hoop-hoop-hoop that can be repeated over many minutes.



# Common woodpigeon

*Columba palumbus*

This is the largest species of pigeon to inhabit in Portugal, its remarkable size easily distinguishes it from the domestic pigeon species. It has a grey plumage that covers the back, head, part of the tail and wings. The wings and neck are ocellated with white spots. The neck also has a band with greenish highlights on the upper part and pinkish tints on the lower part near the chest. The tail ends in a black or dark gray band. The beak is reddish, short, and thin.





# White night owl

*Tyto alba*

This medium-sized owl is easily identified by the whiteness of its plumage. When it is perched, its white, heart-shaped face is striking, contrasting with the gray, brown, and orange wings, but in flight, the predominantly white plumage gives it a somewhat ghostly appearance.

It is a nocturnal, resident bird of prey and is present in Portugal all year long. It is often observed in the vicinity of buildings, inhabited or not, preferring those that have openings or cavities that can be used as a resting and nidification place.



# Black kite

*Milvus migrans*

It is a diurnal bird of prey, easy to identify because of its forked tail. The Black kite measures about 55 cm in length and 135-155 cm in wingspan from tip to tip, it weighs about 1 kg. The plumage is brown in color, darker on the upper part of the wings, lighter in the ventral region, and has a long, forked tail. In profile it appears curved, with tail and head pendent. It is a migratory species, which is present in Portuguese territory from March to August.

It feeds mainly on animals run over on the road, likes to steal food from other birds, also feeds on small rodents and insects.



# Quinta surroundings

The garden of the QBA

## Pink silk tree

*Albizia julibrissin*

The Constantinople Acacia, or silk tree, has its habitat in the temperate zones of Asia, Iran, China, Taiwan, Japan, and now its use in gardening has spread all over the world, becoming an invasive species when conditions are ideal for growth.

It blooms in spring. The flowers are grouped in terminal panicles, pinkish in color. The fruit is a legume about 15 cm long by 3 cm wide, containing hard, dark brown, ovoid seeds that ripen in mid to late summer.



## Common yew

*Taxus bacata*

The yew is a perennial, shrub or arboreal species that can reach a height of 20 meters. With branches from the base, it has a dense pyramid-shaped crown, sometimes irregular. Its leaves, needle-shaped and very flexible, are dark green in color. It is one of the rarest and most endangered trees of the Portuguese flora. Hated for being very toxic, it is also its toxicity that makes it an important asset in the treatment of cancer.

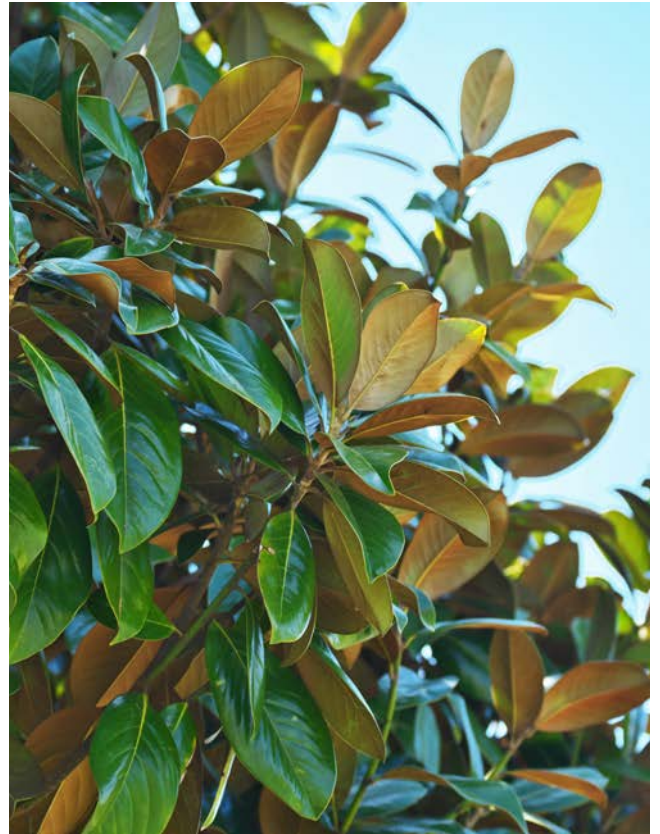




## Southern magnolia

*Magnolia grandiflora*

With large, oval, leathery leaves, it has a natural distribution in the southeastern United States from the coastal regions of North Carolina to central Florida, westward to eastern Texas and Oklahoma, where it occurs in the subtropical lowland forests. The species is used as an ornamental tree in several regions in Portugal and around the world.



