



The charm of the Ter River Banks and Santa Eugènia Vegetable Gardens

SANTA EUGÈNIA VEGETABLE GARDENS AND TER RIVER BANK ROUTES

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*The numbers on the map correspond to points of tourist interest

We invite you to enjoy a unique experience with the route you're about to begin. You'll explore Santa Eugènia Vegetable Gardens and the Ter River Banks, guided by Marieta de les Cols (Cabbage Ladybug). On this journey of discovery, Marieta will guide you through magical spots, sharing stories and revealing the charms of the entire area. Every step will be an opportunity to connect with nature, and appreciate the beauty that the Vegetable Gardens and Ter River Banks offer. It's going to be an inspiring adventure! You're sure to enjoy this day to the fullest!

**Welcome to the magic of Santa Eugènia
Vegetable Gardens and the Ter River Banks!**



Technical info on:

Difficulty 

· Low

Distance 

· 4 km

Time 

· 1 h

Unevenness 

· 4m+ 2m-



Introduction

Pleased to meet you! Do you know who I am? My name is Marieta de les Cols (Cabbage Ladybug), and I'm a very popular capgrossa (large-headed carnival figure) from the city of Girona!

Today I have an important mission to accomplish. And I want you to come with me on this adventure! Want to come along to discover every nook and cranny of Girona?

On our journey, I won't just show you the modern-day things... I'll also tell you the stories hidden around every corner. It will be a special way to share unforgettable experiences, and come to love everything Girona has to offer. Let's go!





Activity 1

Discovering grain

Learn about the grains and plants that we can grow, and the foods that can come from them. My grain and foods are mixed up! I need to sort them out to take them to market! Could you help me?

Connect the grains with the food they help us make. You've probably had some of them for breakfast!



- Rice flour
- Rice pastries
- Barley flakes
- Sweet corn
- Animal feed
- White rice
- Cakes
- Brown rice
- Barley flour
- Corn flour
- Popcorn
- Toasted bread

Solution:
 1. CAKES / TOAST
 2. CORN FLOUR / POPCORN / SWEET CORN
 3. BARLEY FLAKES / BARLEY FLOUR / ANIMAL FEED
 4. WHITE RICE / BROWN RICE / RICE FLOUR / RICE PASTRIES



Activity 2

Vi Square and its uses over the years

Here we are, in the Vi Square, located at the intersection of the old roads to Barcelona and Sant Feliu de Guíxols. Historically, it has been Girona's political center. It has also been the site of festivities that draw Girona's biggest crowds. A long time ago, it was where visitors to the city lodged. When travelers came on pilgrimages from other places, they had to find places to stay. Here are some of the services offered in Vi Square: travelers and their animals could find places to eat, drink and sleep overnight. That is why it used to be known as the Plaça de les Alberguerries (Inn Square).



Alberguerria: a hostel or inn for travelers, especially pilgrims. Since I live in Girona, I've been here many times. I'm sure you have too! That's why you'll know how to tell me which events have been held here and which haven't.

Write an X next to the events that you think have been held in Vi (Wine) Square:



Astronaut missions



Gegant (processional giant) dances



Castells (human towers) and diades
(National Day of Catalonia celebrations)



Human flight tests



Activity 3

Let's discover the old market

Long ago, Girona had numerous markets that took up a large part of the city. As we've already seen, Vi Square was where visitors lodged, Carrer de les Olles (Pots Street) was where the potters had their workshops, and there was a grain market on Sant Francesc Avenue. Further on, you'll come to Plaça de l'Oli (Oil Square). True to its name, it was the site of the market for this "liquid gold". But the busiest market was definitely the food market, on _____ (cabbages) Square, which is the present-day Rambla de la Llibertat.

Oh no! I forgot the name of the square where the food market was! But I know it has four letters. If you look at the foods I usually sell at the market, remember what they are called, and correctly write the letter of each food, you'll find the name I'm looking for. Can you help me?



QUEVIURES (FOOD): Edible provisions, foodstuffs.









