

## Farm Gate Trail Round Up – 13<sup>th</sup> November, 2004

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### IN SEASON ON THE TRAIL

Good Morning Simon, well Sydney's food bowl is certainly buzzing this weekend! Delicious peaches and nectarines, and this week we have some juicy **Mulberries**. However I thought I'd pass on a little information on those peaches and nectarines.

The peach is a tree, *Prunus persica* from the Rosaceae Family. Peach trees grow well in a fairly limited range, since they have a chilling requirement that subtropical areas cannot satisfy, and a lot of summer heat is required to mature the crop.

I said a few weeks ago that the crop this year was early (especially on the mountain run) and Peter Malcolm who is the District Horticulturist- **Windsor** with the **Dept of Agriculture**, tells us that the root zone temperatures play a very important part in leaf growth and development, and as we noticed this spring, when we had some quite warm weather, the soil temperatures which are normally lagging behind the air temperatures at this time of the year, the fruit has developed using its stored reserves and has left the trees without any leaves.

Peach juice is an excellent moisturiser and the Chinese considered them a symbol of immortality and friendship and you will find them in many paintings, on porcelain and in poetry as far back as 551 BC. The Romans called them 'Persian Apples'.

Nectarines are also stone fruit and have the same relations as the peach and are also from the rose family. They grow on trees and are a bit like peaches without the fuzz. They take their name from 'nectar' - the food of the gods. Their history is linked with the peach and it appears they were first cultivated in China 2400 years ago and were carried along the old silk routes to Persia. However, records show that they came to Europe from Persia, and then into England in the 16th century. Yellow-fleshed nectarines have higher levels of beta carotene and both white and yellow-fleshed varieties are good sources of vitamin C and dietary fibre.

### Events

The **Small Farms Expo** is on Friday and Saturday at the Hawkesbury Showground. If you have or are intending to start farming a small area, get out to the showground, Hawkesbury Harvest will be sharing a stand with the Department of Primary Industries.

Our famous fine food and **Gourmet food markets** are on again this weekend at the showground in Castle Hill and there is plenty of fresh tasty product. The food gets moving about 8am, so shop early. One of our members Pepes Ducks are again highlighting their delicious duck.

The Arcadian Artists have an exhibition - they have eight studios open this year and 40 artists exhibiting, making this the biggest year ever. There is a very high standard of work and the works range from the small, inexpensive gift to collectible investment artworks.

Visitors to the Open Studio Weekend can obtain maps from Galston Village, local cafes and the Tourist Information Centre on Old Northern Road, Dural. Each of the venues will also have maps available on the weekend.

## Mt Tomah Events

1. **Louisa Atkinson Day**, Sunday 28 November 2004 – well known 18<sup>th</sup> century novelist and naturalist, Mt Tomah
2. **Exploring Collectors** Exhibition, Visitor Centre, Mt. Tomah, November to January
3. **Curly Caley Quercus Quest**, December to February, – Calling all adventurers to solve the clues hidden around the garden so explorer Curly Caley Quercus can find his way!

## Update on fruit and veges in season

We have juicy – yellow and white flesh **nectarines** & the yellow and white **peaches** and **Valencia oranges** and of course those delicious **strawberries and mulberries**.

In the way of veges – There are capsicums, bok choy, lettuce, spring onions, cauliflowers, silverbeet, cabbages, rhubarb, fresh olives, cucumbers, beetroot, mushrooms and tomatoes.

You can also pick up some native bush foods, duck & eggs, meat from the butcher, wine, fresh flowers, crepe myrtles, geraniums and of course all the associated products like honey, jams, pickles and preserves.

Get into summer **herbs** for your pots or garden - there are plenty available in pots along the trail.

For the latest update of fruit and veges in season from our farms and to download any of the seasonal itineraries as well as the whole map, go to the website [www.hawkesburyharvest.com.au](http://www.hawkesburyharvest.com.au)

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 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

Valencia Oranges, Nectarines, Peaches – Penrith Valley Oranges, Enniskillen, Orange Spot Seville Oranges – Hawkesbury Estate  
Pajeros Strawberries – fresh and frozen – Strawberry Farm, Vineyard

## 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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