



Stoke Railway Reserve Edible Walk

The construction of the Nelson Railway was started in 1873. It was done in sections aimed to join Nelson to the main trunk line at Kawatiri. It only got to Glenhope and eventually closed in 1954 and the railway lines were removed. See the information panel at Saxton Road or go to www.thePROW.org.nz for the full story. Today this reserve is used as dual walk/cycle-way and is pleasantly planted with a mix of edible plants and flowering beauties such as Camellias.

One hundred apples were grafted from apple trees from across the Waimea Plains, and donated to the city. These trees have been planted along the railway reserve from Quarantine Road to Saxton Field. This suggested walk covers from Standish Place to Saxton Road.

Council has been using fruit and nut trees in their planting plans for over 25 years, mainly in areas like the Grampians where high health apples and nuts form a welcome part of the scenery. In recent years there have been an increasing

number of open orchards in urban areas. Have a healthy snack while enjoying our numerous parks and reserves. Each map in this walk series, set in Stoke, features a reserve area and a suggested walk. Three adjoining maps have been provided overleaf to cover the section from the Standish Place entry to Saxton Road.

Stroll around to get yourself familiar with where trees and plantings are. Trees are marked in fruit varieties, and within those groups there will be variance in harvesting times affected by the weather as well as the soil and plant variety.

For other locations go Google maps or visit the Top of the South Maps website for another view of their locations. Nelson's community gardens are a great resource to inspire and teach you how to grow your own food. Visit the Waimarama Community Organic Gardens, the Victory Community Centre and the Apple Lane Orchard Reserve Community Garden.

Remember the food is there to share so please just take ripe fruit.

Almond (April/May) Collect fallen nuts. The nuts can be gathered as they drop in autumn. Go and visit after a good wind.

Apple (Jan-April). Wind fall fruit on the ground show the fruit is ripe and ready to pick. When picking try to leave the stalk on the apple.

Citrus (June/July). Lemons, grapefruit, mandarins have been planted in various locations. Citrus is best known for its high vitamin C.

Feijoa (April). Fruit mature in late autumn/early winter and should be allowed to drop to the ground rather than picked from the tree. The fruit has good levels of Vitamin C (50mg/100mg of flesh) and dietary fibre.

Fig (Mar/April). Figs don't produce flowers - the blossom is inside the fruit, and it's these blossoms with their little seeds that produce the crunchy texture. The fruit is rich in complex carbohydrates, fibre and minerals: including potassium, copper, magnesium and calcium. Fruit is delicate, handle carefully.

Grapes (March/April). A number of varieties have been planted. Besides the high antioxidant qualities, grapes are high in vitamins A, B₁, B₂ and potassium.

Loquat (Jan). Cultivated in Japan for over 1000 years, the loquat is high in vitamin A (but poor in vitamin C) and has good levels of potassium. Eat fresh off the tree. Remove the stone when cooking or it spoils the flavour.

Pear (Jan-April). Picked at texture best liked. Some like them harder, some juicy and soft. Harder fruit will ripen off the tree.

Persimmon (April/May). Known as 'food of the gods' it is high in vitamin A and has vitamin B and C, calcium, iron and phosphorus. A sweet crisp fruit, lovely eaten fresh or in a salad.