MERCAT DE LES





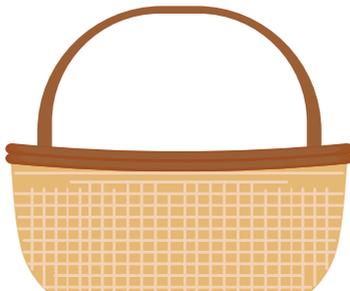
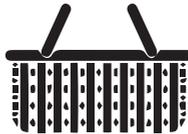
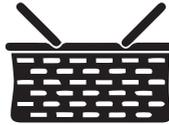
Activity 4

Let's go get our shopping basket

We're on Carrer de les Olles (Pots Street), where the jug market used to be, and where potters sold their best handcrafted wares to store food in.

I think the best way to transport fruits, vegetables and greens to market is a basket. It's my main emblem as a capgròs, and my most important working tool.

If you look at the picture of my basket, could you find the right shadow? If you find it, circle it!





Activity 5

What do we know about oil?

We're in Plaça de l'Oli (Oil Square), where the oil market used to be. Olive oil is used in cooking for its nutritional and culinary properties, and the cosmetic industry because it is a good skin moisturizer. Over time, oil has been used for many other things that we can't even imagine now... since we have electricity and refrigerators!

Light: in ancient times, oil was used as a source of light. Oil lamps, which were used to light a torch or a fuse, were used to light homes and public areas.



Medicine: oil was used as a basic ingredient of ointments and lotions used in certain medical treatments.

Food preservation: oil was used to preserve food, such as cured sausage or fish. A layer of oil poured across the upper part of a container could help keep food from decomposing.



Olive oil is a vegetable oil made from the juice of olives, the fruit of olive trees.



Oil recycling is important, and you have to know how to do it: to recycle vegetable and mineral oil, you have to take it to the nearest mobile recycling center. Recycling centers are small waste recovery stations that are set up in each neighborhood of the city on a rotating basis.



? What do we know about oil? Can you answer the questions about this important part of the Mediterranean diet?

1. Circle. Where does oil come from?



2. Circle. What color is oil, generally?

BROWN

YELLOW

PINK

GREEN

3. Circle. What type of container is generally used to keep oil in at home?





Activity 6

Girona's largest urban green area

We're in Girona's Devesa Park. With an area of almost 40 hectares, it is Girona's largest urban green area, and one of the largest in Catalonia. It is framed by the Ter River to the north, the Güell River to the west, the Onyar River to the east and Güell-Devesa district to the south. Most of the park is planted with a single species: the plane tree. There are 2,605 of them. Many of the trees of the Devesa were planted in the 1850's. Some of them are as tall as 55 meters. The trees of the Devesa are very unique. The park is not only a landmark for the city, but also a cultural heritage site of national interest (it has been listed as one since September 27, 1943). The plane trees have an orthogonal structure that gives the park its monumental character.

I've taken a break for us to learn to observe, and develop a love for our natural surroundings. Let's stop and think about it!

<https://web.girona.cat/sostenibilitat/ladevesa/inici>



Sight Observe the things you see around you in the park. They might be trees, flowers, birds, playground rides, people, etc. **What is the most vibrant color you see?** _____



Hearing Close your eyes and listen to the sounds around you. It might be the sound of songbirds, the laughter of children, the wind in the trees, etc. **What is the sound you hear most clearly in the park?**



Smell Take a deep breath and try to identify the smells in the air. They might be flowers, grass, fresh air, etc. **What smells can you identify?** _____



Taste Imagine you have come to Devesa Park for a picnic with your family or friends. **What would you bring to eat?**



Touch Touch different things around the park, like bark, or the fruits of a tree, roots, leaves, grass or soil. **What's your favorite texture?**

