

# SELWYN FROM THE LAND

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As the leaves turn brown and start to fall from the trees, it's time to admire Selwyn's changing landscape on walks with friends and family and look out for harvested vegetables to stock up on for winter. To experience autumn in Selwyn, visit [selwyn.nz](http://selwyn.nz)

## TASTE SELWYN

Stretched across the Canterbury plains, broken up by lakes and braided rivers, Selwyn is a pantry full of the freshest fruit, vegetables, seafood, grains and meats.

There are a variety of unique food products. From water buffalo cheese, saffron, wasabi, micro greens and white truffles, there's always something new to try!

If you're looking to try more kai from the region, Selwyn's annual food festival Taste Selwyn returns for the month of May 2022, with several participating eateries, cooking demonstrations and events.

Phillip Caunter from Melton Estate said Taste Selwyn was a great success for them last year as they got to pair their wine with dishes from five different eateries, some which they had not worked with before.

He said the festival not only let the public have a taste of Selwyn, but it allowed producers to connect with local eateries.

"We discovered some food producers through Taste Selwyn that we didn't know about, including Poaka and Sovereign Salmon. It also gave me a good reason to talk to these people and try their products at the winery. It was worthwhile doing."

For more information, visit: [www.selwyn.nz/taste](http://www.selwyn.nz/taste)



## FROM THE PEOPLE

### Discovering the gifts of the Rakaia Gorge

Growing up in Darfield, Blair Grice enjoyed hunting and fishing in the Rakaia Valley's beautiful lakes, rapid rivers and high country hills.

Blair now shares his beloved hobbies, showing people his favourite fishing spots and why he loves jet boating on the on the glacial Rakaia River.

Blair works as a hunting guide for NZ Trophy Safaris in the Rakaia Gorge, specialising in free range hunting at multiple private land stations and on DOC land sites.

If hunting is not your thing, then get your adrenaline pumping on one of Blair's Discovery Jet jet boat rides, up and down the river, and revel in the surrounding of cliff faces and stunning snow-capped mountains.

Hop into their 10 seater Hamilton Jet and take the family on a fishing trip to discover the best places to fish for trout and salmon on the Rakaia Gorge.

Blair says the Rakaia River's landscape is what makes it such a special place.

Want to stay longer? There's horse riding, hunting, archery and clay target shooting combos, the beautiful Rakaia Gorge walk and accommodation available in the area. Read more at [selwyn.nz/blogs/discovering-the-gifts-of-the-rakaia-gorge](http://selwyn.nz/blogs/discovering-the-gifts-of-the-rakaia-gorge) and learn about Discovery Jet's combos at [www.discoveryjet.co.nz](http://www.discoveryjet.co.nz).

Located on the north side of the Rakaia Gorge bridge, your Discovery Jet adventure awaits you.

## LOCAL WILDLIFE

### Kōwaro/Canterbury Mudfish

A brown scale-less fish the size of a carrot, hides in Selwyn's slow-moving waterways and water races, coming out only at night— can you find Selwyn's treasured mudfish?



Canterbury's mudfish can survive for long periods out of water, and in shallow swampy waterways. They are critically endangered due to habitat loss and predatory trout, and are considered a taonga by Ngāi Tahu.

Selwyn's water races are a key habitat for the kōwaro. In some cases in lowland plains, water races are the last bastion for this species. Work is being done by DOC and Environment Canterbury to protect the Canterbury mudfish by improving their habitat and keeping out predatory trout.



## TRY THIS ITINERARY FOR A WEEKEND AWAY

### Check out Selwyn history on your way to Lake Coleridge.

Head towards Hororōtā where you can pop in to see Cotons Cottage, a recently restored cob cottage, originally built around 1864. Just up the road is the Artist's In, located in what was the Hororata Pub. The pottery studio and artisan store is open to the public to purchase crafts made by local people. If you're lucky you may get to watch local potter, Frank, throwing some clay.

Pick up some great food and coffee from the Hororōtā Café and head to Glentunnel where the museum celebrates the town's brick and pottery making past.

Continue your journey towards Rakaia Gorge. Take the turn off to Lake Coleridge where you can explore one of the first state-owned and run power stations. Take a leisurely walk by the lake, famous for its chinook salmon fishing. There are some stunning photo opportunities! Stay the night at Terrace Downs Resort, enjoy a beautifully cooked meal overlooking the stunning golf course.



## SELWYN'S FOOD STAPLES

We've created the ultimate Selwyn self-isolation shopping list for simple, healthy family meals. Full of zinc, protein, vitamin D and vitamin C.

### Poaka New Zealand

Free-range pork mince, dry cured bacon and salami

### Local butchers in Darfield, Ellesmere & Lincoln

Free range boneless chicken breast, prime beef mince, pork sausages

### Sovereign Salmon

Salmon fillets

### Oakley's Premium Fresh Vegetables

Classic golden gourmet potatoes and pumpkins

### Untamed Earth, Streamside Organics & Fresh from Rollo's

Vegetable and fruit boxes

### Other Items

- Blueberries picked from Blueberry Bliss, Berries Direct or Boyds Blueberries
- Free range eggs from Little Red Farm
- Minchins Milling's wholemeal high grade wheat flour
- Shandy's tomato sauce
- Honey from Coalgate Honey or your local honey provider
- Aroha sparkle drinks or Coes drinks



## INSTAGRAMABLE LOCATION PEAK HILL

Does a 360 degree view of lakes, rivers and snow-frosted mountains peak your interest? Then take a hike up Peak Hill. Located between the Rakaia River and Lake Coleridge. Bring a windbreaker jacket and hiking boots for this three-hour return, 5.6 km walk. Don't forget your camera! Capture the breath-taking views of autumn hues in the surrounding high country and the Southern Alps with the Rakaia Gorge and Lake Coleridge beneath you. A place where you will truly feel like you are on top of the world!

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