

Adair Orchard



St. Patrick's
County Park



History of the Orchard

The Adair Orchard was planted in 1980 in honor of Donald L. Adair. Mr. Adair came to South Bend in the 1930s as the first executive officer of the South Bend Federal Savings and Loan. He believed in this community and spent his life working towards enhancing and improving South Bend. He also loved the outdoors, and served on the St. Joseph County Parks and Recreation Board as both Vice-President and President from 1972 to 1975. The orchard was a project of the Friends of St. Patrick's County Park.

The Adair Orchard showcases traditional American varieties of apples. Apple trees are thought to have originated in the western Himalayan mountains of Asia. The apple arrived in North America with the European settlers and by 1868 it was established coast to coast. Apples are the most widely cultivated tree fruit, and over 3,000 varieties have been developed. In addition to apples, the Adair Orchard features grapes, pears and blueberries.



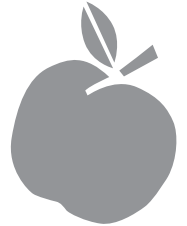
The Benefits of Apples

There is good reason behind the phrase, "An apple a day keeps the doctor away!" Apples contain vitamins A and C, as well as B-complex vitamins, potassium, calcium, iron and phosphorus.

Years ago, a syrup made from apple juice was used to relieve chest colds and whooping cough, reduce fever, soothe irritations and improve the functioning of the liver, bladder and kidneys.

Candy Apples

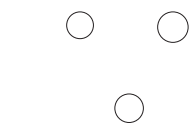
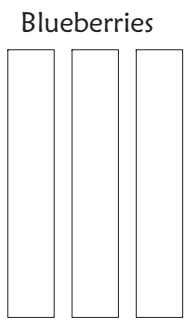
12 red apples
3 c. granulated sugar
1 c. corn syrup
1 c. water
1/2 t. cinnamon
1/4 t. red food coloring



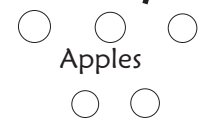
Wash and dry the apples; firmly insert a wooden meat skewer or stick in the stem end. In a saucepan combine the sugar, corn syrup and water. Heat, stirring constantly, until sugar dissolves. Cover and bring to a boil. Boil, uncovered and without stirring, until a few drops in cold water separate into threads (300 degrees on a candy thermometer). Blend in cinnamon and food coloring. Remove from heat. Tip saucepan and dip apples in syrup, turning to coat evenly. Place on prepared baking sheet to harden.



In scientific studies, blueberries have been shown to reduce short-term memory loss. Eating blueberries improved balance, coordination, speed and navigational skills in laboratory animals.



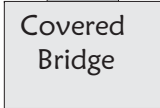
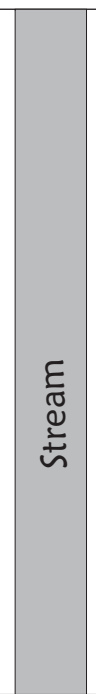
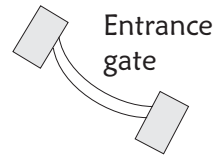
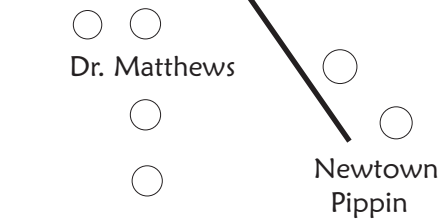
Apples are a popular food of deer, foxes and ruffed grouse, as well as people. You are welcome to sample the Adair Orchard fruit.



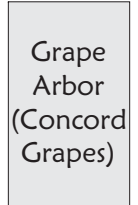
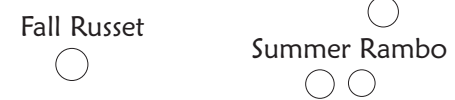
Franklin apples are a cross between McIntosh and Red Delicious.



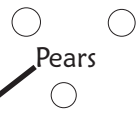
In 1759 Ben Franklin sent some **Newtown Pippin** apples to British botanist Peter Collinson, who wrote, "what comes from you are a delicious fruit if our sun will ripen them to such perfection."



Apple Orchard



Grape Vineyard (Concord Grapes)



Referring to the importance of eating pears at the peak of their ripeness, Ralph Waldo Emerson once said, "There are only ten minutes in the life of a pear when it is perfect to eat."

Concord grapes are descendants of wild grapes native to North America. They can be used in production of juice, jelly and wine.



Laurel Road