

# FRUIT ROUTES

## MAP + GUIDE TO FRUIT AND FORAGING ON CAMPUS



# FORAGING MAP

- = Forage in Spring/Summer
- = Forage in Autumn



**1. GINKGO**  
USE LEAVES FOR TEA. HARVEST IN AUTUMN WHEN THEY ARE TAKING YELLOW. ONE OF OLDEST TREE SPECIES ON THE PLANET. STIMULATES CIRCULATION, REDUCES LETHARGY. MAY IMPROVE MEMORY.

**2. ELDER-FLOWER**  
USE FLOWERS IN JUNE WHEN CREAMY WHITE AND FRAGRANT. PICK ON DRY DAY FOR CORDIAL, CHAMPAGNE FRITTERS, EYE ONTMENT.

**3. BLACKBERRY**  
PICK AUGUST TO START OF OCTOBER. THERE ARE UP TO 400 VARIETIES. BEST EATEN STRAIGHT AWAY OR PUDDINGS, JAM, WINE JUICE OR DYE.

**4. SWEET CHESTNUT**  
FALL IN OCTOBER. WINDS. SPLIT HUSKS WITH YOUR SHOE TO REMOVE BROWN FRUIT. ROAST THEM, IF IN OVEN PRICK THEM OR THEY WILL EXPLODE!

**5. NETTLE**  
GO FOR YOUNG SHOOTS OR NETTLE TOPS BEFORE IT FLOWERS. USE GLOVES AND SCISSORS. MULTIPLE USES HIGH IN IRON. NATURE'S VITAMIN PILL.

**6. GARLIC MUSTARD**  
PICK YOUNGER LEAVES IN SPRING. CAN GROW AGAIN IN AUTUMN FOR SALADS AND SAUCES OR STEAMED. ALSO CALLED JACK-BY-THE-HEDGE.

**7. LIME**  
PICK YOUNG LIGHT GREEN LEAVES FOR SALADS. USE FLOWERS JUNE/JULY TO MAKE LINDEN TEA AND CAN DRY THEM. GOOD FOR DIGESTION AND NERVES.

**8. ROSEHIP**  
HAS 20X VITAMIN C OF AN ORANGE. GOOD FOR WINE, SYRUP, SOUP. TEA. NEED TO FILTER OUT THE PRICKLY SEED. USUALLY RED-ORANGE CAN BE PURPLE.

**9. DANDELION**  
YOUNG LEAVES AS SALAD. QUITE BITTER. ALSO CAN BE COOKED. FLOWERS CAN BE USED FOR WINE, BEER, SALAD, FRITTERS AND THE ROOT AS COFFEE SUBSTITUTE.

## WHAT IS FRUIT ROUTES?

**Fruit Routes** combines foraging, the arts, biodiversity and community. Staff, students and the local community are welcome to all events. These include: harvesting trips; seasonal walks; eating and feasting together; brewing and juicing on campus; and events led by artists and ecologists at different times of day. We work with the Student and Staff Landscaping and Gardening Society; The School of the Arts and Transition Loughborough as part of a wider project called Eat Your Campus. The trees planted in 2014 were funded by The Big Tree Plant.

As the fruit trees grow there will be more and more fruit to eat, cook, share and celebrate. You are invited to enjoy the route in all seasons, get involved in the project and make use of the fruit. Come and join in! Fruit Routes started in 2011 and is devised and co-ordinated by environmental artist Anne-Marie Culhane and supported by Loughborough University's Sustainability and Grounds Teams.