## Lily magnolia

*Magnolia liliiflora*

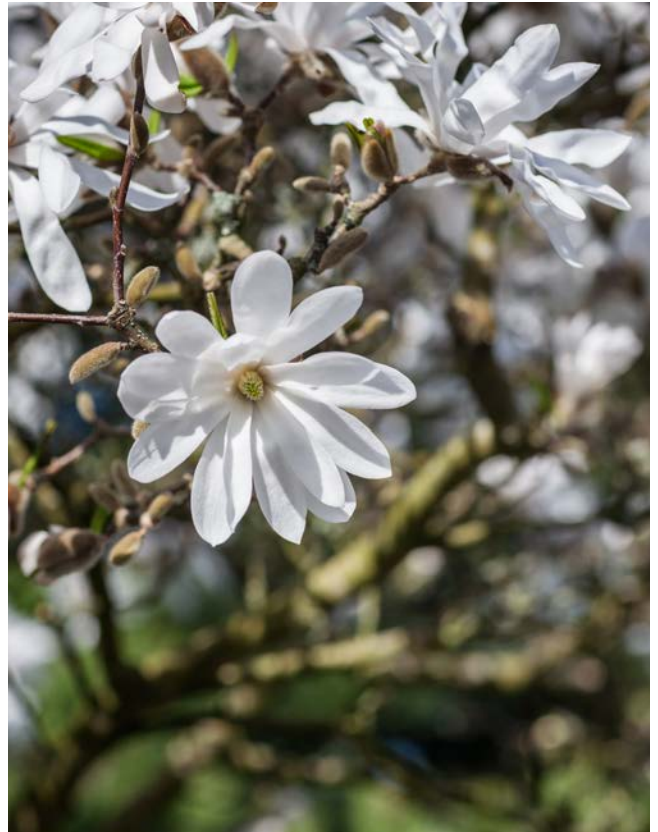
A shrub with spectacular effect, the magnolia is known for giving very large flowers, most often when the plant has no more leaves, in the middle of winter. The contrast formed by its beautiful flowers and the gray stem is splendid. In landscaping it is used alone or in groups, integrating very well in oriental or European style gardens.



## Star magnolia

*Magnolia stellata*

It produces star-shaped flowers before the spring foliage emerges. The species is native to Japan, but is used as an ornamental plant in all subtropical and temperate regions of the world. It has the characteristics of a shrub, very branched at the base, with a rounded shape, 2–3 m tall. It is a very slow growing species that prefers acidic soils and sheltered areas.



## Tulip tree

*Liriodendron tulipifera*

It is the better known of the two species that make up the genus *Liriodendron*. It is native to the east coast of North America, where it is the tallest and most impressive of the tree species, with a natural distribution from southern Ontario and Vermont to central Florida and Louisiana. The genus *Liriodendron* became extinct in Europe due to the long duration of glaciation during the last ice age. Species of the genus are present in the fossil register of Europe, often occurring as fossils, and are also widely distributed outside their current natural range in Asia and North America, which demonstrates their former circumpolar distribution.



# Acer

*Acer sp*

Its size can be arboreal (tree) or shrubby (bush). There are approximately 128 species, mostly native to Asia, but some also occur in Europe, northern Africa, and North America. From the sap of the *Acer pseudoplatanus* is produced the maple syrup or maple syrup, consumed mainly with toast, pancakes, and French toast.

