

15) Black Walnut (*Juglans californica*)

Location: 69 Oak St.

While English walnuts are the more common variety we can purchase, black walnuts are considered much more flavorful. English walnuts are actually grafted to black walnut rootstock here in California making black walnuts crucial to that industry. The wood from the tree is also among the most cherished and valuable among woodworkers.

16) Ornamental/Japanese Plum

(*Prunus cerasifera*)

Location: 68 Oak St.

This is another ornamental tree that produces a lovely cherry-sized plum that can be used like any plum.

Station D - turn right onto Mt. Hamilton Ave

17) Magnolia (*Magnolia grandiflora*)

Location: 190 Mt. Hamilton Ave

The flowers from these trees can be harvested for pickling.

18) Japanese Maple (*Acer palmatum*)

Location: 142 Mt. Hamilton Ave

Like most, if not all maples, one can harvest sap from this tree to create maple syrup. Unlike sugar maples, this variety doesn't produce enough syrup to be commercially viable.

19) English Walnut (*Juglans regia*)

Location: 25 Mt. Hamilton Ave

English walnuts are the most commonly grown walnut with California's Central Valley their primary growing region. See more info, in #15 Black Walnut, above.

Station E - turn right onto San Antonio Rd.

20) Camphor (*Cinnamomum camphora*)

Location: De Martini Orchard (market parking lot)

The camphor is another ornamental evergreen tree grown widely in this area. The fruit has been used historically as a flavoring in both sweet and savory dishes as well as medicinally and in incense. Interestingly, it has also been used as a pest deterrent and in explosives. A relative of *Cinnamomum camphora* is used to make cinnamon.

Station F -- back at the Civic Center

21) Olive Trees - near the crosswalk

Station G -- at the Los Altos History Museum

22) Ornamental Cherry

23) Various edible/medicinal plants

(day lily, black eyed susan, yarrow, nigela)

24) Fig

25) Crab Apples

Visiting hours, bathrooms:

- Los Altos Library: Sundays 10am-7pm
 - Los Altos History Museum: 12 - 4pm on Sundays. Current exhibit: Eichler Homes.
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WHAT IS THE SAME SIZE AND SHAPE AS A TREE, YET WEIGHS NOTHING? i\MODVHS SLJ

WHAT IS THE PART OF THE TREE THAT IS NOT IN THE SKY, OR UNDER THE GROUND, AND MOVES, AND CHANGES SHAPE?

i\MODVHS SLJ

This Edible Tree Walk is led by:

Kris Jensen: permaculturist and GreenTown Los Altos executive director



GreenTownLosAltos.org

Joni Sare: award-winning local chef and Board Chair of Slow Food South Bay



SlowFoodSouthBay.org

Peter Ruddock: food historian and policy geek; co-leader of Transition Palo Alto



TransitionPaloAlto.org

Herb Fong: retired chief grounds manager and arborist at Stanford, an avid Canopy volunteer



