

Farm Gate Trail Round Up – 14th August, 2004

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IN SEASON ON THE TRAIL.

Our normal presentation of what's fresh on the Farm Gate Trail has been interrupted by the 702 broadcast of the Athens Olympics. Simon will fill you in on what happening on the FGT during the breaks in the broadcast. Hawkesbury Harvest wishes all our team members the very best. We will return with Simon and the gang in 2 weeks.

See you on the Trail

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Good Morning Simon,

Citrus season is still at it's peak with plenty of juicy - navel oranges, lemons, grapefruit and Seville oranges, & Hickson & Clementine mandarins & probably your last chance to pick up those Emperor mandarins. In the way of local apples there are still some granny smiths around. The winter pajeros strawberries are delicious as are the tomatoes. There is an abundance of mushrooms which are harvested daily and in the way of green veges – **the gem peas** are very sweet & worth the time shelling, & you can pick up fresh bok choy, leeks, brussel sprouts and broccoli and cauliflower.

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

Mt Tomah Botanic Garden – Plant of the Week

Scientific Name: *Crocus tommasinianus* Herb.
Author: William Herbert 1778-1847
Common Names: Tommasini's Crocus, Snow Crocus, Tommies
Plant Family: IRIDACEAE

Head for the lawn below the Residence Garden! Here you will find two large oaks and in the grassy area beneath these deep-rooted deciduous trees a display of woodland bulbs. *Crocus tommasinianus*, our featured plant, comes from the woods and shady hillsides of eastern Europe where it grows at about 1000 metres altitude, often on limestone.

One of the easiest crocuses to grow, *C. tommasinianus* none-the-less requires light, free-draining soil and shade from the hottest sun. It is in a group of crocus species that do not need a warm, dry dormancy instead requiring slight moisture during the resting stage to prevent the bulbs drying out. Our current drought years have provided a challenge to these cheerful bulbs that will seed freely in optimum conditions.

We say goodbye to Felicia Fire-Fly and friends on our Beetles Bugs and Beasties adventure trail at the end of August and welcome **Bob the Bowerbird**. The nearness of Spring reminds us to prepare for our stand at the Australia Springtime Flora Festival, 9-12 September, Kariong, Mount Penang Parklands, were you will be welcome to visit us. 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**. It's the most stress-releasing way to discover your talent!

Events:

Farmer's and Gourmet Market – 14th August

Today at Castle Hill Showground: All fresh produce, from fruit and veges to cheeses, gourmet breads, flowers - pick up some of those gorgeous roses, Karen with her Canine Café for your doggy treats, Kurrajong Native Foods, Willowbrae Cheve Cheese, Coffee Warehouse, live entertainment – & enjoy a gourmet brekky!

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

The River Drive: Penrith Valley Oranges – navel oranges, mandarins, vegetables, Strawberry Farm at Vineyard (local strawberries, tomatoes), Tizzana Winery (Olive oil), Hawkesbury Estate (Seville & Navel 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), 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, zola tomatoes, mandarins), Blue Mountains Natural Spring Water at Grose Vale, Heavenly Belle Café at Kurrajong Heights, Tutti Fruitti (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

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, Susumi – Enniskillen, Penrith Valley Oranges, Orange Spot
Apples - Granny smiths, pink lady, Lady William
Navel Oranges – Penrith Valley Oranges – Hawkesbury Estate
Seville Oranges – Hawkesbury Estate and The Orange Spot, Enniskillen Orchard
Winter Pajeros Strawberries – fresh and frozen – Strawberry Farm, Vineyard; Galston S'berries
Pears – Packham, Burbosk – Orange Spot, Enniskillen Orchard
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.
