



SEASONAL GUIDE	J	F	M	A	M	J	J	A	S	O	N	D	
Bread	●	●	●	●	●	●	●	●	●	●	●	●	45
Crabs	●	●	●	●	●	●	●	●	●	●	●	●	49
Cumquats	●	●	●	●	●	●	●	●	●	●	●	●	40, 54
Deli Foods	●	●	●	●	●	●	●	●	●	●	●	●	45
Eggs	●	●	●	●	●	●	●	●	●	●	●	●	40
Essential Oils	●	●	●	●	●	●	●	●	●	●	●	●	44
Gardens	●	●	●	●	●	●	●	●	●	●	●	●	43, 46
Honey	●	●	●	●	●	●	●	●	●	●	●	●	40, 41, 47
Jam/Spread	●	●	●	●	●	●	●	●	●	●	●	●	40, 41, 47
Lemons	●	●	●	●	●	●	●	●	●	●	●	●	40

SEASONAL GUIDE	J	F	M	A	M	J	J	A	S	O	N	D	
Limes	●	●	●	●	●	●	●	●	●	●	●	●	40
Mandarins	●	●	●	●	●	●	●	●	●	●	●	●	40, 54
Nectarines	●	●	●	●	●	●	●	●	●	●	●	●	47
Oranges	●	●	●	●	●	●	●	●	●	●	●	●	40
Oysters	●	●	●	●	●	●	●	●	●	●	●	●	49, 50
Peaches	●	●	●	●	●	●	●	●	●	●	●	●	47
Plums	●	●	●	●	●	●	●	●	●	●	●	●	47
Roses	●	●	●	●	●	●	●	●	●	●	●	●	35
Strawberries	●	●	●	●	●	●	●	●	●	●	●	●	47
Vegetables	●	●	●	●	●	●	●	●	●	●	●	●	40, 47

40 Ford's Farm C2

1275 Singleton Rd, Wisemans Ferry 02 4566 3127
Pick your own mandarins from the beautiful citrus orchard situated on the banks of the Hawkesbury River, 15 mins from Wiseman's Ferry. A unique experience of picking and tasting different varieties straight from the tree. Oranges, limes, and cumquats available when in season and home made jam and chutney from the shed. Open Jun-end Aug Sat-Sun & P. Hol 10.00-4.00. Bookings essential for group/bus of 30 or more.



41 Deschamps Delights B1

Wisemans Ferry Kiosk (near the Ferry), Wisemans Ferry 02 4566 4949, 0413404199
Enjoy river, mountain and sandstone cliff vistas along the scenic drive to Wiseman's Ferry and Shirley and Paul Deschamps range of over 80 home made edible delights. Fresh produce sourced from local growers to make a mouth watering range of jams, marmalades, butters, honeys, pickles, chutneys and sauces. 10.00 - 4.00 Mon, Tue, Wed, Fri, Sat, Sun closed Thur.



42 The Royal Oak Grill A5

Mean Fiddler, Cnr of Commercial & Windsor Rd, Rouse Hill 02 9629 4811. The Mean Fiddler's Royal Oak Grill is sure to please. Using only the freshest ingredients and drawing on local produce our team of culinary experts, led by Angelo Velante, will guarantee a memorable experience each and every visit. Open Mon-Sun 11.00am-10.00pm for lunch and dinner service. Sat & Sun à la Carte breakfast starting at 8.30am! For bookings please contact The Mean Fiddler's Box Office on 9629 4811.



43 Nati Bros Roses B4

790 Old Northern Rd, Dural 9651 1375
Establ'd 40 yrs. Specialists in wedding roses as well as suppliers to florists throughout NSW. Wander through the formal gardens and smell the roses. Feel free to chat with the rose experts or visit the rose bunching tables to watch what happens. Mon-Sat 8.00-5.00, Sun & Public holidays 8.30-midday



44 Secret Garden Café & Restaurant B5

31 Annangrove Rd, Kenthurst 02 9654 3339
Terrific and interesting food, prepared on-site with fresh local ingredients. Traditional Café favourites to Mediterranean classics and Asian style dishes. Freshly baked cakes and desserts. Catering and Functions a speciality. Featured on television's "Sydney Good Weekender". 7 Days Breakfast and Lunch, Coffee & Cakes Devonshire Tea all day.



