

FARM GATE ROUNDUP Saturday 24th June 2006

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Hi Alan, Welcome:

Howdy Simon, Welcome back to Weekends. I have enjoyed the breakfast shows for the last few weeks.

It is great to be at the Winter Magic Festival in chilly Katoomba. Did you know Simon that the Blue Mountains were formed around one million years ago as part of the Kosciusko Uplift and they were originally named "Carmarthen Hills" and "Landsdowne Hills" by Governor Phillip in 1788, however, it wasn't long after, that the distinctive blue haze surrounding the area saw the change in name to the Blue Mountains. They are Blue because the air above the terrain is filled with finely dispersed droplets of oil from the Eucalyptus that predominates in the region. In combination with dust particles and water vapour, it scatters the predominantly blue short-wave rays of light, producing the famed blue hue of the mountains.

Do you know any other local History.

Katoomba is said to be Aboriginal in origin, deriving from a Gundungurra (Mountain Tribe) word meaning "falling waters" which was probably applied by the indigenous people to all the waterfalls in the Katoomba/Wentworth Falls area. The railway station was initially name the Crushers after a nearby quarry and then changed to Katoomba in 1877, just prior to the opening of the Katoomba Coal Mine.

What's Fresh on the Farm gate trail this weekend?

Vicki from the Hawkesbury Vege Farm called to tell me that there is plenty of

Spinach, Butternut and Jap Pumpkin, Cabbage, Rhubarb, Endive, Chicory, Baby Beetroot and Baby Carrots as well as Large Beetroot,

There are also heaps of Corn, Iceberg and Cos Lettuces, Cauli's Broccoli, Celery, Parsley, Capsicum, Dycon, Radish and some fresh farm free range eggs.

How is the Fruit Going?

Pink Ladies and Grannys will run out on the mountain in about a week. Some Local Lady Williams Apples are around and although they have a bit a sharp tang to their taste they are nice. Adrian Maguire from Enniskillen Orchard called and said the have picked up some great tasting Fuji apples from just across the range at Bathurst. There is plenty of local tomatoes and roma (gourmet) tomatoes, pecan nuts and local persimmons.

Oranges and Mandarins are in full swing and listeners can pick their own at our two 'Pick your own Farm on the trail. The few frosts we have had are making them really sweet.

Does the Farm gate Trail extend into the Blue Mountains?

Yes Simon over at the Mount Tomah and Mount Irvine area, but not on this side of the range. Although I have heard from two very successful producers after they heard you were going live in Katoomba.

What are they producing?

Goats Cheese is one and Chutney and Jam is the other.

Tell me more ?

Simon, I spoke with Neil this week from Jannei Goat Dairy just west of Lithgow where they herd approximately 100 Goats. They have been operating for about 10 years and you can get their wonderful cheese straight from the Farm Gate.

Just two weeks ago they won two awards at a special cheese show in Sydney. These were for their White Mould Cheeses. I have caught Janet at a few markets around Sydney and Cheeses are very tasty and popular.. When you visit the Farm Gate you can chat with Janet and Neil about how the cheeses are made, what makes up the different types of Cheeses.

Who is the Chutney and Jams producer?

Jeanette Grice from the Blue M Food Co contacted me she is a producer who value adds from locally sourced products. They use all fruit and no salt in their chutneys. Jeanette told me that she sources her organic eggs from a farm between Blaney and Oberon that has no electricity.

No Electricity ?

That right Simon, it is a wind-powered farm. They have these amazing free range organic eggs that make up some of her famous Passionfruit Butter and Lemon Butter.

One of the urban myths in Katoomba is Jeanette has cornered the market on Grannys. The Lemon Butter tastes just like Granny used to make some believe she a whole lot of Grannys in the back room mixing up those organic eggs and the fresh lemons to create this wonderful product from yesteryear.

I hear that they are exporting?

Yes, Simon, in a little over four years Jeanette is now exporting her products to England. Success stories like these are important and we all should continue to support buying local and exporting to the world.

You can catch the Blue M Food Company at the Winter Magic Festival Today.

What is on this weekend?

As you know Simon the Botanists Way was launch a couple of weeks back.

Just to remind your listeners the Botanists Way is new themed tourist drive highlighting the botanic, indigenous and historic significance of the roadway connecting Lithgow to Windsor. The first stage of 'The Botanists Way' has involved the installation of interpretive panels at gateway points – one at Clarendon opposite the RAAF Base and the other on Scenic Hill overlooking Lithgow. Simon I would like to encourage all your mountain listeners to pop down to Lithgow and take the drive towards Richmond.

A familiarisation tour of The Botanists Way especially for travel writers is being run on Thursday 28 June you can contact Lithgow Tourism on 6353 1859.

The Edna Marion Exhibition is still running at St Albans Gallery.

All details are on the website:

www.hawkesburyharvest.com.au

Thanks Alan

Thanks Simon, it's good to be with you and your team, Sharon and I will check out the local breakfasts. Talk to you soon.

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Recipe if you wish to mention it. It is on the website. It is from the chef at Loxley on Bellbird Hill.

Roast Duck Salad with wild rice and Mandarin Dressing by Loxley

Serves 4

Ingredients.

Salad

4 Duck breasts (Skin on Preferable) From Pepes
2 Cups Cooked Wild Rice
1 Small bunch Seedless grapes.
¼ Cup Walnuts or Roasted Pecans
3 Large or 4 Small Witlof (Mescaline Lettuce Fine)

Dressing

Grated Zest of one Mandarin
¼ Cup Fresh Orange Juice
¼ Cup Fresh Mandarin Juice
30ml White wine Vinegar
Salt and Pepper to Season.

Method

1. Pre-heat oven to 180 Degrees
2. Season and Seal Duck Breasts in Hot Pan (about 2-3 min each side)
3. Finish Ducks cooking in oven 15 – 18 mins
4. Rest Duck covered in warm place
5. Mix Chilled Cooked Wild Rice, Walnuts or Pecans and Grapes in large bowl
6. Make dressing by combining all Ingredients
7. Slice Duck breast into ¼m Slices (Should be still pink)

To Serve

Arrange Witlof or Mescaline on plate add salad mixture to top in a mound, Arrange Slices of duck on top and drizzle with Mandarin Dressing.