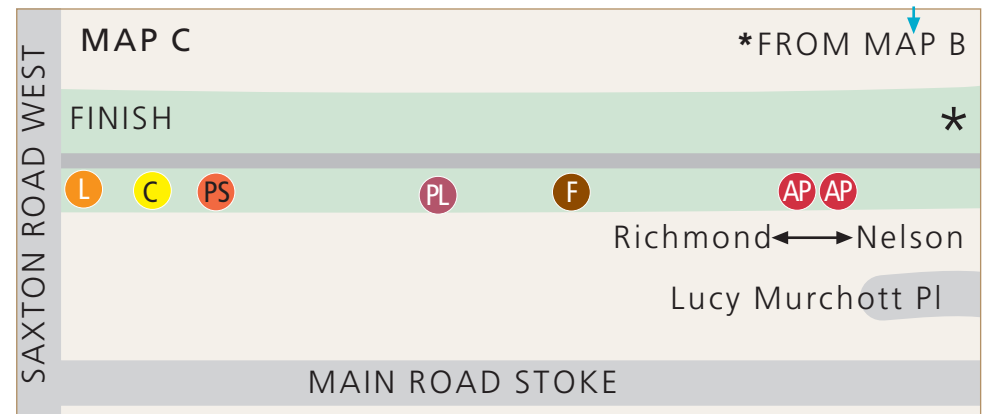
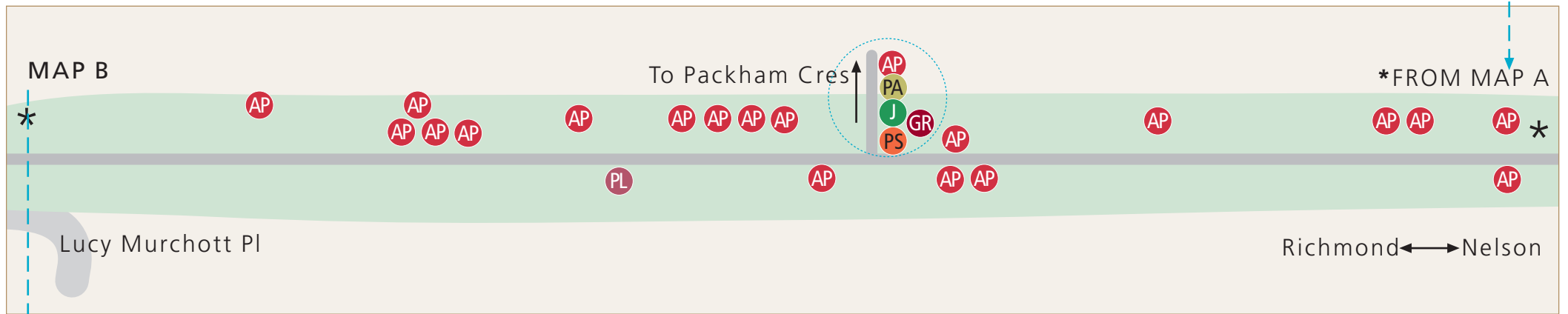
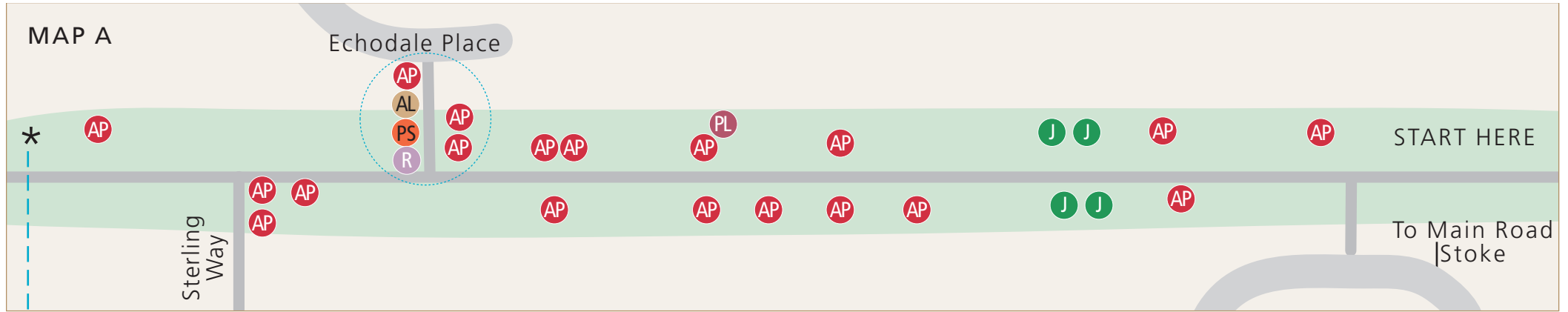
Plum (Dec-Jan). Harvest plums when fully ripe. There are a number varieties planted, some yellow flesh, some red. A versatile fruit can be cooked or eaten raw.

Rosemary (All year). Has many culinary and medical uses. The plant is said to improve memory. The leaves are used to flavour various foods, such as stuffings and roast meats.

Strawberry (Nov-May). Strawberries should be picked when it is a uniform bright red colour. One serving of about eight strawberries provides more vitamin C than an orange.

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Enjoy one of Nelson's many open orchard areas. Start at Standish Place and finish at Saxton Road. Map A, B and C read from right to left. As some plants are clustered, general placement of trees is shown. Please **share** and care for this valuable resource. For other interesting walks go to www.nelsoncitycouncil.co.nz or call 03 546 0200.



MAP KEY

AL Almond	L Loquat
AP Apple	PA Pear
C Citrus	PS Persimmon
J Feijoa	PL Plum
F Fig	R Rosemary
GR Grapes	S Strawberry