45 Glenorie Bakery, Cafe and Delicatessen B4

Shop 4-5 / 30 Old Northern Rd, Glenorie Home of Australia's longest sausage roll, a true Aussie icon! Award winning family bakery, café and delicatessen. A visit to Glenorie and the beautiful Wisemans Ferry is not complete without a stop to indulge yourself. The best local and European ingredients are served up by our deli, we have a delicious range of cakes and the most delicate French pastries. Fully licensed for wine and beer, you may be tempted to stay.



46 Balanced Essentials B3

3050 Old Northern Rd, Glenorie 02 9652 0555
Enter the world of aromatherapy and natural healing products. Learn the art of blending essential oils, using crystals and walk through the tranquil gardens. Beds of lavender, citrus, natives and other essential oil plants that assist in our wellbeing are being planted. Groups welcome, tours and educationals. Mon-Fri 10.00-5.00 other times by appointment.



47 Galston Strawberries at 359 C5

359 Galston Rd, Galston 02 9653 1082
An array of quality produce grown locally in Galston on the Barba family property. Strawberries, Blueberries, Peaches, (White and Yellow) Nectarines, Sugar ripe tomatoes, Strawberries, Rhubarb and plenty of vegies of various kinds. Definitely makes the taste buds tingle. Sep: Sat-Sun 8.00-5.00, Oct-Apr: 7 Days 8.00-5.00



48 Berowra Waters Inn D4

Public Wharves, Bay Rd or Kirkpatrick Way, Berowra Waters 02 9456 1027
Combining Dietmar Sawyere's internationally acclaimed cuisine, a stunning wine collection and a totally refurbished restaurant in this unique location and this becomes a place where memories are made...!



49 Crab and Oyster Cruises E3

Kangaroo Point Wharf, Brooklyn 02 9985 8237
Join local fishermen on an interactive, educational and entertaining cruise along the beautiful Hawkesbury River and gain a unique knowledge of Australian Oyster and Crab Farming before indulging in a seafood lunch. Cruises depart from Kangaroo Point Wharf, Brooklyn, just 1 hour from Sydney City.



50 Broken Bay Oysters E3

10 Kowan Rd, Mooney Mooney 02 9985 9704 or 0410 410 551. Indulge yourself with local Sydney Rock and Broken Bay oysters fresh from the magnificent Hawkesbury River at Mooney Mooney. Reputed to be the best oysters the world, the Broken Bay Pacific Oyster is plump, succulent and creamy with a distinctive flavor. Available shucked or unopened to the general public and the catering industry, orders of all sizes are catered for. Sat, Sun 5am - 5pm



52 Hawkesbury Harvest Farmers & Fine Food Market Castle Hill B6

Castle Hill Showground, Carrington Rd, Castle Hill
Fresh Produce straight from the Farm don't miss these flavoursome markets. Seasonal food from the Hawkesbury and from other regions. Organic Bread, Duck, Fish, Ham, Vegies, Cheese, Pasta, Baskets, Honey, Flowers, Jams, Herbs, Nuts, Native Foods, Sauces, Condiments, Apples, Oranges, Mandarins, Strawberries, Plants, plus lots of value-added product. 8.00-12.00 noon. 2nd Sat of each month, except January.



53 Hawkesbury Harvest Farmers & Fine Food Market Rouse Hill A5

Rouse Hill Town Centre, Market Square, Rouse Hill
Fresh Produce straight from the Farm don't miss these flavoursome markets. Seasonal food from the Hawkesbury and from other regions. Organic Bread, Duck, Fish, Ham, Vegies, Cheese, Pasta, Baskets, Honey, Flowers, Jams, Herbs, Nuts, Native Foods, Sauces, Condiments, Apples, Oranges, Mandarins, Strawberries, Plants, plus lots of value-added product. 8.00-1.00 4th Sat of each month, except December.



54 Watkins Farm C2

1125 Singleton Rd, Lower Hawkesbury 02 4566 3107. Watkins Family producing Hawkesbury Produce since 1836 - grow three varieties of Mandarins these are Imperial, a very popular variety, extra juicy the Emperor mandarin, grown for many generations, easy to peel with a great flavour, and the Hickson, which is available from the middle of August. Cumquats are also available. All Welcome. Open Sat and Sun, public and school holidays from 10.00-4.00.



RW The Great River Walk

See pages 34 and 35

