

**Farmgate Roundup 1/10/05**  
**Simon Marnie and Liz Stephens 4567 7804**

**What have we got on the Farmgate trail this week?**

It's all about flowers this week, as well as the delicious selections of fresh fruit and vegies that you can always find on the trail we have wonderful spring blossoms everywhere and a couple of special floral events to celebrate spring.

If you're on the trail in the Dural area, a visit to The Geranium cottage and Nati Bros roses is a must right now. Nothing like a cheerful pelargonium or a bunch of roses to make you feel good.

**What's in season now on the trail?**

Lovely fresh broccoli is in season, great in stir fries and it's very good for you. Other vegetables in season include spinach, beetroot, cabbages and cauliflowers. Chinese vegies are readily available. Fresh garlic, spring onions and shallots are at their best.

**There's lots more available on the trail.**

You can get delicious Willowbrae goats cheese, olives, chutneys, jams and local wines. There's even fresh local meat on the trail.

Pepes ducks have fresh or frozen Peking ducks available. Also Duck Maryland, breast fillet and sausages.

**Simon**

Simon, a question for you,.....is rhubarb a fruit or a vegetable?

**Simon**

It's a celery like vegetable but is generally treated as a fruit and apparently a court case once decided it was a fruit. Rhubarb is in season and it's delicious. My mum used to make a terrific rhubarb and apple pie, or sometimes she just stewed the rhubarb with sugar and served with cream. Delicious!

**Forget the diet!**

You just have to sometimes.

**Oranges are at their best.**

Fresh juicy oranges are in season . At Penrith Valley Oranges the navels have about a week to go and then Valencias come into season. Valencias are great juicing oranges, Penrith Valley Oranges have just installed a new juicer and you'll be able to bottle your own freshly squeezed juice. They'll be ready for that in about a week.

**How can people find the Farmgate growers?**

They can go to the website [www.hawkesburyharvest.com.au](http://www.hawkesburyharvest.com.au). That's spelt H-a-w-k-e-s-b-u-r-y. There you'll find a detailed list of growers on the trail, a seasonal guide so you know what's available and when. There's a map of the trail and also a list of galleries, cafes, restaurants, wineries, accommodation and tours. You can check out all the special events coming up as well.

**If people don't have access to the internet how can they get a map.**

No problem, they can write to PO Box 447 Windsor 2756 and we'll get them one or they can pick one up at the Dural or Clarendon visitors centres.

**There's a very special event happening in Mt Tomah at the moment.**

The Hawkesbury Waratah Arts and Cultural Festival is on until the 9<sup>th</sup> October in that magical location... the Mt Tomah Botanical Garden. This Sunday, learn about cultivating waratahs, take in the fantastic waratah displays. There are some great holiday activities planned too. One is called Mari Budjari Waratah Fun. The kids can learn all about the waratah and other plants used for thousands of years by Aboriginal people. They've got bush food tasting, craft activities, music and dance.

**There's something for dinosaur addicts too.**

They've organised a family walk that you'll be able to do through October and November. You can solve the mystery of the Thunderbird and maybe even find dinosaurs in the garden. Sounds like fun!

For more details phone Mt Tomah Botanical Gardens (4567 2154)

**There's a flower show being held in nearby Bilpin too.**

The flora of the mountains is truly alive right now. Bilpin Garden Clubs special event for 2005 is the Spring Flower Show. People bring along their floral arrangements, they might be cut flowers or potted plants, some are very unusual flowering varieties, others are displays of spectacular foliage. The scents are wonderful especially from the roses, lilacs and wisterias. You'll even find floral artworks at the Spring Flower Show. It's on Saturday the 8<sup>th</sup> Oct and Sunday the 9<sup>th</sup> of Oct. from 10am to 4pm at the Bilpin District Hall on the Bells Line of Road. At 4pm on Sunday they auction and sell off the displays so you might like to time your visit to that.

**There are plenty of fresh produce and gourmet items available along the way.**

In Bilpin, don't forget to stop in at Tutti Frutti on Bells Line of Road for some fragrant field grown roses and some freshly blended real fruit ice cream. With Xmas on the way a visit to The Turpentine Tree Gallery is a must, Gerhardt is famous for his fabulous dried flower arrangements.

**A couple of things for the diary**

Next Saturday the 8<sup>th</sup> Oct the monthly Farmers and Gourmet Food Market will be held at Castle Hill Showground with lots of farm fresh and gourmet food items on sale from 8am till midday.

The Artburst Festival continues, a fusion of food, wine and art in various locations along the Farmgate trail. Sample local wine and food, view gorgeous local art.

Finally, if you have a small acreage or even if you live on a suburban block you can grow produce to sell. Find out how at the very valuable Farming Small Areas Expo. It's happening on the 11<sup>th</sup> and 12<sup>th</sup> of November. We'll have more details later or you can check our website.

**And that is ...**

[www.hawkesburyharvest.com.au](http://www.hawkesburyharvest.com.au). A few people have rung 702 because they were unable to find the website. That's because many aren't aware that there is an "e" in Hawkesbury. Hawkesbury is spelt H-a-w-k-e-s-b-u-r-y.

That's [www.hawkesburyharvest.com.au](http://www.hawkesburyharvest.com.au)...don't forget the "e" in Hawkesbury.