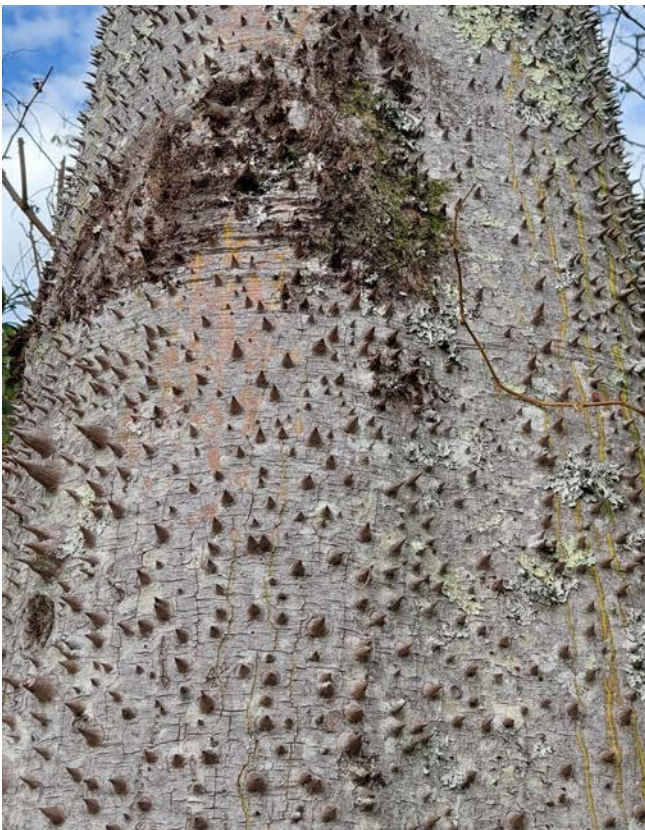


# Floss silk tree

*Ceiba speciosa*

It is one of the most intriguing trees because it manages to combine the beauty of its forms and flowers with aggressive-looking trunks due to its spikes. Originally from South America, it seems to do well in our country and it is becoming common to find it in public green spaces.

For those who enjoy photography, this tree in bloom is extraordinary because of its imposing, sculptural form. From its simple, colorful flowers, to the extraordinary texture of its trunk.



## Lemon tree

*Citrus x limon L*

It is an evergreen tree that originated in Asia. It has been cultivated and used for centuries, mainly for the utilization of its fruits and notably for the wonderful properties of the juice that its fruits contain. However, the peel and the leaves themselves are also widely used in the preparation of drinks and tisanes. It is one of the fruits with the highest amount of vitamin C.



## Orange tree

*Citrus aurantium L.*

It can be consumed in the form of jams, jellies, and sweets in general, and can also be found in the form of essential oil in natural and weight loss stores. The bitter orange has appetite suppressant, laxative, anti-inflammatory, antirheumatic, antiseptic, calming, digestive, relaxing, sedative, sudorific, depurative, diuretic, carminative, vermifuge, and antidepressant actions. The most common way to consume bitter orange is through tea, which can be made using the leaves, flowers, and fruit.





# Fig tree

*Ficus carica*

There are about 755 species of fig trees in the world, especially in regions with tropical and subtropical climates and where water is present. Fig trees can grow vigorously, which is why it is not recommended to grow large fig trees near houses, as the growth of their roots has the ability to deform the walls of residences.

Because they provide food for birds, bats and other seed-dispersing animals, they are important in preserving vegetation. The fallen figs on the ground and in the water also serve as food for various other animals, including fish and insects.



# Walnut tree

*Juglans regia*

The walnut, whose fruit is called walnut, is a tree that can measure up to 25 meters, native to Europe and Asia, whose wood is of excellent quality. The fruit, with an astringent, woody, bivalve flavor and divided into four stores with edible seeds, can be eaten fresh or dried.

The pulp of the fruit is also used for the production of walnut oil, which is edible.



# Quince

*Cydonia oblonga*

This species is native to southwest Asia and has been cultivated for thousands of years. The Quince, its fruit, is appreciated for making the famous marmalade and various desserts. It is not eaten raw. It has medicinal properties, so it is ingested to treat diseases related to the digestive system.

It is a typical tree of temperate climates, likes hot and dry summers as well as relatively long winters, resistant to low temperatures, and roughly coincides with vineyard planting areas.



# Persimmon

*Diospyros kaki*

It is a fruit tree native to southern China, with a rounded crown, elliptic and elongated dark green leaves. The fruits, commonly called persimmons or kakis, are reddish orange and very sweet when ripe. The persimmon is very resistant to pests and diseases, with good productive longevity. It loses its leaf in autumn, with a beautiful image of kakis stripped of leaves with their beautiful hanging fruit.





# Azalea

*Rhododendron azaleastrum*

One of the main differences between azaleas and other rhododendron species is their flower size and growth. Rhododendrons develop inflorescences, while most azaleas have terminal flowers one for each stem.