## WHY DO WE DO IT?

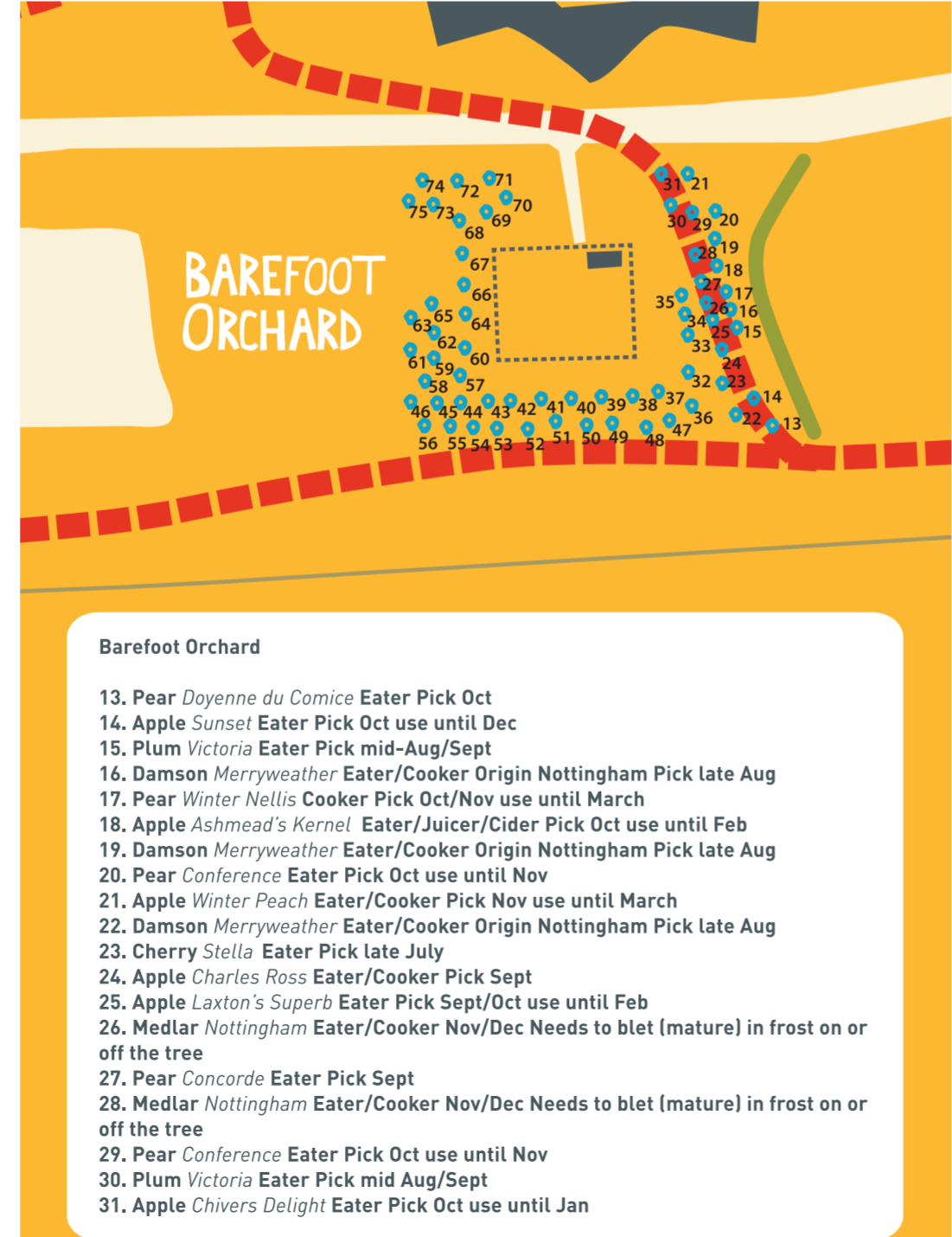
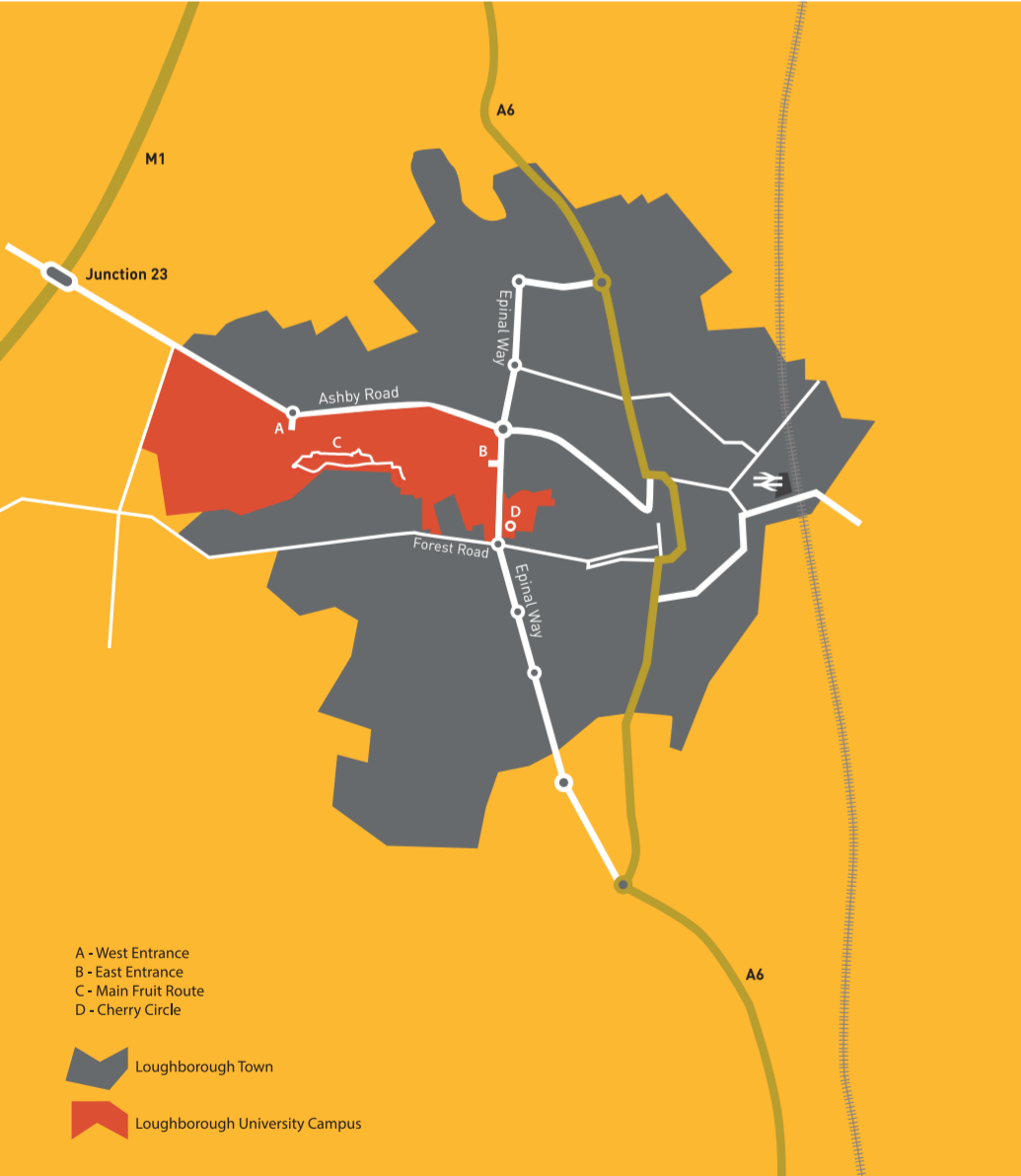
- To share and enhance the biodiversity on campus
- To connect staff, students and local people in a creative and educational way
- To get in touch with the campus as a living and learning landscape
- To support a local food culture
- To reduce our ecological footprint.

