



Australian Garden Show Sydney

Centennial Park, 5-8 September 2013

NSW on a plate

The **Australian Garden Show** will bring to life NSW's paddock to plate philosophy with a wealth of food and wine experiences. Highlights include ***My Edible Balcony*** author Indira Naidoo's 360-degree kitchen garden, and co-presenters of **garden2kitchen** - garden guru Phil Dudman and chef Julie Ray - demonstrating how they educate Australians about growing and cooking. Julie will transform produce from Phil's on-site kitchen garden into delicious meals at the **Harvest Restaurant**.

NSW has some of Australia's most fertile land, producing crops ranging from wheat and rice to oranges, beef, grapes, nuts, coffee and exotic fruit. Seasonal, fresh food can be found at farmers' markets, restaurants and produce shops across the state. Or head to any number of regional events in country or coastal towns from Orange to Griffith and Byron Bay to Eden, for wine tastings, harvest celebrations and food and wine events.

A passion for produce

NSW chefs don't just cook up a storm – they often also grow, plant, farm and forage, with the State's culinary stars leading the way in paddock-to-plate cuisine. Some of Sydney's most acclaimed restaurants boast urban kitchen gardens, and regional chefs make the most of the state's abundant rural bounty, rearing and harvesting their own ingredients and hunting down wild delights.

At the acclaimed, one-hatted **Chiswick** in Sydney's Woollahra, celebrity chef/owner Matt Moran has established a 150 sq metre kitchen garden. The produce is picked in the morning and on your plate in the restaurant by lunchtime. Depending on the season, you might see broad beans, baby nasturtium leaves, shiso leaves, cherry tomatoes, radishes and a rainbow of herbs both on your fork and just outside the window. Moran also stocks his kitchen with NSW lamb produced using sustainable methods at his family farm in the Central Tablelands.





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Martin Boetz, best known as chef and co-owner of acclaimed Thai restaurant Longrain in Sydney's Surry Hills, has set up a unique paddock-to-plate operation in the picturesque Hawkesbury region an hour north of Sydney. His **Cooks Co-op**, in Sackville, overlooking the Hawkesbury River, is an 11-hectare kitchen garden and farm for chefs to grow their own produce and collaborate on ideas and projects connected to sustainable growing. Boetz plans courses and workshops for the public as well as professionals and in the meantime you can experience Cooks Co-op and its stunning location by staying in its delightful rental accommodation, **Cooks Co-op Cottage**.

Right in the middle of the CBD, **Quay's** three-hatted chef Peter Gilmore has a growing room for vegetables and herbs in the restaurant building at Circular Quay. At **Three Blue Ducks** in Bronte, produce-obsessed Darren Robertson and his fellow chef-owners have a permaculture garden in the backyard complete with chickens and a worm farm and bees on the roof. They source their bread from Iggy's Bread, just four doors down.

Another restaurant with a flourishing kitchen garden is inner west 'urban homestead' **Hartsyard** in Newtown. Husband and wife team Naomi Hart and Gregory Llewellyn have a 'nose to tail and leaf to root' approach, with dishes such as ricotta gnudi with roasted broccoli, pecorino tartufo and chanterelles, and glazed beef rib with ginger beer, parsnip and yuzu on the menu, backed up by their off-site kitchen garden and herbs from a greenhouse behind the restaurant. There are even teas made with fresh-picked herbs from the on-site tea garden.

In **The Restaurant at 3 Weeds**, a beloved old inner west pub in Rozelle, head chef Lauren Murdoch weaves culinary magic with clean, pure flavours from the on-site organic herb and vegetable garden. It's this is comfort food packed with rich, natural flavour.

The Grounds of Alexandria is an inner-city, sustainable speciality coffee outfit and cafe in a heritage-listed warehouse transformed into a micro-farm with olive trees, vegetable patches and roaming poultry, and a bakery and resident horticulturalist. Every last Saturday in the month, you can shop this produce at **The Grounds Markets**.

Chef Sean Moran has his own farm in the Blue Mountains to supply meat, fruit and vegies to his Bondi restaurant **Sean's Panaroma**. Guests can pay to stay at the **Farm Panaroma** in Bilpin to experience the process.

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James Parry and Daniel Puskas combine their experience at Sydney's Sepia and Oscillate Wildly and world-renowned Noma in Copenhagen in their recently-opened restaurant **Sixpenny**, in Stanmore. The menu worships excellent produce, much of which is either grown in the on-site garden or at the Parry family farm in Bowral. Edible flowers, bitter leaves, heirloom carrots – if it's fresh and seasonal, you'll find these culinary stars working magic with it.

