

FARMGATE TRAIL ROUNDUP 10/9/05
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What's happening on the trail Liz?

There's a lot of excitement on the Farmgate Trail over the next couple of weeks Simon. We have a few special events coming up and visitors should check the website for more details at www.hawkesburyharvest.com.au.

You'll find lots of info there... what's in season now?

Right now new season oranges and mandarins are available at Penrith Valley Oranges and the Orange Spot on the trail, and it's a good time to buy strawberries and blueberries. Vegetables in season on the trail include cabbages, cauliflower, beetroot, white radish and broccoli. And you know when you buy direct from the growers that the produce will be fresh!

This morning we have the Hawkesbury Harvest Farmers and Gourmet Market at Castle Hill Showground.

Yes, the markets open at 8am and end at midday. You can have a lovely breakfast of tiny dutch pancakes or a bacon and egg roll to start. You'll really enjoy the live music as you stroll around the market, it's a very pleasant way to food shop. There'll be plenty of fresh fruit and vegetables straight from the farm, you can pick up some strawberries while you're there, they're delicious at the moment.

As well as produce you can find many other things at the market.

Yes, there are seedlings of all kinds, gorgeous cut roses and collector plants. You can buy Farmgate lamb, fresh duck from Pepes ducks, honey, Australian organic coffee, the famous and delicious Willowbrae goats cheese, they have certified organic bread but you'll need to get in early, the bread sells very quickly. If you love pasta as I do, don't miss out on the fresh pasta, it's delicious, they have an eggplant and also a pumpkin variety.

There's a new addition to the Hawkesbury Harvest Farmers Market.

Yes Simon, you can now purchase freshly caught ocean fish, that is, whole fish or fillets as well as prawns and oysters. You can also buy smoked fish, eel and mussels as well as trout. Of course seafood is a great source of iodine that they announced this week is lacking in the average Aussie diet.

There's something for the family dog too.

If you own a doggie you mustn't forget to pick up some all natural deli bones, great for the teeth and gums.

The Market kicks off at 8am this morning and goes till midday, it's at Castle Hill showground and you enter via Carrington Road Castle Hill.

There's a lot happening next weekend the 17th and 18th of September on the Farmgate Trail.

We're in for a huge weekend, firstly there's the Hawkesbury Community Expo which is a combined University of Western Sydney, Hawkesbury Harvest and Earthcare Event. This will start at 10 am and go to 4 pm at the Richmond Campus of UWS.

We will be broadcasting etc

There'll be lots to do for both kids and adults: we don't have time to mention everything so you should check the Farmgate website, but we will have music all day, there'll be dog obedience demonstrations, reptiles, boomerang throwing, Mounted Troop displays, a baby animal farm, wine tasting and a Carnivale Parade. If you're a CSI fan you might attend the forensic science mini lectures. Earthcare will be there and Hawkesbury Harvest will have a food and produce stall.

Entry is free and there is plenty of parking – What else is on next weekend?

The Artburst in the Vineyard weekend is becoming such a popular event, it's in its fourth year now. It will be running all of next weekend the 17th and 18th September. Several cafes, galleries and local wineries have teamed up and created a trail of Hawkesbury food, wine and art for visitors to enjoy.

The wine industry is expanding out in the Hawkesbury.

It is. We now have 25 vineyards situated in the Hawkesbury, not many with cellar doors yet but the industry certainly is growing steadily and the wines are showing a distinct characteristic of their own.

How can visitors enjoy the Artburst weekend?

You can visit Talai Estate for some great local art and wine, then the Tizzana Winery where you can enjoy refreshments, buy some wine and view local ceramics and art, they'll also be showcasing wines from several smaller Hawkesbury winemakers over the weekend. St Albans gallery are exhibiting some special local artworks too and it's a lovely drive up there.

In Grose Vale you could visit Lana Ezzy's Packing Shed Patchwork studio, eat local food and see more art at Sassafras Creek Gallery in Kurrajong and be blown away by the Botanical Art by Elaine Musgrave and Friends at Fernbrook Garden Gallery in Kurrajong Heights. Don't forget it's all on next weekend.

There is so much to see and do people might want to stay overnight.

Yes you'll need a couple of days, a number of our members provide accommodation and farm stays so check our website for details and make a weekend of it!

The web address again Liz

It's www.hawkesburyharvest.com.au you'll find all of today's information and lots more there.

One last thing, The Waratah Festival opens at Mt Tomah Botanic Garden on the 24th September, I'll give you more information about that on next Saturday's show. We hope to see you at the Hawkesbury Community Expo next weekend! 702 will be there bright and early.