"With every apple you bite into you can make a landscape, you can sustain a culture." Common Ground, Producing the Goods

"We still (sometimes) remember that we cannot be free if our minds and voices are controlled by someone else. But we have neglected to understand that we cannot be free if our food and its sources are controlled by someone else. The condition of the passive consumer of food is not a democratic condition. One reason to eat responsibly is to live free." Wendell Berry, farmer/writer

"The most political act we do on a daily basis is to eat." Dr Jules Pretty, Professor of Environment and Society, Essex University

- Some highlights elsewhere on campus:
- Apple trees close to the West Gate outside Stewart Miller Building (small but good for snacking, juicing and cider).
  - Crab apples all across campus (good for jams, jellies and juicing).
  - Walnut tree between Edward Herbert Building and Print department (fruiting some years).
  - Sweet Chestnut tree at Harry French Court (pick off the ground after Oct/Nov storms).
  - Mulberry Tree at The Holt (eat in June fresh from the tree).
  - Pear Tree outside Cogz Bike Shop, Telford Way (you will need a long stick to get these pears! They ripen off the tree and are good for cooking or juicing).
  - Apple Trees next to 11 Holywell Drive (you will need a long stick!).
  - Cherries across campus particularly around Pilkington Library. (some wild cherries are sweet, some are sour. Pick in July).



