

Farm Gate Trail Round Up – 23rd October, 2004

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IN SEASON ON THE TRAIL

Good Morning Simon,

Update on fruit and veges in season

We are starting to see some of the fruits that herald in the summer - **nectarines & peaches** both the yellow florda star and the white maravilla's. And lots of veges but this week I'm still quite passionate about those delicious strawberries.

This week I spoke with Phillip and Angela Barba from 'Galston Strawberries at 359', Galston Rd Galston...

They come from a well known farming family in Galston – right in the heart of stone fruit country and Phillip moved there as a young lad with his parents and brother John, 34 years ago

How did the family come to choose Galston?

Phillip's father, Peter, used to do rotary hoeing for friends and neighbours in the area as there weren't that many tractors around back then and he traveled from Ryde and so the family used to come along and buy their fresh veges and loved the rural landscape.

How big is the property and do they only have strawberries?

The property is 25 acres and they also have peaches, nectarines, blueberries, rhubarb and some veges (roma tomatoes, capsicums) as well as the pajero strawberries.

This is another of those hardworking family farms...

This is a real family business with all involved in some way – their three daughters and son work at the stall and help out on the farm, as does John, Angela and Phil's dad, Peter.

Mt Tomah Botanic Garden – Plant of the Week

“Wisterias”

Scientific Names: *Wisteria brachybotrys* cv. Alba; *Wisteria floribunda* cv. Alba; *Wisteria floribunda* cv. **Noda Issai**; *Wisteria floribunda* cv. **Royal Purple**

Common Name: **Wisteria**

Plant Family: FABACEAE– FABOIDEAE [LEGUMINOSAE]

There are Ellendale mandarins still available but it is closed to the end of the **navels** with Valencias due on board next week.

In the way of veges – There are capsicums, leeks, lettuce, spring onions, cauliflowers, silverbeet, cabbages, fresh olives, cucumbers, beetroot, mushrooms and tomatoes including **roma** 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.

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

www.hawkesburyharvest.com.au

Events:

Scarecrow Festival – this weekend in the Hawkesbury - details Tourism Hawkesbury - Phone 4588 5895.

Fruits of the Hawkesbury Festival – is still running till the end of October - see their website www.hawkesbury.nsw.gov.au

200th Anniversary of George Caley's Expedition, Sunday 07 November 2004 – Mt Tomah Botanic Garden

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.

The River Drive: Penrith Valley Oranges – (navel oranges, mandarins, vegetables, olives), Strawberry Farm at Vineyard (local strawberries, tomatoes, corn), Tizzana Winery (Wine, Olive oil), Hawkesbury Estate (Seville oranges) and The Orange Spot, (Navels, Mandarins) & 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 (Pecans, honey, peaches, nectarines, 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

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.
