

Ruamāhanga Farm Sunflower Field & Farm Walk



Short Wetland Walks: Both walks go through a restoring wetland, which thousands of years ago was the course of the Ruamāhanga River. You will see some kahikatea and tī kōuka which are remains of the swamp forest that would have covered this part of the valley. In the last three years, thanks to the help of local volunteers and children and young people from local schools we have been planting more native trees and grasses. Look out for the Yellow Listening Posts on the way. Walking time is approximately 20 minutes.

Long Guided Wetland and River Loop Walk: Leaving at 11.15 on both Saturday and Sunday. This one hour walk goes along the wetland, through an old tī kōuka grove and beside the Ruamāhanga River. We will be sharing the journey of how we are slowly transforming a traditional stock and crop farm into a regenerative, community and river oriented venture. On the way we will share some of the creative work produced by children on our Te Reo o te Wai education programme.

What we have planted in the Sunflower Fields

Tic beans, faba beans and vetch, chicory, plantain sheeps burnet and phacaelia, lentils, linseed, millet, buckwheat, blue and white lupins, barley, rye corn, black oats and white oats, rape, field radish, mustard, twelve types of clover and thousands of sunflowers.

This rich variety of plants attracts bees, butterflies and other beneficial insects. The plant mix is also good for the soil doing jobs like opening up the soil structure and improving its water holding capacity, building the availability of nitrogen, potassium and phosphorus along with other trace elements. Some species are visible now and others will become more dominant later in the year.

Very soon each of the sunflower fields will be strip grazed by our cattle which are mostly angus hereford cross. Grazing changes the composition of the pasture meaning that by next season there will be lots of clover and chicory and hardly any sunflowers.

This is a working farm so please don't bring dogs with you or touch the live electric fences. Please stick to the designated paths, don't go through gates, and don't wander into other areas of the farm. For more information about the work of the charity and if you would like to volunteer with us visit: www.ruamahanga.org.nz

Thanks for your support!
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