# Rhododendron

*Rhododendron sp*

Native mainly to Asia, they are also widespread along the Appalachian Mountains in North America. Most species have beautifully colored flowers that bloom beginning in late winter. All rhododendrons contain a toxin called grayanotoxin in the pollen and nectar, so the honey produced from these plants is very poisonous. The rest of the plant is poisonous to horses, especially the leaves.

# Rose

*Rosa sp*

The rose is one of the most popular flowers in the world. It has been cultivated by man since ancient times. The first rose grew in Asian gardens 5,000 years ago. In its wild form, the flower is even older. Celebrated over the centuries, the rose, a symbol of lovers, has also been present in important and decisive historical events. There are rose fossils dating back 35 million years.



# Lily of the Nile

*Agapanthus sp*

Native to South Africa, it is widespread throughout the world as a result of the beautiful flowers that bloom between May and June.





## French hydrangea

*Hydrangea macrophylla*

There are multiple cultivars, of Hydrangea, in the Azores is a land delimiter, it has pink or blue flowers depending on the pH of the soil: in more acidic soils the flowers are blue, while in more alkaline soils they are pink.

Hydrangea is rich in active ingredients, including the cyanogenic glycoside hydrangine, which makes them very poisonous. When ingested in large quantities, this poison causes cyanosis, convulsions, abdominal pain, muscle flaccidity, lethargy, vomiting and coma.



## Chinese wisteria

*Wisteria sinensis*

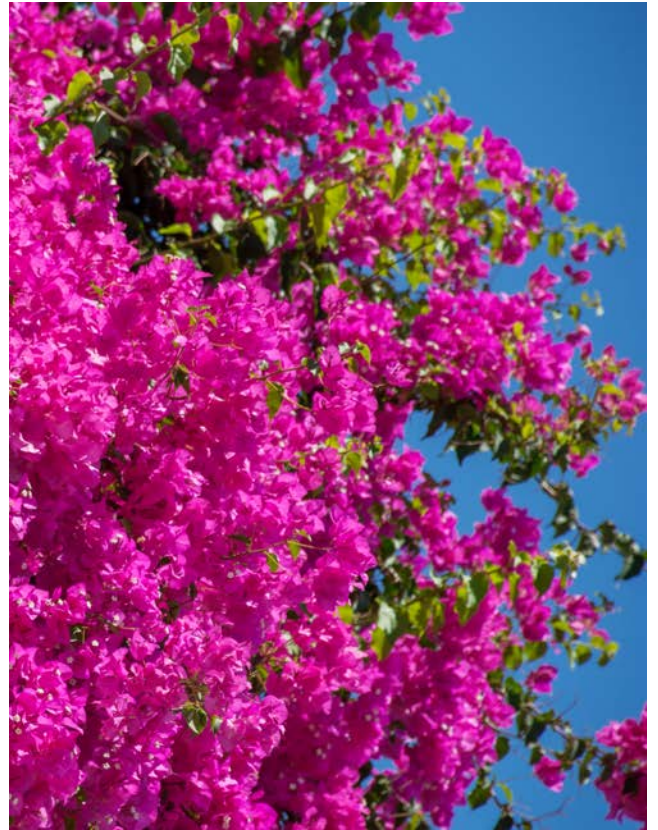
Originally from China, it has been part of our gardens for many years. Its main characteristics are its vigorous growth and abundant, very exuberant and fragrant flowering.

The wisteria is a deciduous climber, very versatile and with great longevity, it can last up to 100 years.

# Paper flower

*Bougainvillea sp*

Native to South America, they are also found in various colors such as white, purple, light pink, rose, red, yellow, orange and several others, plain or with two colors. They are woody climbers, reaching heights of up to 15 meters. One of the characteristics of this genus is that they are very attractive to pollinating insects. It is a shrub that the greater the incidence of light coming from the sun on it, the more flowers will be born.



# Japanese camellia or Camellia

*Camellia japonica*

All Camellia species are designated in China by the Mandarin word for "tea", complemented by some term that usually characterizes their habitat or their morphological peculiarities. They are medium-sized shrubs or trees, with dark, glossy leaves with jagged edges. They have attractive flowers, white, red, pink, tinged, or rarely yellow, some as large as the palm of an adult person's hand, others as small as a coin.





## TRAILS DESIGNED JUST FOR YOU

The entire landscape at QBA has been shaped for the well-being of those who visit us and our nature. Each tree, each flower, tells a story. The story that involves the entire team that works hard to maintain this space!

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