

## Farm Gate Trail Round Up – 17<sup>th</sup> April, 2004

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### **IN SEASON ON THE TRAIL**

Good Morning!

Due to the record numbers of visitors to the walnut and chestnut farm there are no more left for sale unfortunately and Bill and Ruth would like to thank everyone for their support.

**In this week** are persimmons, both on the mountain and the river drive and they are the non astringent variety which you can eat whilst they are firm. There are plenty of plums, apples and pears - for the latest update of the fruit and veges in season from our farms, check out the website

### **An interview.... This week I spoke with John & Trish Maguire from Enniskillen Orchard at Grose Vale**

#### **This property was originally the family farm?**

Yes, John's father originally owned 115 acres and now John and Trish have 15 acres overlooking a stunning view of the Grose Valley, which they named Enniskillen which is a village in Fermanagh County in Ireland because both their families came from there.

#### **They grow a variety of produce?**

Yes, about 18 yrs ago they planted an orchard of nashi pears, peaches and nectarines and later extended the crops to include pears, figs, plums, passionfruit, raspberries, strawberries, vegetables and about ten varieties of apples. In the last 5 years they removed some of the orchard and concentrated on selling their produce through their packing shed along with other local produce, including honey, bush tucker foods and crops from neighbouring farms who don't have a farmgate.

#### **Is it a family business?**

Most definitely – their son Adrian shares their 'agricultural philosophy' and works on the farm in between studying agriculture at UWS. This philosophy 'to be part of the lungs of Sydney' has enabled them to provide education to school children and in fact any visitor, who wants to know a bit more about where our food comes from, how it is grown and what it looks like on the tree, bush or vine.

#### **They also have herbs?**

Yes, and these herbs can be found in a themed herb garden which visitors can wander through and see & smell the herbs. (Check out the Aphrodisiac section). And, they are also more than happy, if you ask, to give you a taste of what is in season.

**Open:** All year round from Wednesday to Sunday.

#### **Mt Tomah Plant of the Week:**

**Scientific Name:** *Amanita muscaria*  
**Common Name:** Fly Agaric

There is a beautiful Autumn scene from Bed 203 in our Garden. Fallen oak leaves, pine needles, pine cones and this bright fungal fruiting body of the Fly Agaric, *Amanita muscaria*.

There are some fungi that can be harvested from the wild and eaten such as *Agaricus bisporus* the common mushroom. However, a good deal of knowledge and care is required to ensure correct identification and avoid poisoning.

The Fly Agaric, which is classified by most people as a "toadstool", is a poisonous mushroom brought to Australia by European settlers. It is often associated with pine forests and other exotic trees.

And of course coming very soon is the Autumn Harvest Food Fair on May 1.

## EVENTS

### **Bilpin Bite**

**18 Apr 04**

A one day festival promoting Bilpin and its produce, and celebrates the Autumn Harvest, food and drinks, arts, craft and music.

### **Autumn Beef Week: Woodgreen Angus Stud Open Day.**

OPEN DAY 9am to 5pm Saturday 17 April 2004  
on the Farm Gate Trail and in Autumn Beef Week.

#### **Check out the website for further details**

OWNERS: Peta and Peter Trahar. (Level 2 Members)

ADDRESS: 3025 Bell's Line of Road Bilpin NSW 2758

DIRECTIONS TO PROPERTY: Bell's Line of Road is part of Route 40 from Lithgow to Sydney. Woodgreen is 48 Km east of Lithgow and 30.25 Km west of the Hawkesbury River, on the south side.

Visitors are most welcome to our annual open day - this year as part of The Land Autumn Beef Week. Woodgreen was established in 1986. Angus are black polled beef cattle that originated in Scotland. Because of their tender meat, they are sought after for both export and domestic consumption.

Certified Australian Angus Beef is a quality assured, branded product that can be bought at certain butchers.

Our 70 acre property at Bilpin runs approximately fifteen registered Angus cows plus calves, heifers and bulls. The cattle are sold through stud sales at Dubbo, Sydney Royal Easter Show and the Angus National Expo at Wodonga. Our aim is to produce a top quality animal with excellent genetics, structure and temperament. We have won broad ribbons at Melbourne, Sydney and Bathurst Royals as well as topping many auction sales. Our bulls, females and embryos have been bought by breeders through out NSW, Victoria, SA, and Tasmania.

Our most recent success was last Saturday, March 20, 2004, with our 27 month old bull, Woodgreen Dynasty securing Supreme Beef Exhibit at Castle Hill Show. Along with an attractive 17 month old heifer, he will be on show and for sale on Monday 5th April at the Royal Easter Show.

On our Open Day, we will be available to answer your questions and show you the cattle. On the day, we will have some animals and embryos for sale, including a quiet 17-month-old heifer, broken in and in calf.

**The River Drive:** Strawberry Farm at Vineyard, Hawkesbury Vegetable Farm, Tizzana Winery and The Orange Spot, & M & N Butchery at Wilberforce, Pepe's Ducks at South Windsor, Tanglin Lodge Alpacas at Tennyson. Then cross the River - Basha's Orchard (no fruit at the moment but get your advanced trees here), Galston Strawberries, Berry Good Farms, and Nati Roses, Geranium Cottage, The Bay Road Gallery & Charltons Creek Studio Gallery at Arcadia, Kenthurst Fish & Filters, Butterfly Café all at the Hills & Hornsby end of the trail.

Along the **Mountain Drive** - Enniskillen Orchard, Blue Mountains Natural Spring Water at Grose Vale, Heavenly Belle Café at Kurrajong Heights, Tutti Fruitti (also sells cut roses) The Local Harvest, and Pine Crest Orchard along Bell's Line of Road, at Bilpin; Kookootonga Walnut & Chestnut Farm at Mt Irvine.

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**

Beans, corn, tomatoes (including roma), squash, Hungarian paprika, beetroot and rhubarb, leek, egg plant and mini egg plant, green capsicums, zucchini, cabbage, silverbeet, artichokes, lettuce – cos, butter, green oak, red oak, iceberg; bok choy, endive, chicory & Lebanese & gherkin, cucumbers; butternut, jap & Qld blue pumpkins as well as both red and white radishes, potatoes & flat and swiss brown mushrooms.

### **Fruit on the Trail**

Persimmons

Apples - Golden delicious, royal galas, jonathans, jonagold

Figs, grapes – black Muscat, red and Thompson seedless green grapes

Strawberries – fresh and frozen

Pears – Williams red and green

Nashi Pears

Plums – Santa Rosa, blood plums

### **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.