



Ranui Reserve Edible Walk

Ranui Reserve was seriously damaged in a windstorm of 2008 so the fruit trees planted here are about six to seven years old. 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.

For other locations go Google maps or visit the Top of the South Maps website for another view of their locations.

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.

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.

Black Currant (Dec). Cultivated since the 1500s, it was mainly used for its medicinal properties. Sweetest when fully ripe. Fruit has good levels of Vitamin C plus some vitamin A and B, and are high in fibre, potassium, copper & manganese.

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.

Gooseberry (Dec). This tart fruit has good levels of vitamin C and fairly good levels of vitamin A, B and are high in fibre, potassium, copper and manganese. Slightly unripe fruit ideal for sauces, jams, preserves, pickles and jellies.

Hazel (April/May). Collect fallen nuts. Hazelnuts are rich in protein and unsaturated fat. They also contain significant amounts of thiamine and vitamin B6.

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.

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.

Pine Nut. Pick browned cones anytime and pine nuts are the edible seeds of the trees. The shelled pine nuts appear like puffed grains of rice. Pine nuts contain about 31g of protein per 100g of nuts, are a source of dietary fibre, carbohydrates and high in monounsaturated fats.

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

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. Please **share** and care for this valuable resource. Get to know your neighbourhood trees and plants. As some plants are clustered, general placement of trees is shown. For other interesting walks go to www.nelsoncitycouncil.co.nz or call 03 546 0200.

