

## **FARM GATE ROUNDUP Saturday 12<sup>th</sup> August 2006**

**Alan Eagle: 47 250309 (W) 0415 244 477 (M)**

Howdy Simon

**Happy Birthday to you, Happy Birthday to You. Happy Birthday  
Hawkesbury Harvest markets,**

**How old are you today,**

4 years old. Simon

We have prepared a fantastic day.

Firstly some the flavours from the 45 odd stalls are:

Oranges, Avocados, Mandarins. Orange Juice is squeezed right in front of your eyes it is so fresh. These are from the Lower Hunter Valley, as is the Pasta, from over the mountain we have Pork from Orange, Fish, from Cowra, Honey from Nowra.

From the local area we have Duck, Egg, Organic bread, Roses, Herbs, Fabulous Goats cheeses, jams, condiments, cakes, nuts, vegies, bush tucker

**Anything special happening for your birthday.**

You bet Simon, but firstly,

The markets provide that unique distribution outlet for the growers. This is important as it allows the farmer to obviously get a higher margin that can be invested back into their business and therefore grow the local economy, but more importantly the consumer wants product that is not only fresh, but fresher.

You know there are only three things that can be done will land,

Mine it  
Develop it  
Grow product on it.

**Growing Food on the land, especially this close to Sydney seems to be the better option, back to what is happening on the Day.**

There be two free draws of Hawkesbury Harvest hampers, get there early, get your ticket, have a egg and bacon roll and just enjoy the music and the ambience.

The hampers are supplied on the morning of the market, so you can't get much fresher than that.

Also on the day we will have a special treat for your listeners, Adam the Executive Chef from Loxley on Bellbird Hill, will be cooking up a storm in the grounds of the market at 8.30am and 10am. You will be able to Taste the fresh market tucker and learn how to put the ingredients together.

It will be a great morning, get there early.

### **For the people who cannot make it to the Markets what can they do ?**

Plenty of fresh vegies around like Lettuce, Cabbage, all types, Silverbeet, Potatoes (sabago's) ,Spinach, Jap pumpkin and Butternut, Carrots, Beans Shallots and Celery.

### **And the Fruit**

Oranges, Mandarins, Tomatoes, Pecan nuts are plentiful right know. You can pick your own a Penrith and Wisemans Ferry.

### **I see you have a special forum coming up.**

Yes Simon, this could be the most important forum of its kind for a long time, it is called, Your Land, Your Life Style, Our Hawkesbury.

### **What is Your Land, Your Life Style, Our Hawkesbury forum.**

It is a community landuse forum, it is planned to be an inspiring day for residents and friends of the Hawkesbury. When I say 'Our Hawkesbury' I really mean Sydney's Hawkesbury.

The forum will allow people who live, or want to live in this heritage rich region to discuss a range of topical social, cultural, economic and environmental issues.

### **The Hawkesbury for a long time has been called the Food Bowl of Sydney.**

That right Simon, the Hawkesbury is historically has been part of Sydney's Food bowl and as such it is part of our cultural heritage. As Sydney becomes more Urbanised the Hawkesbury Region offers the Sydney resident and visitors the opportunity to get out of the density living environment to breathe the air, see and experience the beauty of the agricultural and natural beauty of the area.

This is made even simpler by the construction of the M7 which allow people living in the centre of Sydney with an hour.

The pressure is on for subdivision and it is in the interest of all Sydney people to participate in this forum for the benefit of all Sydney resident as well as future generations.

It is a full day, there are work shops, case studies, lectures on the various issues that impact on land use.

**Where and when is it on?**

At the University of Western Sydney, Hawkesbury on the 27 August. All the details are on the website, including the registration form.

There are also two new exhibitions starting this week, one by John Rice with local Hawkesbury Scenes, at Breewood Gallery and the beautiful botanical works at Sassafras Creek

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