



Woodstock Reserve Edible Walk

Woodstock Reserve takes its name from Woodstock House a heritage homestead built around 1853. The property was bought by Herbert Stephens in 1920 and generations of his family had a large orchard. See the full story on www.thePROW.org.nz

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 features a park and a suggested walk. 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. A general harvest guide has been put beside the 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.

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.

Apricot (December). The fruit starts to soften a few days before picking. Harvest when the fruit easily comes away from the tree or when you can smell the sweetness of the fruit. Store carefully as fruit bruises easily.

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.

Peach (Nov/Dec). Peaches have good potassium and vitamin C and vitamin A. Sweet and delicious, pick carefully as fruit bruises easily.

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

Quince (March/April/May). Fruit is picked as it turns a golden-yellow colour and has a fine aroma. Quinces have very hard skin and do not soften at all when they are ripe. Nice stewed, high in pectin so good for jam making.

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.

Walnut (April/ May). Collect fallen nuts. The nuts are rich in oil and are widely eaten both fresh and in cookery.

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Enjoy one of Nelson's many open orchard areas. Get to know your neighbourhood trees and plants. Please **share** and care for this valuable resource.

For other interesting walks go to www.nelsoncitycouncil.co.nz or call 03 546 0200.

