

## Farm Gate Trail Round Up – 29 May, 2004

Susan Fennelly – 4575 4095

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

Good Morning Simon,

There are still apples around - pink lady and granny smiths, however the fuji's will finish this weekend; there are pears & persimmons, & in the way of veges there are some wonderful fresh beetroot, leafy spinach, pumpkins and still a few grammas. We have some of the first local navel oranges but for the latest update of the fruit and veges in season from our farms, check out the website. Reminder that the vege farm is closed for another week.

### **An interview.... This week I spoke with M & A Butchers at Wilberforce**

A true family business with Michael and Angela and twin sons Sam & Dean. Both Michael and Angela had come to Australia at a young age from Greece. Michael was not only a butcher but used to also tan hides and make sheepskin rugs etc and they met when Angela's family butcher forgot to deliver the meat one day for a family gathering ....can imagine that would not have been good at a wonderful Greek gathering. So Michael ended up delivering the meat and he also ended up with Angela.

Now these are butchers with a difference!

### **So what makes them different?**

They operate their own abattoir or as it was called when it was first established back in 1813 the 'slaughterhouse'. This building is still used today – it even has its resident ghost! Back then they killed one beast and two sheep per week. Today they slaughter between over 150 animals each week from beef, lambs, pigs & goats many of which are brought in from local farms.

### **So this property has always been for meat?**

Yes, originally, it was a larger property, but today it is 13 ½ acres with the headstone of who they think is the ghost located on a section of the original property. The shop was opened back in 1889 by Patrick Daley and when he died it was carried on by his wife and then her twin sons took over in 1908. The current family took over the business in 1988.

### **Sounds like there are some similarities with that family and the current owners?**

Yes, interestingly Michael and Angela's sons are twins – Sam and Dean and I believe that the birthdays of the two sets of twins are separated by only 2 days (and some 99 years)!

Back in the days of the Daley's the large coolroom which stored the meat was cooled by large blocks of ice which came from the ice factory in Windsor. Today modern refrigeration has taken over but they continue to process their meat on site, and have chemical free pork, chicken, homemade pies, kebabs, & a large range of homemade sausages, like sweet chilli plum, or lamb, mint and rosemary!

### **Events**

**12-13<sup>th</sup> June** Penrith Valley Oranges – Open Day 9.00 am – 5.00 pm Ph 4776 2332  
800 Castlereagh Rd, Castlereagh

Great weekend – with Farmer's Market, a blacksmith, musicians (including a didgeridoo player), showjumping, horse events with past Olympians – a very entertaining family outing.

*Underlined section will only be included in radio segment !*

## **Mt Tomah Botanic Garden – Plant of the week**

**Common Name:** *Camellia sasanqua* Thunb. ‘Mine-No-Yuki’  
‘Snow on the Mountain Peak’, ‘White Doves’

**Plant Family:** THEACEAE

Jan Allen, the Mt Tomah Garden information officer writes ...Charm, grace and versatility mark, *Camellia sasanqua* ‘Mine-no-yuki’, our feature plant. We have two shrubs, about 4 metres in height, located between the Entry Booth and the Nursery and Depot area (indicated on the Visitor Guide map). They stand on the western side of the driveway to the “Residence” and were probably planted between 1931 and 1968 by the previous owners of this land, Alfred and Effie Brunet.

To accommodate a gate the lower portion of one of our plants is clipped as a hedge and trimmed immediately after flowering to ensure a cover of blossom each year. Above this, the graceful arching stems cascade under the weight of flowers to 9 cm diameter. Below, the path is clothed as if snow has just fallen. Deep-green, highly reflective foliage contrasts with the clear-white, multi-petalled flowers.

Each Autumn, I look forward to the flowering of this charming camellia. Just after Anzac Day, a few flowers open and often blossoms are still present, as they are this year.

This cultivar came from Japan, probably via North America. *Sasanqua* camellias grow in the warmer southern areas of Japan and found favour in the similarly temperate gardens of Australia, New Zealand and southern North America. They can be clipped and trained making them useful as hedges, backdrops and as espaliered specimens.

I was delighted to find a paper by Yanping Wang on Japanese waka poetry on the world wide web at: <http://www.joho.nucba.ac.jp/NJLCCarticles/vol042/04YWANG.PDF>  
Entitled, “Poetry, The Language of Love in the Tale of Genji” it includes:

Mine no yuki	Trampling through
migiwa no kori	the snowy peaks
fumiwakete	and the ice at water’s edge
kimi ni zo madou	I do not lose my way
michi wa madowazu.	though I lose myself in you.

**The River Drive:** Strawberry Farm at Vineyard, Tizzana Winery and The Orange Spot,(Navels, Grammas & Honeycomb) & M & N Butchery at Wilberforce, Pepe’s Ducks at South Windsor, Tanglin Lodge Alpacas at Tennyson. Then cross the River - Basha’s Orchard (persimmons & advanced trees), Galston Strawberries, Berry Good Farms, and Nati Roses, Geranium Cottage, The Bay Road Gallery & Charltons Creek Studio Gallery at Arcadia, Kenthurst Fish & Filters, Butterfly Café all at the Hills & Hornsby end of the trail.

Along the **Mountain Drive** - Enniskillen Orchard, Blue Mountains Natural Spring Water at Grose Vale, Heavenly Belle Café at Kurrajong Heights, Tutti Frutti (also sells cut roses) 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](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

Corn, tomatoes, beetroot and rhubarb, leek, green capsicums, cauliflower, broccoli, zucchini, cabbage, silverbeet, lettuce – cos, butter, green oak, red oak, iceberg; bok choy, Lebanese & gherkin, parsnips, cucumbers; butternut, jap & Qld blue pumpkins, grammas, both red and white radishes, potatoes, flat and swiss brown mushrooms.

### Fruit on the Trail

Persimmons  
Apples - Granny smiths, pink lady, Fuji (last of this variety)  
Navel Oranges  
Strawberries – fresh and frozen  
Pears – Packham  
Pecan nuts

### 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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Recipe – Courtesy of Stephanie Souvlis – Australian Table magazine

### Beef with Red Wine and Mushrooms

750 g trimmed blade steak, cut into 3 cm pieces	310 ml (1 ¼ cups) red wine
430 ml (1 ¾ cups) beef stock	75g (½ cup) plain flour
2 garlic cloves, chopped	60 ml (¼ cup) olive oil
2 carrots, chopped	1 red capsicum, chopped
150 g button mushrooms, halved	160 ml (⅔ cups) cream (optional)
¼ cup chopped flat leaf parley	cooked pappardelle, to serve

Coat meat with flour and shake off excess. Place a large, heavy-based saucepan on high heat and add half of oil. Cook meat in batches until sealed and well browned. Place in a bowl & set aside.

Reduce heat to medium and add remaining oil. Add garlic, carrots and capsicum and cook, stirring, for 3.5 minutes, until soft.

Return meat and juices to pan, then add wine and stock. Cover and simmer for 1 hour 15 minutes or until meat starts to fall apart. Stir through mushrooms and cook for another 10 minutes, until tender. Stir through cream, if desired, and simmer for 5 minutes or until reduced and slightly thickened. Stir through parsley and season to taste. Serve with pasta. Serves 4