



Orphanage Stream Edible Walk

Orphanage Stream takes its name from St Mary's Boys Orphanage which was sited further upstream at Ngawhatu. The Orphanage was opened in 1886 by Bishop Francis Redwood. The New Zealand Government paid one shilling per day for each boy. The boys received schooling and were trained in gardening, farm work and trades. It closed in 1919. See the 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. As some plants are clustered, general placement of trees is shown.

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 just 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.

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.

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

Olive (May/June). The fruit of this plant is initially inedible and must be treated before it can be eaten. Process unripe to produce "green olives", or when ripe, to produce "black olives".

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.

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. 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.

