

INCREDIBLE EDIBLES

Explore the Edible Garden to gather ideas that will help you grow delicious food at home.

Visit the 'Plants for Auckland' – 'Plant Types' section of our website for gardening tips and advice on growing your own incredible edibles.



Did you know?

Banana 'trees' are not actually true trees because they don't have woody trunks.
The main stem of the banana plant grows horizontally underground and the part we think of as a 'trunk' is actually a group of leaves tightly wrapped together.
There are more than 1000 types of bananas grown in over 150 countries.
You can rub banana peel on your skin to soothe insect bites.
Banana stem fibres can be made into paper.

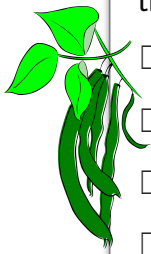


CHALLENGE 1 – Go on a hunt for fruits and vegetables

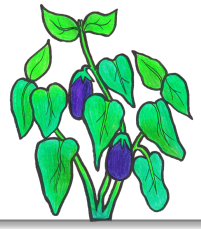


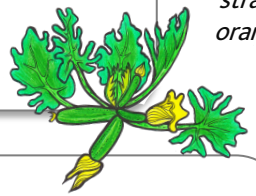
The plants growing in the Edible Garden vary through the year but see if you can find the following:

- ☐ Artichoke
- ☐ Beans
- ☐ Beetroot
- ☐ Eggplant
- ☐ Lettuce
- ☐ Parsley
- ☐ Silverbeet
- ☐ Strawberries
- ☐ Tomato
- ☐ Zucchini







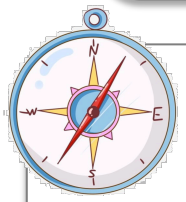


Did you know?

It's easy to make your own lemon ice blocks...

1/3 cup honey
1 cup lemon juice
1L sparkling water

Experiment by adding other pulped fruits like strawberries and oranges into your mix.



CHALLENGE 2 – Play the Compass Crop Game

North, South, East or West – which direction is the best?

Ask someone to call out the name of a crop from the list below, then race to each side of the walled garden to discover its ideal growing site.

<u>North facing</u>: eggplants, capsicums, chillies, garlic, onions, cabbage

<u>South facing</u>: lettuce, peas, silverbeet, leeks, pak choi

<u>East facing</u>: radishes, courgette/zucchini, carrots, broccoli, NZ spinach

<u>West facing</u>: tomatoes, strawberries, beans, lettuce, parsley, fennel



CHALLENGE 3 – How many different fruit trees can you find?

How many of the trees in this word search can you find in our orchards?

apple cherry feijoa fig grapefruit lemon lime macadamia mandarin olive orange plum





M	A	C	A	D	A	M	I	A	O
A	P	E	G	N	A	R	O	Y	L
N	P	A	B	E	F	J	G	R	I
D	L	N	H	I	I	K	L	R	V
A	E	O	M	E	O	P	Q	E	E
R	R	M	F	S	T	U	V	H	W
I	X	E	Y	L	I	M	E	C	Z
N	A	L	C	E	G	U	F	I	K
B	D	F	H	J	M	L	O	I	P
T	I	U	R	F	E	P	A	R	G

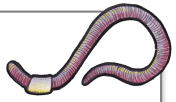






Different fruit trees flower or bear fruit at various times through the year. Please don't pick any fruit so that other visitors can enjoying seeing it too.

CHALLENGE 4 – Watch a wiggly worm



Worm farms provide our gardeners with free fertiliser to create healthy soil for our plants. Open the worm farms to look for and hold some worms gently before returning them carefully and remember to wash your hands afterwards.

Draw a picture of yourself next to the scarecrow and add some helpful garden animals into the colouring page overleaf.

AUCKLAND BOTANIC GARDENS
Where ideas grow