In the Southern Highlands of NSW, award-winning, two-hatted restaurant **Biota Dining** (meaning 'the plants and animals of a region'), is a unique dining experience in Bowral, blending earthy sensibilities with cutting edge gastronomy. Seasonal botanicals shape the menu so decisively that dishes are often simple lists of ingredients. Chef Sean Quade and owner James Viles like to forage, sourcing mushrooms from local forests. They plant their own produce in an onsite glasshouse growing over 40 varieties of seed. Biota is also home to the monthly **Southern Highlands Produce Markets**.

In the Hunter Valley, chef/owner Mark Stapleton rarely steps far from his kitchen for prime ingredients. His **Restaurant Botanica**, at **Spicers Vineyard Estate**, has a half-acre kitchen garden which drives the menu. The restaurant's own wine label, Small Harvest, is produced from the estate's eight acre vineyard and both follow organic, sustainable methods. Diners are invited to check out the garden and meet Salami Stapleton, the family pig and chief food recycler.

In the Capital Country Region, two-hours south west of Sydney, **GRAZING at Gundaroo** is a rustic beauty in an 1865 country pub. A large chef's garden and resident chickens and ducks mean the day's harvest of fresh produce and eggs decides what's on the menu. It's always delicious.

Forage the wild bounty of NSW

Foraging for wild, native food is integral to Australia's ancient past. The ability of Indigenous Australians to live off the land has inspired modern foraging pioneers such as Vic Cherikoff, author of ***The Bushfood Handbook***.

Today, produce-rich NSW is a happy hunting ground for food foragers, and the value of local bush tucker is increasingly recognised by the growing Food Miles movement. **Bush tucker** has pride of place on some of the state's finest menus. In Nambucca Heads on the mid-north coast, Clayton Donovan's award-winning the **Jaaning Tree** is named after the black wattle tree, known for its delicious sweet sap. Chef

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Donovan's innovative and delicious dishes fuse bush tucker with Asian influences and use a wealth of bush tucker ingredients such as desert truffle, lemon aspen, quandong, wild carrots, lilli pillis, geebung, wild raspberries and appleberries. Signature dishes include hot-smoked kangaroo in lemon myrtle. Recently opened **Fifth Element Restaurant Bar and Cafe** in Newcastle has an all-Indigenous gourmet menu packed with bush tucker, including crocodile, emu, warangul green, samphire, riberry, rosella and many more native foods. Whole scallops with finger limes are a must-taste.

In Sydney, Redfern's Indigenous-owned **Purple Goanna Cafe** is delighting foodies with bush tucker creations including Barramundi, chips and salad, served with lemon myrtle mayonnaise and Kakadu plum sauce. Meanwhile, **Gardener's Lodge Cafe** in Sydney's Camperdown, is a lovely, rustic old gatehouse building recently transformed into a gourmet cafe featuring bush tucker as well as a hospitality school run by Aboriginal Elder Auntie Beryl Van-Oploo. Treats on her menu include an omelette of Warrigal greens, and buttermilk wattle seed pancakes with bush berries and macadamia honey. Talented chef Thomas Heinrich's seven-course native Australian degustation menu at his Coogee restaurant **Deep Blue Bistro** includes crocodile carpaccio and wattle seed crème brûlée.

At Newtown's **Oscillate Wildly**, respected chefs Karl Furla and Dan Pepperell are avid urban foragers. Their eight course \$100 degustation menu includes wood sorrel from the Georges River area and seaweed picked up from Sydney's northern beaches.

At **Billy Kwong**, chef Mike Eggert sources the common Soursop flower from a park in the northern suburbs and pairs it beautifully with fish dishes. Fellow forager Darren Roberston of **Three Blue Ducks** (see above) loves to scour the neighbourhood around his Bronte restaurant for herbs and plants to weave into dishes such as scampi, yuzu curd and weeds (Warrigal greens).

Find self-guided tours from naturalist and Sydney's foremost forager, **Diego Bonetto**, at www.weedyconnection.com. Diego appears regularly at food festivals educating audiences about harvesting the wealth of local, edible weeds, such as dandelion, sow-thistle and chickweed.

The cool southern and high central areas of NSW produce some of Australia's finest **truffles**. The arrival of the coveted fungi each winter heralds excitement and hard work as truffle farmers and their dogs seek out the harvest.

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Joining a hunt for this seasonal delicacy is a rare chance to see how Australian black Perigord truffles are grown and harvested.

The Canberra Region's **Truffle Festival**, from 21 June through to early August, features truffle hunts with local growers, including **Blue Frog Truffles** in **Sutton** and **Terra Preta** in **Braidwood**.

Lowes Mount Truffiere in **Oberon, Blue Mountains**, invites visitors to join fun hunts with truffle dogs Morris and Sully during June, July and August. Products from the farm can be purchased at the nearby **Oberon Farmer's Markets** and there are growers' lunches during the season.

