

FARM GATE ROUNDUP Saturday 29th April 2006

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Hello Alan, Welcome:

G'Day Simon, welcome back.

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

Fruit –Pink Lady Apples are beautiful at this time of year but hurray they are only around for about the next 4 weeks, Fuji's are still going and Granny Smith will be around until the end of June.

You can also find, figs, nashi pears, and persimmons out on the trail.

There plenty of veges around Joe and Vicki from the Hawkesbury Vege Farm tell me there is Beans, broccoli, cabbage, cucumbers, Dycon radish, Egg plant, Capsicum, Butternut Pumpkin, Chicory, leeks, lettuce, parsley, radish, rhubarb, silver beet, spinach, zucchini, endive and white turnip.

Last week you mentioned the different experiences along the trail what can you tell me about The Hawkesbury Vege Farm ?

Joe and Vicki are two of the most generous people, along with their 6 Children they run a real farm. Plenty of furrows of Veges, one crop finishing and another springing to life, but the most remarkable thing about visiting the Farm is they take you on a tour of the farm.

Whats so unusual about a farm tour?

Simon, it is a unique experience, as you wander along the beds of veges, and up and down the furrows and If you see a vege you want, Vicki will get it for you.

Point to the carrots you want and Vicki will pull them out of the ground. Point to a Dyon Radish and in a twinkling it is out of the ground and into your shopping basket. It is fantastic. You can't get this type of experience anywhere else.

I suspect some children think there Veges come in plastic bags, already cut up and labelled. You can't get any fresher than this.

You mention Furrows a couple of times. Why was that ?

Simon, I am always curious about the origin of words and I looked this up on the Net. Obviously Furrow means a trench that is used for planting or for running water along, it was usually created by the horse and plough. There are many examples in history, but I was fascinated by this.

Did you know there is a connection between farming and racing ?

No ?

Did you know that furlong, short for "furrow-long," and is said to have been the distance a horse could pull a plow before having to rest. This type of work probably created furrows in the face of Farmers as well as in the ground. I've seen plenty of furrow in the faces of losers at the track.

What is on this weekend?

Autumn Harvest Fair – Mount Tomah Botanic Garden today and tomorrow.

This event celebrates nature's bounty in the Bilpin district, it includes the Autumn Harvest on Saturday 29 April at Mount Tomah Botanic Garden with food stalls, cooking demonstrations and children's activities.

A definite must for foodies with fresh produce from the famous orchards of Bilpin, cooking demonstrations, wine tasting from Mudgee, live music, guided walks and a gourmet sausage sizzle.

Tomorrow you can learn how to plant a culinary herb hanging basket in this demonstration class which includes a guided walk of the Herb Garden.

Also on Sunday Autumn Flower Show at Bilpin. The Bilpin Garden Club is having an Autumn Flower Show at the Bilpin District Hall from 10.30 a.m. to 4.00 p.m

And just a teaser for June Long Weekend : The Cool Flavours Weekend in the Southern Highlands. More about that in a couple of weeks.

All details are on the website: www.hawkesburyharvest.com.au

Simon, this recipe is on the on the website. Mention it if you wish.

Moroccan Marinated Quail

Quail is a wonderfully delicate meat, marinated in Moroccan flavours and roasted on the char grill of your BBQ served on a bed of steamed rice or a fresh garden salad, Quail can be purchased directly from Pepe's Ducks in Windsor - details can be found on the web-site.

(The Quail has been purchased by Pepes Ducks from Galston and Llandilo.)

Serves 4

8 Whole King Quails
1/2 Cup Chopped Coriander
1/2 Cup Chopped Mint
1/2 Cup Chopped Basil
1 Teaspoon Turmeric
3 Cloves garlic
1 finger of chopped ginger
1 cup olive oil
Zest of one lemon and one orange
Juice of one lemon and one orange
Salt and Pepper

1. Add all ingredients apart from the Quail into a food processor, process for 2-3 minutes place into plastic bowl.
2. Slide knife into cavity of quail and cut along side the back-bone, so the quail can be opened completely
3. Marinate the Quail in the fridge for at least 1/2 hour preferably 2 - 3 hours
4. Spread the quail flat use wooden skewers to assist in holding the quail flat.
5. BBQ on the char of your BBQ for 8-10 minutes each side.
6. Cover and let rest in a warm place for 5 minutes.

Serve 2 per person on Steamed rice that has had butter and Zest of one lemon folded through.

Provided by

Chris Parkin

Loxley on Bellbird Hill.