

## Farm Gate Trail Round Up – 11th September, 2004

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### IN SEASON ON THE TRAIL

Good Morning Simon,

Deep in the heart of Sydney's food bowl there are some gems of farms – as we know some are open all year but some are only open for very short times depending on the season and the produce – and not all are able to be featured on the farm trail map. Many of these farms sell their produce through other farm gates or at the growers markets but have open days where we can all catch up with these farmers. This week I caught up with

#### Steve Adey from Darling Mills Farm -

Steve's farm is at Berrillee tucked in the Hornsby –Hills end of the trail and he has 40 acres of which about 10 acres is in use – he has greenhouses, hydroponics and organics.

#### **What sort of a farm is Darling Mills?**

He has a salad and herb farm with over 100 herbs and salad plants. He grows mesculun salad mix, the micro salads (mustards, cress, baby bok choy) which are harvested when they are between 2.5 – 5 cms in length. Amongst the herbs there are French tarragon, bay, parsley rocket and edible flowers, such as nasturtiums, jasmine and orange blossoms.

#### **Is this a new farm?**

They have been out at Berrillee for about 4 years, but they were tucked away in Castle Hills for years. Steve's grandfather originally bought the 12 acre hobby farm in 1920 where he grew trees, had a cow and some chickens. Steve's father bred geese on the farm and when Steve was in his 20's he and his 3 sisters opened a restaurant in Glebe which they had for about 15 years.

#### **How did they go from a restaurant to farming?**

Well, the idea was to grow fresh herbs and salads for the restaurant, but now they no longer have the restaurant and but still supply numerous restaurants around and in Sydney. They sell their produce at the growers markets – **today** you can catch up with Steve at the **Castle Hill Farmer's and Gourmet Markets**.

They have an open day twice a year and the next one is in October - we'll keep you posted on the exact date.

#### Update on fruit and veges in season

Plenty of Citrus - Navel oranges, lemons, grapefruit and Seville oranges, & Hickson, Imperial & Emperor, strawberries at the strawberry farm at Vineyard (Galston Strawberries are closed for another 2 weeks) Delicious new season crop of Red Master tomatoes.

There is an abundance of green veges such as gem peas, bok choy, silverbeet, brussel sprouts and broccoli, & those fresh corn on the cob, cauliflower, rhubarb, globe artichokes & mushrooms.

You can also pick up some fresh flowers, beautiful daffodils, azaleas in pots, crepe myrtles and of course all the associated products like honey, jams, pickles and preserves.

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

## **Happenings from Mt Tomah Botanic Garden**

Ten years ago David Noble and friends discovered the Wollemi Pine.

Catch Mt Tomah at the Australia Springtime Flora Festival, 9-12 September, Kariong, Mount Penang Parklands.

Within our garden, 'Bob the Bowerbird' and his friends are providing much enjoyment on the Spring Adventure Trail.

The Waratahs will flower soon and the artistic flare latent in us all can be nurtured during a weekend of bubbly laughter and effortless learning at the 18-19 September Botanical Illustration Workshop.

### **Events:**

Farmers & Gourmet Markets – **today** Castle Hill Showground

Fruits of the Hawkesbury Festival – runs for two months visit [www.hawkesbury.nsw.gov.au](http://www.hawkesbury.nsw.gov.au)

10<sup>th</sup> – 20<sup>th</sup> - Orange Blossom Festival – [www.baulkhamhills.nsw.gov.au](http://www.baulkhamhills.nsw.gov.au)

11<sup>th</sup> – 26<sup>th</sup> - Budburst Festival for the Sydney Wine Region – Tizzana Winery 4579 1150

12<sup>th</sup> – Galston Country Music Festival - 9653 2483

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, mandarins, vegetables, Strawberry Farm at Vineyard (local strawberries, tomatoes, corn), Tizzana Winery (Wine, Olive oil), Hawkesbury Estate (Seville oranges) and The Orange Spot, (Navels, Mandarins, & Sevilles) & 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), Berry Good Farms, and Nati Roses, Geranium Cottage, The Crepe Myrtle Man, Post Office Road, Glenorie, 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, daffodils, mandarins), Blue Mountains Natural Spring Water at Grose Vale, Heavenly Belle Café at Kurrajong Heights, Tutti Fruitti (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, 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, both red and white radishes, potatoes, flat and swiss brown mushrooms

### Fruit on the Trail

Mandarins – Imperials, Emperor, Hickson – Enniskillen, Penrith Valley Oranges, Orange Spot  
Navel Oranges – Penrith Valley Oranges  
Seville Oranges – Hawkesbury Estate and The Orange Spot  
Winter Pajeros Strawberries – fresh and frozen – Strawberry Farm, Vineyard  
Pecan nuts & Macadamias - Enniskillen Orchard

### 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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