Food I Am tours offer a seasonal truffle hunt around Chestnut Farm in Tumburumba, on the western foothills of the Snowy Mountains.

Hit the market trail

Growers' markets showcase the best of local and seasonal produce direct from the source. Sydney has an ever-increasing number of farmers' markets, many of them organic. Find them at Frenchs Forest, Leichhardt, Marrickville, Parramatta, Manly, Redfern and Entertainment Quarter Moore Park.

There's also **The Rocks Foodies Market** on Fridays and the **Sydney Morning Herald Grower's Market** on the first Saturday of each month in Pyrmont. You might even encounter a celebrity chef - **Billy Kwong's** Kylie Kwong and **Bird Cow Fish's** Alex Herbert both cook at **Eveleigh Markets** and former Tetsuyas' Darren Robertson, now chef at Bronte's **Three Blue Ducks**, sells his pulled pork buns at **Bondi Farmers Markets** every Saturday.

Sydney Sustainable Markets is the most urban farmers market held at inner city Taylor Square, every Saturday. This market supports growers so small that some are even local gardeners. Regular stallholders include **Champion's Mountain Organics** from the NSW Central Coast, and NSW winery **Old Inn Road**.

Central NSW boasts a number of farmers' markets showcasing the region's impressive, eclectic fare. Head to the monthly (every second Saturday) **Orange Region Farmers Market in Orange**, or the Farmers Markets in **Cowra** and **Mudgee** (both monthly on the third Saturday) or **Dubbo** (twice monthly on the first and third





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Saturdays). You'll find as many as 50 stalls of flowers and plants, fruit and vegetables, artisan bread, cheeses, smoked trout, olives and olive oil, venison, mustards, gourmet preserves, free range chickens and eggs and much, much more. On the **NSW North Coast**, **Byron Farmers Market** in Byron Bay (Thursdays) is one of a family of colourful weekly farmers markets in surrounding towns such as **Lismore, Bangalow, Mullumbimby and New Brighton**. In this warmer region of NSW you'll find both tropical and temperate fruit and vegetables, meat, eggs and coffee, as well as a huge range of organic fare reflecting this chilled-out region's focus on sustainability and wellbeing.

Glorious grazing through NSW

Try these foodie tours through rich produce regions:

- The **100 Mile Diet** is a road trip through the finest produce areas of Central NSW, over an area equal to about 100 miles, taking in around 20 rural towns including **Orange, Cowra, Dubbo, Canowindra and Mudgee**. The region's cool climate and rich volcanic soils produce some of the most enticing produce in NSW – including an increasing amount of rare, exotic bounty. You'll taste all kinds of delights, from stone fruits and sheep's cheeses to fungi, grapes and wines, from the cellar door, the farm gate or markets, cafes, pubs and restaurants.
- On the NSW South Coast just two hours from Sydney, **Flavours of the Valley** cooking school celebrates the produce of the beautiful Kangaroo Valley area. Their **Foodies Trail** tour takes you to regional producers where you can sample locally grown fare including olives, honey, wine, cheese and traditionally cooked fudges.
- Just an hour to the north-west of Sydney, the **Hawkesbury Region** is the picturesque setting for **Hawkesbury Harvest's Farm Gate Trail**, a country stroll around the area's family-run farms and producers, sampling apples, peaches and strawberries, roses, lavender, cheese, olives and meats. Producers encourage tasting and enjoy explaining how their fare is grown, harvested and how they cook or prepare it.

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Events not to be missed

Some must-do NSW paddock to plate activities and events:

- **F.O.O.D (Food Of Orange District) Week:** This festival from 4-13 April 2014 celebrates the area's rich produce. Attractions include: **F.O.O.D Train**, an all-inclusive paddock-to plate train trip from Sydney Central Station to Orange - and back, after a weekend experiencing F.O.O.D; and **FORAGE**, a meandering 3.5 km graze across the countryside from Borenore to Nashdale through vineyards, along sheep tracks and cow pastures, tasting delicious food and wine every 500 metres or so. The week's social highlight is the **100 Mile Dinner**, a fabulous banquet of local produce.
- **Sample Food Festival** of Byron Shire., 7 September, at Bangalow Showground, will be filled with restaurant stalls and exhibitors from the region's finest food producers. There will be cooking demonstrations, Byron Farmers market and more than 20 restaurants showcasing tasting plates.
- The **Annual Trundle Bush Tucker Day**, 1-2 September, is now in its 25th year. It is held at the Trundle Showground near Parkes and has live entertainment, free bush tucker tastings, a bush cooking competition and entertainment.

For more information on the Australian Garden Show Sydney and to purchase event tickets go to www.australiangardenshowsydney.com.au

For more information on things to see and do in Sydney including exploring the city's parks and green spaces visit www.sydney.com. For a full list of garden shows happening across regional NSW go to www.visitnsw.com.

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