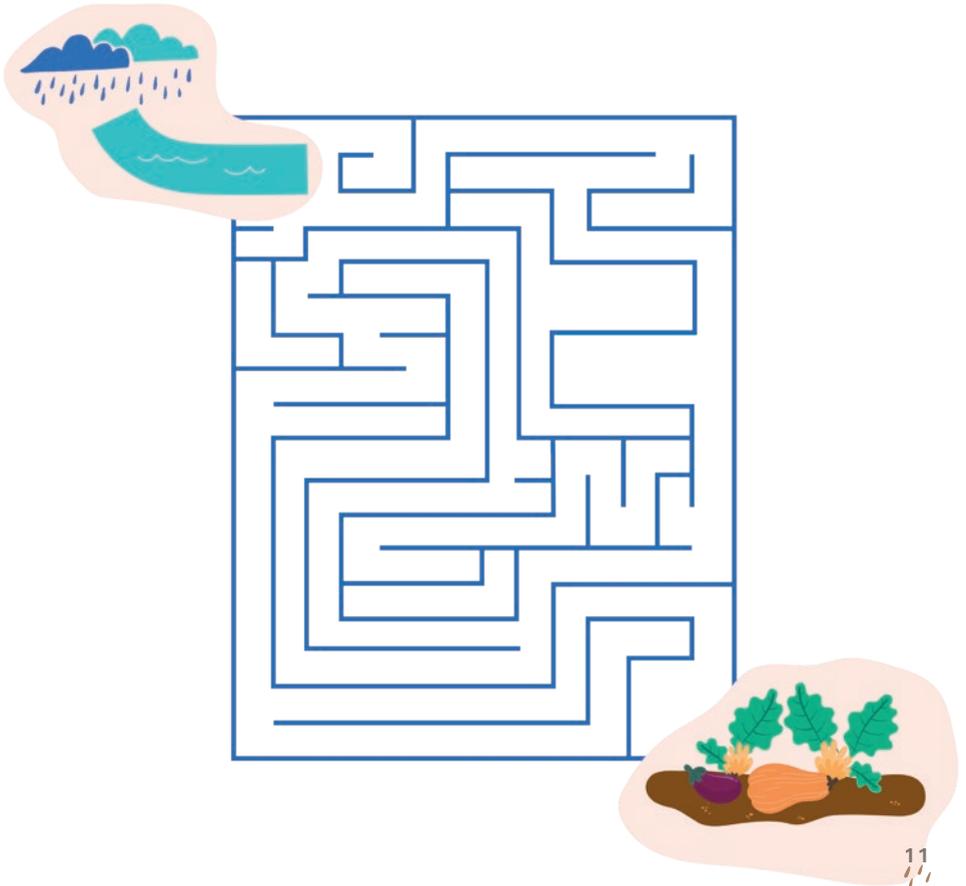


Activity 7

Let's water our crops

We're at Pont de la Barca (Boat Bridge), over the Onyar River. Here we can see how important it is to have river water close at hand to irrigate our crops. What happens to a plant that doesn't get watered? Do you think it will give us any food? It probably won't. I've planted many in my time, and I've learned that water is the most important thing of all for plants.

This time, the river water that we use for irrigation has to reach our crops, for them to give us the food we need to live. **Can you bring the water closer to our plants by finding a way through the maze?**





