



What's Happening on the Trail

All three 'Pick Your Own' nut farms are up and running at Mt Irvine. There are five weeks left to enjoy one of the great delights of the year - chestnut picking. The drive to the farms is really pleasant and Kookootonga Walnut and Chestnut Farm, Nutwood Farm and Coinda Farm will welcome you with open arms. If you leave early you can visit all three farms. Why not take the kids up to Mt Irvine during the school holidays and on the way they can also pick some apples straight of the tree as you pass through Bilpin.

Picking their own fruit and vegetables is the best way to get children to understand where their food comes from and getting them to eat what they pick. Sometimes it is the first time they will have tried a particular fruit or vegetable.

Local vegetables in season right now are sweetcorn, beans, beetroot, cabbage, capsicum, cucumber, eggplant, lettuce, rock melon and watermelon.

Last Sunday the renowned food writer John Newton brought a group of 37 people from Slow Food Sydney into the Hawkesbury. They visited the Hawkesbury Vegetable Farm, Swallow Rock Organics, Jubilee Estate Winery, Tizzana Winery and Enniskillen Orchard. They then went to one of the local restaurants for lunch. A simple thing like this brings many thousands of dollars into the district.

The annual Collectors Plant Fair at Bilpin is coming together and is less than four weeks away. This year there is the opportunity to hear from internationally renowned plants man, Dan Hinkley and Australian gardening identity, Trisha Dixon. Put it in your diary.

David Mason