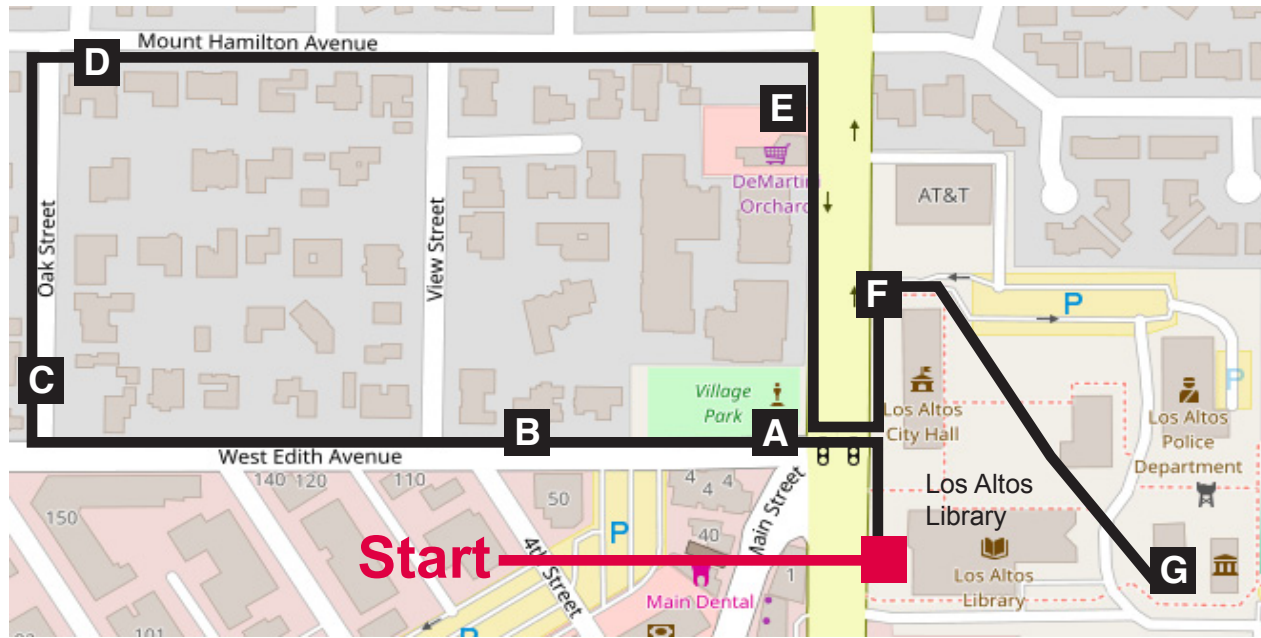
Canopy.org



Los Altos
June 25, 2017

Hosted by:
GreenTown Los Altos

Co-partners:
Slow Food South Bay
Transition Palo Alto
Canopy



Start:

We will meet at the water feature at the Los Altos Library and will then move to the apricot orchard adjacent to the Library for a brief historical talk with the town orchardist.

Station A -- Location: Village Park
(cross San Antonio to the NW corner of W. Edith)

1) Black Oak (*Quercus kelloggii*)
 The native black oak is deciduous, unlike many of the native oaks with which we may be familiar. The acorns of this tree were a staple food preferred for eating by California's indigenous peoples. Today this tree comprises about 30% of California's timber.

2) Birch (*Betula pendula*)
 Birch trees are common ornamental plants in this area. The trees can be tapped for a syrup that's similar to maple syrup. This sap is also commonly used for a traditional drink in Northern Europe and Siberia.

3) Ornamental Pear (*Pyrus calleryana*)
 This is common ornamental tree is grown for its beautiful white blossoms in the spring. Many people don't realize that these trees do produce a very tiny fruit that can be harvested to produce a lovely jelly.

4) Pine (*unsure of species*)
 All pine trees produce nuts from their cones, but not all species produce nuts large enough for commercial harvesting. In California, we have a handful of pine species from which our indigenous peoples harvested nuts as a staple food and young pine needles for a medicinal tea.

5) Coast Redwood (*Sequoia sempervirens*)
 Like pine trees, many indigenous communities have used the young redwood leaves for medicinal teas.

Station B - walk down W. Edith toward Oak St.

6) Strawberry Tree (*Arbutus unedo*)
 Location: 51 West Edith Ave
 The strawberry tree is another common ornamental plant you see in this area. The tree is often used for honey production in Europe while the fruit is used for making preserves and alcoholic beverages like medronho, a strong Portuguese brandy. People have said the fruit tastes similar to figs.

7) Olive Tree (*Olea europaea*)
 Location: 71 West Edith Ave
 Olives have been harvested for thousands of years for both the fruit (in a cured form as the fresh fruit isn't edible) and the oil produced by pressing the fruit. Wood, from the tree, is often used for cooking utensils and in artwork.

8) Citrus (*a number of varieties*)
 Location: 115 West Edith Ave
 Citrus trees are another common fruit tree in the area. While we're mostly familiar with lemons, limes, oranges and the like, we can also grow more exotic varieties like Buddha's Hand and Australian Finger Lime.

Station C - turn right onto Oak St.

9) Loquat (*Eriobotrya japonica*)
 Location: at the corner of Edith and Oak
 Loquats have been grown in the Bay Area since around the Gold Rush. This tasty fruit is among the first available in the spring and is wonderful fresh and in preserves.

10) Juniper (*unsure of species*)
 Location: 17 Oak St.
 Juniper berries are one of the primary flavorings in gin (the name gin is derived from the Dutch word for Juniper). Juniper berries are also used as a flavoring for several meat dishes.

11) California Pepper (*Schinus molle*)
 Location: 24 Oak St.
 This Andean native is the source of red peppercorns, though it's not related to commercial pepper (*Piper nigrum*) which is a tropical vine.

12) Apricot (*Prunus armeniaca*)
 Location: 69 Oak St.
 Apricots were once one of Santa Clara County's primary crops. The fruit is best eaten fresh off the tree and can be enjoyed dried, in preserves and in many other uses. The apricot pit (stone or nut) is often used for almond flavoring.

13) Persimmon (*unsure of species*)
 Location: 69 Oak St.
 There are several varieties of persimmons, some of which are astringent, like the Hachiya, and some that are not, like the Fuyu. Due to the high level of tannins, astringent varieties are eaten when the fruit is very ripe and soft, while varieties like the Fuyu can be eaten when firm.

14) Fig (*Ficus carica*)
 Location: 69 Oak St.
 Figs are another fruit that has been grown for many thousands of years. The first fig trees in California came with the Spanish missions and have been growing here ever since, with the most common variety being Black Mission. The fruit is best eaten fresh but is wonderful dried, in preserves and in many other ways.