- Plum Marjorie's Seedling Eater/Cooker Pick late Sept
- Plum Marjorie's Seedling Eater/Cooker Pick late Sept
- Pear Doyenne du Comice Eater/Cooker Pick Oct
- Cherry Stella Eater Pick late July
- Apple Winter Gem Eater Pick October use until March
- Apple Cox's Orange Pippin Eater/Cooker Pick early Oct
- Cherry Sweetheart Eater Pick July/Aug
- Cherry Sweetheart Eater Pick July/Aug
- Cherry Sweetheart Eater Pick July/Aug
- Apple Winter Banana Eater/Cooker Pick Oct use until Feb
- Cherry Merchant Eater/Cooker Pick late Sept
- Plum Anna Spath Eater/Cooker Pick late Sept
- Apple Sisson's Worktop Newton Eater Pick Oct use until Feb
- Apple King of the Pippins Eater/Cooker Pick Oct use until Feb
- Apple Charles Ross Eater/Cooker Pick Sept use until Dec
- Apple Fiesta Eater/Cooker Pick late Sept use until Feb
- Apple Cox's Orange Pippin Eater/Cooker Pick early Oct
- Apple Fiesta Eater/Cooker Pick late Sept use until Feb
- Apple Winter Gem Eater Pick Oct use until Dec
- Apple Peasgood's Nonsuch Eater/Cooker Pick Sept use until Dec
- Apple King of the Pippins Eater/Cooker Pick Oct use until Feb
- Apple Sisson's Worktop Newton Eater Pick Oct use until Feb
- Apple Winter Banana Eater/Cooker Pick Oct use until Feb
- Apple Peasgood's Nonsuch Eater/Cooker Pick Sept use until Dec
- Apple Charles Ross Eater/Cooker Pick Sept
- Almond Ingrid Eater/Cooker Crops Sept
- Apple Adam's Pearmain Eater Pick Oct use until March
- Plum Seneca Eater Pick early Sept
- Almond Ingrid Eater/Cooker Crops Sept
- Apple Charles Ross Eater/Cooker Pick Sept
- Plum Opal Eater Pick late July
- Apple Charles Ross Eater/Cooker Pick Sept
- Greengage Old Greengage Eater Pick early Sept
- Apple Lane's Prince Albert Eater/Cooker Pick mid Oct use until March
- Apple Gala Eater Pick early Oct use until Jan
- Apple Rosette Eater/Juice Pick Aug
- Mirabelle Golden Sphere Cooker Pick late Aug
- Damson Shropshire Prune Cooker Pick Sept
- Damson Langley Bullace Cooker Pick late Sept/Oct
- Damson Langley Bullace Cooker Pick late Sept/Oct
- Quince Vranja Cooker Pick Sept/Oct
- Apple Spartan Eater/Juicer Pick Oct
- Apple Adam's Pearmain Eater Pick Oct use until March
- Plum Mirabelle de Nancy Cooker/Eater Pick Sept

## Safe and Responsible Wild Harvesting

- Do not taste a plant unless you are 100% sure it is edible or someone who you are confident has knowledge about wild food and plants has shown you.
- If you do use the internet for information, cross-reference a few websites, as there are some cases of misleading information and mis-identification.
- Start with plants that are easy to identify and learn a few at a time. Leaves, stems, flowers, seeds, location, time of year and smell will help you correctly identify things.
- Make sure you are eating the correct part of the plant, for example, some plants have poisonous leaves but you can eat the fruit.
- Only try a small taste first. Don't eat a large quantity until you really know the plant and your individual reaction to it. See what it feels like in your mouth before swallowing it.
- Learn to identify each plant at different times of year to understand the lifecycle of the plant you want to forage.
- Make sure you know when the fruit is ready to eat. Many fruits are only really good for eating when they are fully ripe.
- If you are allergic to nuts you will also be allergic to wild nuts like hazel nuts. If you are intolerant to any other type of food be very sensible about what you try.
- Avoid harvesting along busy roads due to potential contamination and if you are concerned about soiling from animals then harvest plants that are above animal height.
- Plants grown around ponds and streams can be contaminated through the water source so seek specialist advice before you gather from these areas.
- Avoid harvesting in places where chemical sprays are used. You will usually be able to tell through withering and yellow/browning of the plants.

If you have a medical condition, are taking medication or are pregnant or breast feeding seek professional medical advice before consuming any edible wild plants.

The University does not use chemical sprays on the fruit trees on the Fruit Routes and does not spray along the Fruit Routes as a general rule, but there may be some occasions when chemicals are used on kerbsides, rough areas and pathways. When this occurs the area that has been sprayed will be signposted.

Foraging and wild harvesting is an opportunity to share in nature's abundance so leave some for other creatures!

