

THE UNSW STAFF SOCIAL CLUB
(www.staffsocial.unsw.edu.au)

Day Trip to Kulnura including visits to Mountain Growers Market, Avocado Farm, Grace Springs Farm and Pick-Your-Own Oranges
Sunday 10 November 2019

Approximate Itinerary

8.30sharp	Leave UNSW (just outside Gate 14, Barker St)
10.00-11.00	Free time at The Mountain Growers Market (morning tea own expense).
11.15-12.15	A visit to Avocado Farm including a Farm Tour (no picking allowed)..
12.45-1.30	A visit to Grace Springs Farm and sausage sizzle (farm tour and light lunch)
2.00-3.30	Farm Tour at Wyuna Farm and Pick-your-own oranges
5.30 Appox	Arrive UNSW

Kulnura is a suburb of the Central Coast region of New South Wales, located north of Mangrove Mountain along George Downes Drive. It is within Central Coast Council local government area. Kulnura's name is an Aboriginal word meaning "in sight of the sea" or "up in the clouds", It was named in 1914 by a meeting of the early pioneers Messrs Archibold, Collins, Gatley, Penn, Young, Williams and Gibson. Its population of approximately 600 people rely mostly on the town's fruit and cattle industries for income, however many commute to regional centres of Gosford, Wyong and even to Sydney for work. It is also home to the biggest catchment area on the Central Coast, Mangrove Creek Dam which has a capacity of 190 000 ML

Mountain Growers Market (morning tea : own expense):



Straight from the farm to you from Local Farmers Market.

You will find the most beautiful fresh seasonal produce at the farmer's markets,

If you like you can sit back and relax on the verandah enjoy live music and entertainment. There will be local arts and crafts stalls to browse and delicious homemade food and coffee to purchase.

Peruch Avocado Farm - Farm Tour:



They are a small second generation citrus farm, and have branched out into Hass avocado production. They have been growing avocados for approx. 27 years, and the citrus trees are about 45+ years old. They have 4 beautiful spring fed dams on the property and their farm is also home to a small beef cattle herd, some geese and chickens.

A farm tour will be conducted. You will be able to view avocados on the trees (but NO pick your own). However you will be able to buy avocados from the farm.

Grace Springs Farm – Farm tour with a light lunch/sausage sizzle



Grace Springs Farm is a very small family run farm on the NSW Central Coast. They produce grass fed and grass finished beef, pastured eggs, pastured chicken, pastured muscovy duck, vegetables, garlic, as well as honey. They move all of their animals onto fresh pasture on a regular basis, allowing the animals to express their natural behaviours. They farm without the use of chemicals. Their main aim is to model sustainable farming, always working to improve the health of the soil and the pastures. They believe that healthy soils = healthy pastures = healthy animals.

We will be taken around to see the ducks, chooks, cows, calves, beehives and market garden. They explain why they farm the way they do and what is involved in chemical free farming. This is an informative and interactive tour. We will have the opportunity to cuddle the chooks, pat the calf and taste different foods in season as we walk around.

A sausage sizzle/light lunch will be served.

Wyuna Farm – Pick Your Own Oranges and Farm Experience :



People tell them they have the best oranges they have ever eaten. Is it the chicken manure or the fact they don't use chemical sprays on the trees? Could be a combination of the two, however they thought they would share the experience with others.

During the visit to Wilson's Wyuna Farms, we will hear about the history of this fourth generational farm and how it has evolved since Lorraine's father, Ray Walpole, settled here in 1935, aged 15. Or just chat with Rodger, Lorraine, Greg or Kate and pick your own oranges to take home.

You will be provided with a bag and you can fill it by picking up your own Summer Valencias oranges. (at no cost). If you wish to purchase more oranges then it would be at your own expense.

Cost including: transportation from and to UNSW, visit to The Mountain Growers Market, a farm tour at Peruch Avocado Farm (with an opportunity to purchase fresh avocados), farm tour and light lunch at Grace Springs Farm, pick-your-own oranges at Wyuna Farm :

Member (and one guest each at \$60): \$60;
Children \$25 each;
Guests: \$70 each

Sorry no telephone bookings and no refunds.

For any enquiries: please contact Nadia Withers, 0410-669-567 or nadia.withers@hotmail.com -

Deadline: Friday 25/10/2019

To : Nadia Withers, 63 Jennings St., Matraville 2036.

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Deadline: Friday 25/10/2019

Name: -----

School/Home Address: ----- Extn. No. -----

Email Address: ----- Mobile No./Home No.: -----

Dietary Requirement (if any): -----

---- places at \$60 each (max. 2 each at \$60)	\$-----
---- places at \$25 each	\$-----
---- places at \$70 each	<u>\$-----</u>

<u>Total</u>	<u>\$-----</u>
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A cheque for \$----- made payable to The UNSW Staff Social Club is enclosed

Bank Transfer OK – contact Nadia for details (nadia.withers@hotmail.com)