



The Mudgee Farm Walks focus on the grass roots level of production, where participants meet the farmers and learn exactly how the produce is grown. There is often the chance to pick your own and taste the delicious produce in its freshest state. Two farms are visited on the third Sunday of the month. All walks are guided and our informative and passionate guide Carolyn ensures that everyone is made welcome and gains the most out of their Farm Walk experience.

This Month's Farm Walk is on Sunday 20th August

BACCHUS RANGE FARM

"We have a mixed farm where something is always sprouting, flowering, or fruiting. The chokeberries, grapes, and almond, hazelnut and apricots trees should be in flower, or bud burst, maybe even with small fruits visible.

The desert limes will have fruit and these bushes usually flower usually Oct/Nov but could be earlier with good rain and warm weather.

The lemon, orange, mandarin and grapefruit trees should still have ripening fruit.

The grass should be growing if we get good rain, and the lambs will be growing fast" says host Paul Willoughby.

Coffee Break 10.30

AUSTRALIAN GOURMET HAZELNUTS

Hazelnuts are health food in a nut shell; rich in Vitamin E, monounsaturated fats, and dietary fiber. Kernel skins pack more antioxidant punch than grape seed extract, tea, red wine and cocoa.

Australian Gourmet Hazelnuts sell hazelnut trees to commercial growers and processes their nuts into value added kernel products. Starting off with just 200 trees in 1997, owners Clem and Vanessa Cox have developed a mix of Australian bred varieties and the visit includes their 3000 tree nut orchard, propagation nursery and processing facility.

Visitors can taste and purchase unique Australian hazelnuts, take home recipes, and learn why a handful a day promotes well-being.

Details:

Start Time: 9.00am, meeting at the Mudgee Visitors Centre, 84 Market Street

Requirements: Own vehicle, hat and sunscreen, water, covered shoes

Contact: Farm Walk Co-ordinator Carolyn M: 0447 310 541

Tickets: \$10/person or \$20/family (2 adults and a few children) Tickets can be purchased in person at the Mudgee Farmers Markets the day before the Farm Walk, at the Mudgee Visitors Centre, 84 Market Street Mudgee P: 02 63 721020 or online at

www.mudgeefinefoods.com.au and <http://visitmudgeeregion.com.au/whats-on/farm-walks>

Farm walks are usually finished by around 12 noon. Please note you are also welcome to join us for one Farm Walk if you cannot make both on any given Farm Walk Sunday.

See full calendar of events: www.mudgeefinefoods.com.au and don't forget to like us on Facebook for updates.