Good References:  
Wild Food by Roger Phillips and Food for Free by Richard Mabey are key foraging books. Also recommended is Edible Wild Plants and Herbs by Pamela Michael.  
For more on community fruit harvesting see the Abundance Handbook [free download] <http://growsheffield.com/abundance>



Project blog:  
<http://fruitroutesloughborough.wordpress.com>

for more info, events and recipes:  
twitter: @fruitroutes  
email: [environment@lboro.ac.uk](mailto:environment@lboro.ac.uk)

Edition 2 2016



**This map** shows the main Fruit Route on campus. This route is around 1km long. We have planted over 54 different varieties of edible fruit and nut trees and over 550 hedgerow trees (blackthorn, elder, wild cherry, wild plum, crab apple, wild rose, dog rose, guelder rose, rowan, hawthorn and hazel) around the route for foraging and wildlife.

# FRUIT ROUTES

## Cordons/Espaliers along David Davies Building

- 109. Apricot *Goldcot*
- 110. Pear *Glou Morceau*
- 111. Pear *Comice* Eater Pick Oct use until Dec
- 112. Grape *Rembrandt* Eater Pick late October
- 113. Apricot *Early Moorpark* Eater Pick late July
- 114. Quince *Meech's Prolific* Cooker Pick early Oct

## In dip by David Davies Building

- 115. Mulberry *Chelsea* Eater Eat from tree in Aug
- 116. Chestnut *Marigoule* Cooker Pick Oct/Nov
- 117. Walnut *Broadview* Eater/Cooker Pick from ground Sept/Oct
- 118. Quince *Champion* Cooker Pick Oct

## Transcendental Orchard

- To left side of Pilkington Library
- 119. Crab Apple *Floribunda* Pick Oct good for cooking and wildlife
  - 120. Cherry *Morello* Cooker Pick Aug or leave on tree and eat when black
  - 121. Crab Apple *Floribunda* Pick Oct good for cooking and wildlife
  - 122. Crab Apple *John Downie* Pick Oct good for cooking and wildlife
  - 123. Almond *Ingrid* Eater/Cooker Crops Sept
  - 124. Cherry *Morello* Cooker Pick Aug or leave on tree and eat when black
  - 125. Crab Apple *John Downie* Pick Oct good for cooking and wildlife
  - 126. Crab Apple *John Downie* Pick Oct good for cooking and wildlife
  - 127. Crab Apple *Floribunda* Pick Oct good for cooking and wildlife
  - 128. Cherry *Stella* Eater Pick late July
  - 129. Cherry *Morello* Cooker Pick Aug or leave on tree and eat when black
  - 130. Almond *Ingrid* Eater/Cooker Pick Sept
  - 131. Plum *Coe's Golden Drop* Eater/Cooker Pick late Sept

## To right of Pilkington Library

- 132. Pear *Doyenne du Comice* Eater Pick Oct
- 133. Apple *James Grieve* Eater/Juice Pick Sept
- 134. Pear *Winter Nellis* Eater/Cooker Pick late Oct/Nov use until March
- 135. Pear *Doyenne du Comice* Eater/Cooker Pick Oct

## Cherry Circle Inset

Located outside the front entrance to the Art School

- 136. Cherry *Summer Sun* Eater Pick late July
- 137. Cherry *Regina* Eater Pick mid/late July
- 138. Cherry *Stella* Eater Pick late July
- 139. Cherry *Sunburst* Eater Pick mid July
- 140. Cherry *Dun* Eater Pick mid June to mid July
- 141. Cherry *Summer Sun* Eater Pick late July

## CHERRY CIRCLE

< to West Entrance

## CIDER ORCHARD

- 97
- 98
- 99
- 100
- 101
- 102
- 103
- 104
- 105
- 106
- 107
- 108

## BURLEIGH ORCHARD

- 76
- 77
- 78
- 79
- 80
- 81
- 82
- 83
- 84
- 85
- 86
- 87
- 88
- 89
- 90
- 91

## TRANSCENDENTAL ORCHARD

- 119
- 120
- 121
- 122
- 123
- 124
- 125
- 126
- 127
- 128
- 129
- 130
- 131

## BAREFOOT ORCHARD

See detailed map of Barefoot Orchard overleaf for tree identification by numbers

one hundred trees how small this blister on my thumb  
- Paul Conneally, Fruit Routes poet

