

FARM GATE ROUNDUP Saturday 29th April 2006

Alan Eagle: 47 250 309 (W) 0415 244 477 (M)

Hi Alan, Welcome:

G'Day Simon,

What Fresh on the Farm gate trail this weekend?

Simon, there is plenty of winter veges around

Spinach, Chinese Cabbage, Lettuce, Dycon Radish, Eggplant
Capsicum, Cellery, Rhubarb, Broccoli, Endive and Chicory.

How is the Fruit Going ?

Fruit – Pink Lady Apples are have about three weeks to run. Fuji's are finishing fast and Grannys are going well.

You can also find, Figs, Persimmons and the occasional Blueberry, out on the trail.

Mandarins and Oranges won't be too far away.

Don't forget our fabulous Duck and those quails I mentioned in last weeks recipe were home grown in Galston and Llandilio.

Mothers Day is coming up, anything special happening on the FGT.

Simon, Roses are a girls best friend and I suspect if they want some of the freshest roses the listeners can visit our two roses farm. We have one in the Dural area and one just over the mountain in Bilpin. You can also find them at our Markets next weekend.

Not only do you support Veges, Fruit and Flowers, but you have some wonderful Alpaca Farms on the trail.

That right Simon, this week I spoke with Cheryl and Jeff from Tanglin Lodge Alpaca who have been raising Alpacas for about 7 years. They offer a wonderful experience for every member of the family when you visit their farm.

What can they do at the Alpaca Farm?

Firstly you can get a tour of the farm, get to cuddle a Cria, a baby Alpaca. They have had three born in the last two weeks named, Heidi, Duke and Celtic. These sound like normal names but all Cheryl's Cria

are named after beers. I have personally met. VB, KB and one with New as his second name.

What is so different about alpaca fibre?

It combines softness with strength. Alpaca product feels great next to the skin, yet it will have the durability of a coarser garment. It is warm, yet amazingly light. Alpaca fibre comes in a beautiful range of natural colours - white, silver, all shades of grey and fawn, chocolate brown and true jet black; and if you want to extend that range; alpaca fibre will dye beautifully.

Alpacas spit, don't they?

Yes, but not generally at people. Sometimes a female will spit at a male if she does not welcome his amorous attentions!

Talking about being amorous, the boys, known as Machos can mate with the females, known as Hembras up to three times in a day. They on the job for 90 minutes each time.

I am tired just thinking about it.

How big is the Industry ?

There are 143 registered breeders in the Blue Mountains Regions. The Breeding Hembras (female) can sell up to \$4000 but the Machos (Male) are quite a bit more. One went for \$170,000 in Melbourne just recently.

This is not bad for a breed that first started in Australia in 1850 and failed and then were reintroduced from Peru in 1989. Alpacas have been around for about 5000 years according to the Australian Alpaca Association.

How can the listeners find out more about Alpaca >

You can visit Tanglin Lodge Alpaca and chat with Cheryl and Jeff. They will be having an open day on the 12th June. IT will be lots of fun and plenty to do and see.

What is on this weekend?

It a bit of a quite week after the last few weeks, but next week we have our fabulous Farmers and Gourmet Food Markets on. David will give you an update then.

Also next week we have at the Fernbrook Garden and Botanical Art Gallery an Exhibition titled 'Prints of Nature' that will run for 16 Days. You will be able to see a range of flowers and fruit from the Waratah, Hollyhock, Flaming Tulips, Persimmons and much more.

Fernbrook as you know have the most beautiful Garden and are part of the Open Garden Scheme. When you visit you can watch Elaine pick up some water and paint and then paint the most intricate flowers right in front of you. I have taken a couple of Elaine classes and although I am still learning I painted a pear that looks like a pear. It was a great experience.

Don't forget the Cool Flavours Weekend in the Southern Highlands over the June long weekend.

All details are on the website: www.hawkesburyharvest.com.au

Simon, this recipe is on the on the website. Mention it if you wish.

Tomato Chilli Jam

This easy to prepare and delicious Tomato Chilli Jam goes with just about any meat, especially pan seared chicken or fish. Makes about 400ml

Ingredients:

1. 2T olive oil
2. 1 Large onion
3. 2 Cloves garlic crushed
4. 5 Large Tomatoes chopped roughly
5. 2 Red chilli's (Seeded or unseeded or omitted if you want a milder jam)
6. 1 Table spoon worstershire sauce
7. 1/3 Cup Sweet chilli sauce
8. 1/3 Cup brown sugar.

Method:

1. Slice onion into 1/2 rings and sweat in saucepan for 5 minutes
2. Add crushed garlic and turn up heat to start to brown garlic and onions.
3. Add chopped tomato and chilli's cook for about 3 minutes
4. Add the sauces and brown sugar.
5. Bring to boil and simmer for about an hour or until thickened.
6. Let stand for 5 minutes

Can be used hot or cold, The jam is great spread on toasted bread as a appetiser. Will store refrigerated for about one week.

Recipe Courtesy Of Chris Parkin, Loxley on Bellbird Hill