

**THE UNSW STAFF SOCIAL CLUB**  
**A Day Trip to the Wollondilly Region (including a visit to an Olive Farm and a Pick-Your-Own Persimmons Orchard)**  
**Sunday 22 April 2012**

Approximate Itinerary

7.45 sharp	Leave UNSW (just inside Gate 14, Barker St)
8.45-9.30	Morning tea at McDonalds at Camden (own expense)
10.00-11.30	Farm tour of Cedar Creek Orchard and pick your own "Persimmons"
11.45-12.45	Farm tour and visit to Langdale Olive Farm
1.00-2.00	Lunch at Oakdale Workers Club
2.15-3.15	Farm tour and visit to Top 40 Orchard
4.45	Arrive UNSW

**Cedar Creek Orchard, Thirlmere:**

Cedar Creek Orchard is a 3<sup>rd</sup> generation family run orchard. The Silm family first planted apples in 1941 on this beautiful 100 acre property.

During this Persimmon season, we are allowed into the orchard to pick our own persimmons. We will be transported to and from the picking areas.

Persimmons have their origins in Ancient China, where it is known as "the food of the gods", and although the fruit grows well in many areas of Australia, it is largely misunderstood and under-eaten in this country. They have a very high nutritional value, being a good source of Vitamin C and Beta Carotene. They have twice the dietary fibre of an apple, as well as higher levels of many minerals and antioxidants.

Cedar Creek Orchard's persimmons come into season mid April and they continue harvesting them through until early June. The type of persimmons they grow at Cedar Creek Orchard are the Non-Astringent type. They grow two varieties, which they produce to sell to both local/domestic and export markets. These are called Makaewa Jiro (Jiro) and Fuyu. They are a sweet fruit and are ready to eat as soon as good colour is achieved and whilst still crunchy (like an apple). Depending on personal preference, they can also be left to be eaten at various stages of ripening - even soft and squishy, as if it were an astringent variety.

During the tour we are allowed to taste one piece of fruit each whilst picking. We will be transported in their special "Persimmon Express" people-mover, and allowed to stroll through the persimmon trees choosing whichever fruit you prefer.

The fruit you pick will be charged per kilo, and the price could vary depending on the season. It is usually \$5-\$6 per kg remembering that you can pick the biggest and best fruit you can see, if you so desire.

**Langdale Olive Farm , Oakdale:**

This is a working olive farm. Sample the products made on site such as Bath Salts, Body Rubs, lip salve, bath bombs, soaps, shampoo, body wash, massage oil and dusting power. Langdale Farm is a mixed farm with lives, a little lavender, some fruit trees etc. and cattle, sheep, alpacas, bees and a few chooks. They produce a luxurious natural skin care range Oliveglow from olive oil, bees wax and lavender as the main ingredients. Oliveglow is all hand made at the farm and contains no petroleum based products and no artificial colours, fragrances or preservatives. They also make a variety of delicious jams and citrus butters all containing lavender which adds a very subtle change to the usual flavor. Their olives are processed at a local olive press to produce a fine extra virgin olive oil.

We will be taken on a tour of the Farm – before being able to purchase some of their products.

**Oakedale Workers Club: lunch**

A 2 course Chinese meal (main, dessert and tea/coffee) will be served at the Club.

**Top 40 Orchard, Oakdale:**

Top 40 Orchard was established since 1948 and is a family owned and operated business. Focused on producing top quality, fresh, seasonal produce for the local consumer, they have a passion for growing

