

## Farm Gate Trail Round Up – 10th July, 2004

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### IN SEASON ON THE TRAIL

Good Morning Simon,

There are fantastic juicy, very sweet - navel oranges, Imperial & Susumi (they are the seedless ones) mandarins, grapefruit and Seville oranges. In the way of apples there are still some pink lady and granny smiths & there are also some pears around. There is also a winter crop of strawberries – these are the pajeros, take the scenic Hills drive via Galston Strawberries.

In the vege line - the Tomatoes are still prolific, there's also cabbages, sweet potato, mushrooms, broccoli, cauliflower, silverbeet & jap & Qld Blue pumpkins. Also pecans and some Bilpin grown **macadamias**.

As it is school holidays and your listeners may be looking to do something different – try a farm visit where you may pick your own fruit, or watch the oranges being sorted through the machine, have a picnic in the grounds, or watch your evening veges being pulled fresh from the paddock.

For the latest update of the fruit and veges in season from our farms, check out the website.

### Mt Tomah Plant of the Week

**Well we are having some fun this week with “Ladybirds and Smelly Socks”**

**Scientific Name:** *Protea amplexicaulis* (Salisb.) R.Br.  
**Common Names:** **Clasping-leaf Sugarbush, Bloekomblaarsuikerbos**  
**Plant Family:** PROTEACEAE

Head for the Proteaceae section of the Rock Garden! Not far from the Brunet Meadow you will find our featured plant, *Protea amplexicaulis*. With leaves similar in form to those of the silver-leaved eucalypts that tower overhead and flowers almost buried in the earth, this is a curious plant indeed. I wondered why and found the following on

<http://protea.worldonline.co.za/xmas.htm>

“Another of the noblemen of the Court who had disobeyed the decree [of King Protea to bath in dew drops each morning], Clasping-leaf Sugarbush - *Protea amplexicaulis*, was an erect, tall Protea. He was banished to the mountain ranges and was sentenced to hide his face under mats of leaves on the ground, and to keep it there for ever and ever. This protea is a dark nugget brown colour and has his face right against the ground . He also has a smell..” and “*Protea amplexicaulis*' smell is not from the leaves, but the flowerheads. This "smell" - like wet, dirty socks left for a week or so in a corner under your bed - is attractive to mice and rats which pollinate the plants.”

### Events

**The Ladybird Chronicles** exhibition runs at Mount Tomah to the 18 July. It is a spectacular outdoor photographic display that captures the secret lives of beetles. While aphids, mealybugs and scale insects are the staple diet of Ladybirds, just before hibernating for Winter, they often eat protein-rich pollen and then look for comfortable quarters and friends for company. Would well insulated, pollen-rich protea heads seem like desirable residences, I wonder?

**Castle Hill Farmers & Gourmet Markets** – this Saturday at Castle Hill Showground. Come out and have breakfast – there's fresh brewed coffee & some scrumptious pastries & then wander around the 50 stalls of fresh produce – a great opportunity to talk to the growers and

producers. Karen will be there with here award winning goats cheeses and for our canine friends – another Karen with the Canine Café. The markets are open from 8.00 am (till 12 noon).

If your listeners haven't been able to download the map from the website they can call into the Visitor Centre at Clarendon (opposite the RAAF Base) and pick up a copy.

All details on the website at [www.hawkesburyharvest.com.au](http://www.hawkesburyharvest.com.au)

**The River Drive:** Penrith Valley Oranges – navel oranges, Strawberry Farm at Vineyard (local strawberries & corn), Tizzana Winery, Hawkesbury Estate (Seville oranges) and The Orange Spot, (**Navels, Mandarins, & Honeycomb**) & M & N Butchery at Wilberforce, Pepe's Ducks at South Windsor, Tanglin Lodge Alpacas at Tennyson. Then cross the River - Basha's Orchard (advanced trees), Galston Strawberries, Berry Good Farms, and Nati Roses, Geranium Cottage, The Bay Road Gallery & Charltons Creek Studio Gallery at Arcadia, Kenthurst Fish Farm, Butterfly Café all at the Hills & Hornsby end of the trail.

Along the **Mountain Drive** - Enniskillen Orchard (**Macadamias, pecans**, honey, mandarins), Blue Mountains Natural Spring Water at Grose Vale, Heavenly Belle Café at Kurrajong Heights, Tutti Frutti (hot soup, oranges & mandarins), The Local Harvest, Bell's Line of Road, at Bilpin;

All the information on the Farm Gate Trail will be on the website or from Hawkesbury Valley Tourism Office at Clarendon on **4588 5895**, where along with the Farm Gate map, your listeners can pick up the notes of today's roundup. Or **visit our website go to [www.hawkesburyharvest.com.au](http://www.hawkesburyharvest.com.au)**

### **Best Days to Drive the Trail**

Friday or Saturday are the recommended days for self-drive tours of the Farm Gate Trail or, if you prefer not to drive, take a guided tour, all the details are on the back of the map.

### **Vegetables on the Trail**

Tomatoes, corn, lettuce, beetroot and rhubarb, sweet potato, leek, green capsicums, cauliflower, broccoli, zucchini, cabbage (savoy & plain), silverbeet, bok choy, Lebanese & gherkin cucumbers; parsnips, butternut, jap & Qld blue pumpkins, grammas, both red and white radishes, potatoes, flat and swiss brown mushrooms, romana.

### **Fruit on the Trail**

Mandarins – Imperials - Mountain Drive this weekend & Orange Spot, Hawkesbury Estate  
Apples - Granny smiths, pink lady  
Navel Oranges – Penrith Valley Oranges – Hawkesbury Estate  
Seville Oranges – Hawkesbury Estate and Enniskillen Orchard  
Strawberries – fresh and frozen  
Pears – Packham  
Pecan nuts

### **Other Produce – Food & Wine**

Wine, port including white port, aleatico; Verjus; Goat cheese & yoghurt; baked crisp breads including lavosh, honey, apple juice, free range eggs, ice cream with real fruit, fruit rollups with fruit fresh from the orchard. Jams, pickles and sauces and the range from the native bush tucker foods. Peking ducks, also sausages, breast fillet, Maryland & whole ducks; abattoir and butcher – large range of beef, pork and lamb, goat, venison and ostrich. Spring Water and Silver Perch.

Other Produce – Fibre & Flora

Koi and Goldfish, silver perch, field roses, pelargoniums and geraniums, alpacas & alpaca products such as jumpers, scarves etc. Open gardens and galleries with pottery, paintings and bowls and platters.

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