

Farm Gate Trail Round Up – 24th July, 2004

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IN SEASON ON THE TRAIL

Good Morning Simon,

There are fantastic juicy, very sweet - navel oranges, Imperial & Susumi (they are the seedless ones) mandarins, grapefruit and Seville oranges. In the way of apples there are still some granny smiths and **Lady Williams** & both Packham & **Burbosk** pears. There are also very sweet winter pajeros strawberries.

In the vege line - the old fashioned Zola Tomatoes, there's also sweet potato, mushrooms, broccoli, cauliflower, silverbeet & jap & Qld Blue pumpkins. Also pecans and some Bilpin grown **macadamias**.

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

This week I spoke with Nicholas Digges from Blue Mtns Natural Spring Water – 11 Grandview Lane, Bowen Mountain

Fran and John, Nicholas' parents, bought the business back in 1998. John & Fran had always been involved in small business – they started a goose & partridge farm in Paterson, in the Hunter Valley and were on the lookout for different ventures and ended up trading the Hunter Valley for the Hawkesbury Valley. Nicholas & his wife Fiona, bought into the business 12 months ago and Nicholas has now taken over the day to day running of the venture. Fran & John as Directors, have an advisory role these days but certainly enjoyed being founding members of Hawkesbury Harvest.

How did they find the springs?

The previous owners, legend has it, had a friend who believed that there was underground water on the property and after a fun wager between them, the property owner called in a water diviner and the friend obviously won the bet, as an underground spring was found 100 metres below the surface. This spring which originates in the Grose Valley, located at the edge of the Blue Mountains National Park, is filtered through the layers of sandstone.

Australians are drinking more and more bottled water than we ever used to?

Yes, according to statistics, Australia produced in 2001, 850 million litre of bottled water and 80% of that came from springs. Spring water is required to be bottled, according to my research, at the source and thus has no opportunity for contamination. In fact, Blue Mountains Natural Spring Water qualifies for the classification of "boutique water company" which is a very prestigious European classification.

This is not a retail outlet but you can see where the pump is located?

That's right, they are open during the week and by appointment on weekends, and you can see the pump and also the spectacular view all the way to Sydney & Nicholas will be happy to answer any questions.

Events

Helleborus Festival 31 Jul 04 - 1 Aug 04

This most beautiful flower springs to life in Winter. Ingrid, your host, will tell you all about this fantastic flower. How to look after it and how to grow it.

Your journey to the Helleborus Nursey at Bilpin (turn left of Bells Line of Road at Mountain Lagoon Road) will take you through some of the best picturesque country.

Contact Details: Ingrid on 02 45671107

Email: nemetz@bigpond.com

SPECIAL NOTE: The Hawkesbury Harvest Business Plan is up on the Web site if anyone is interested in the detail about us and what we hope to do over the next couple of years.

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, Strawberry Farm at Vineyard (local strawberries & corn), Tizzana Winery, Hawkesbury Estate (Seville 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.