## Cider Orchard

- 92. Sweet Chestnut Pick from ground after Oct/Nov storms
- 93. Sweet Chestnut Pick from ground after Oct/Nov storms
- 94. Sweet Chestnut Pick from ground after Oct/Nov storms
- 95. Crab Apple *John Downie* Pick Oct good for cooking and wildlife
- 96. Crab Apple *John Downie* Pick Oct good for cooking and wildlife
- 97. Apple *Falstaff* Eater Pick Sept/Oct good for juice
- 98. Sweet Chestnut Pick from ground after Oct/Nov storms
- 99. Sweet Chestnut Pick from ground after Oct/Nov storms
- 100. Sweet Chestnut Pick from ground after Oct/Nov storms
- 101. Apple *Hoary Morning* Cooker Pick Sept/Oct use until Jan
- 102. Apple *Annie Elizabeth* Cooker Local variety Pick Oct use until Jan
- 103. Apple *Dabinett* Cider/Juice Pick Nov drops to ground when ripe
- 104. Apple *Kingston Black* Cider/Juice Pick Nov drops to ground when ripe
- 105. Apple *Kingston Black* Cider/Juice Pick Nov drops to ground when ripe
- 106. Apple *Hoary Morning* Cooker Pick Sept/Oct use until Jan
- 107. Apple *Anne Elizabeth* Cooker Local variety Pick Oct use until Jan
- 108. Apple *Dabinett* Cider/Juice Pick Nov drops to ground when ripe

## Burleigh Orchard

- 76. Apple *Bramley's Seedling* Cooker Origin Nottingham Pick Oct use until March
- 77. Cherry *Morello* Cooker Pick Aug or leave on tree and eat when black
- 78. Cherry *Morello* Cooker Pick Aug or leave on tree and eat when black
- 79. Cherry *Morello* Cooker Pick Aug or leave on tree and eat when black
- 80. Apple *Annie Elizabeth* Cooker Local variety Pick Oct use until Jan
- 81. Greengage *Oullins Gold* Eater/Cooker Pick mid-Aug
- 82. Cherry *Morello* Cooker Pick Aug or leave on tree and eat when black
- 83. Greengage *Oullins Golden* Eater/Cooker Pick mid-Aug
- 84. Plum *Victoria* Eater Pick Aug/Sept
- 85. Apple *Winter Gem* Eater Pick Oct use until March
- 86. Apple *Laxton Superb* Eater Pick Sept/Oct use until Feb
- 87. Damson *Farteigh* Cooker Pick Sept
- 88. Apple *Laxton's Superb* Eater Pick Sept/Oct use until Feb
- 89. Plum *Victoria* Eater Ripe Aug/Sept
- 90. Apple *Peasgood's Nonsuch* Eater/Cooker Pick Sept use until Dec
- 91. Greengage *Oullins Golden* Eater/Cooker Pick mid-Aug

The white boxes have information about tree types, variety and guidelines on the best time to harvest. Harvest time can vary from year to year. Using touch, colour, taste and smell can help you decide if the fruit is ready to pick. It is often tempting to pick too early! Most fruit comes off the tree into your hand easily when ripe although pears ripen off the tree. Most varieties of pear and apple can be juiced. Note that some fruits have to be eaten quickly e.g. mulberry, and others store well in cool conditions. More on harvesting at [www.fruitroutesloughborough.wordpress.com](http://www.fruitroutesloughborough.wordpress.com)

## Freeman Orchard

- 1. Apricot *Early Moorpark* Eater Pick late July
- 2. Apricot *Early Moorpark* Eater Pick late July
- 3. Cherry *Stella* Eater Pick late July
- 4. Crab Apple *Evereste* Cooker Pick Oct/Nov good for cooking and wildlife
- 5. Pear *Concorde* Eater Pick Sept
- 6. Pear *Doyenne du Comice* Eater/Cooker Pick Oct
- 7. Cherry *Early Rivers* Eater Pick early/mid June
- 8. Cherry *Early Rivers* Eater Pick early/mid June
- 9. Cherry *Stella* Eater Pick late July
- 10. Plum *Victoria* Eater Ripe Aug/Sept
- 11. Cherry *Merton Biggareau* Eater Pick mid July
- 12. Cherry *Early Rivers* Eater Pick early/mid June

## FREEMAN ORCHARD

**Key**

- Fruit Route
- Buildings
- Roads or car park
- Fruit Routes planted trees
- University boundary