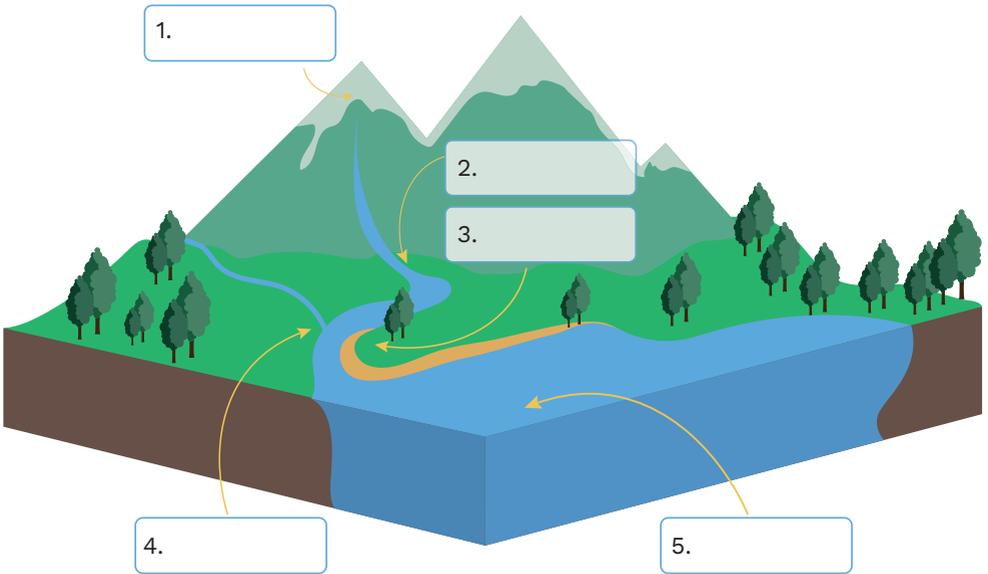
Activity 8

Parts of our rivers

We're in the Santa Eugènia Garden marshlands. From here, like in the last activity, we can clearly see what happens to the river. A river can have many different parts, including the source, which is where it begins; the meanders that are the curves it makes in its course; the tributaries, which are other rivers that join, the shores, which are the sides of the river or its banks, and the mouth, which is where it ends.

It's important you know these parts. That's why I encourage you to fill in the blanks in the picture you see, naming the different parts of a river:

Tributary | Meander | Mouth | Shore | Source





Activity 9

The basket and the crops

We're in Santa Eugènia Vegetable Gardens. Here we plant, tend and grow the crops that give us all kinds of fruits and vegetables that we can eat later on. As in any city or country in the world, here some crops are more typical than others. This can be due to factors such as their location, altitude over sea level, the average temperature in a year, or the atmospheric humidity. In Santa Eugènia Vegetable Gardens, some plants grow better than others, and are easier to grow.

Take a look at all the foods you see here. Draw a circle around all of the foods that Marieta can put in her basket and take to market. They're the fruits and vegetables that are commonly grown in Santa Eugènia Vegetable Gardens.

Can you put them all in the same circle, and leave out the foods that don't belong?



Solution:
INTRUSIVE FOODS:
KIWI / BANANA / PAPAYA / PASSION FRUIT / PINEAPPLE / AVOCADO



Activity 10

Pictures as ways of expression

Here we are at the Santa Eugènia “lavoir”. This washing house, renovated in 2007, is an example of early 20th century vernacular architecture. Washing clothes in such places was commonplace until well into the 20th century, when the first home appliances arrived, making it possible to do laundry at home. This historic site didn’t just meet a practical need. It was also a gathering place, where people chatted and heard about what was going on in town while they did their laundry.

So the wash-house, with its basins and trays, is a remnant of an important part of daily life, and living in community in many places over time.



The expression **fer safareig** (do the laundry) comes from this kind of social interaction. It means to gossip, spread rumors or talk about something in public.

When you work in the fields, your clothes get dirty and you have to wash them well. What part of my clothing gets the dirtiest?

Looking at the wash-house: imagine how you would wash it. Can you draw a picture?

Activity 11

Download your official Marieta de les Cols Helper Diploma

Thanks for helping me finish everything I had to do today, and make it to market on time to sell all the fruits and vegetables I picked!

I have enjoyed telling you everything you need to know about the old market, the streets of Girona, growing crops, Santa Eugènia Vegetable Gardens and its natural spaces. I also like seeing how you respect nature and save water at all times.

It's time to get your hard-earned OFFICIAL MARIETA DE LES COLS HELPER DIPLOMA! Scan the QR code to download it and add your name.

Remember that you can always keep a digital copy, so there's no need to print it! (That way we also save paper.)

menjat Girona
Ajuntament de Girona

DIPLOMA

DISCOVERY ROUTE ALONG THE SANTA EUGÈNIA VEGETABLE GARDENS AND BANKS OF THE TER RIVER

Marieta de les Cols Official Helper:

The "Capgrossa": Marieta de les Cols

Project funded by the Recovery, Transformation and Resilience Plan – Financed by the European Union – NextGenerationEU

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Unió Europea Fons Europeus Next Generation
Ajuntament de Girona
Plan de Recuperación, Transformación y Resiliencia
Next Generation Catalunya
Generalitat de Catalunya

Explorer Notes

?!

A large white notepad with a black border and a black circle containing a question mark and exclamation point at the top. The notepad has ten horizontal dashed lines for writing. The background is a colorful illustration of a garden with a white picket fence, a blue stream, a yellow watering can, and various green plants and flowers.

Explorer Notes

?!

A series of ten horizontal dashed lines for writing notes, set against a background of a garden scene with a white picket fence, a blue stream, and various plants and flowers.

Explorer Notes

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