

## **Farm Gate Trail Round Up – 27<sup>th</sup> November, 2004**

**Susan Fennelly 4575 4095**

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

Good Morning Simon, Summer is only (officially) a few days away and along with those lazy summer afternoons as we sit back and enjoy our wine – there's also nothing like platters of fresh apricots, peaches, nectarines and plums as well as delicious Mulberries and strawberries and some goat cheese and crispbreads.....

### **This week I spoke with Ben and Karen Lebsanft, from Kurrajong Kitchens & North Richmond Bakehouse.**

A bit of background info ...

Ben and Karen and their two small children have lived and worked in the Hawkesbury for 14 years. Ben has been cooking since he was fourteen and is now a Chef and Karen has worked for a long time in the Hospitality industry.

#### **How did they get started?**

Ben and Karen always had an interest in owning their own restaurant and in 1993 they started 'Cliffords' in the Kurrajong Village. Ben had known about Lavosh, an Armenian Cracker Bread, (as do all good Chefs) but was unable to find it in the market anywhere, although it has been around since biblical days.

So Ben and Karen baked enough during the day to serve with their cheese plates during the night at the restaurant. The customers loved it and started wanting some to take home.

Ben and Karen started making more during the day and after the restaurant closed at night Karen would seal the packets with a hot iron. They produced 30 packets (250g) per week in 1993.

#### **So they have certainly grown since then and they don't only make Lavosh?**

Certainly has grown so they sold the restaurant and subleased part of the North Richmond Bakehouse to increase production and eventually purchased the Bakehouse (2001) and continued to make local pies and all forms of bread including the Lavosh.

In 2003 they built a purpose built factory in the Hawkesbury to make the Lavosh and now they produce 30,000 packets per week and employ forty people. Along with the lavosh they also produce, grissini and biscotti (lemon almond rosemary, chocolate coffee & hazelnut)

#### **They are one of the success stories of the Hawkesbury?**

They certainly are, Kurrajong Kitchens has always supported the vision of Hawkesbury Harvest and in the near future the Hawkesbury Harvest logo will be visible on this product. Ben and Karen love the lifestyle and rural amenity of the Hawkesbury and you'll find their products supermarkets across the nation and it is also served in business class on QANTAS airways.

You can pickup these products at the North Richmond Bakehouse. (No 17 of the FGT Map)

## Events

**Louisa Atkinson Day**, This Sunday 28 November 2004

Apart from her literary prowess, Louisa is acknowledged as a world-leading botanist discovering new plant species in the Blue Mountains and Southern Highlands regions. She was also an acclaimed naturalist and advocated bushland conservation at a time of rapid land clearing. How much was she ahead of her time?

For anyone wanting to join in this day of tribute, bookings can be made by phoning Jan Allen on 4567 3017.

### Update on fruit and veges in season

We have juicy – **apricots**, yellow and white flesh nectarines & the yellow and white peaches and Valencia oranges, plums and of course those delicious strawberries and mulberries.

In the way of veges – There are squash, zucchini, capsicums, bok choy, lettuce, spring onions, cauliflowers, silverbeet, cabbages, rhubarb, fresh olives, cucumbers, beetroot, mushrooms and tomatoes.

I heard there was a shortage of turkey for Christmas this year – why not try some duck instead! New wine releases - update **next week on our growing wine** region!

For the latest update of fruit and veges in season from our farms and to download any of the seasonal itineraries as well as the whole map, go to the website [www.hawkesburyharvest.com.au](http://www.hawkesburyharvest.com.au)

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 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

Tomatoes, squash, 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

Valencia Oranges, Nectarines, Peaches, Plums – Penrith Valley Oranges, Enniskillen Orchard and Orange Spot, Basha's Orchard  
Apricots – Enniskillen and Orange Spot  
Pajeros Strawberries – fresh and frozen – Strawberry Farm, Vineyard, Galston Strawberries  
Mulberries – 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.

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