

# This month at....



**Doug & Cheryl Heley**  
Budji Werri Prunes

## PRUNES.....SEXY???

Who would have thought that the humble prune could be sexy?

Doug and Cheryl Heley came to Wirrimah on the Southern Slopes of NSW in 2001 to grow prunes. They took over an established but run down orchard of six thousand trees that had produced prunes since 1926.

Not content with supplying to the established packing companies the Heley's identified a niche in the market for high quality, hand grown prunes that are produced from the one orchard. They grow only the traditional French variety d'Agen prune that is renowned for flavour and excellent drying qualities.

This commitment to quality also means a commitment to sustainable agriculture, not using pesticides and to a product range that is free of artificial additives.

The drought has presented many challenges but with irrigation from bore water the orchard has produced consistent crops.

We also present our prunes with the pip intact to preserve the flavour and visual appeal of the fruit.

"Budji Werri Prunes" is our boutique label containing our highest grade prunes. Within that we offer a "Gourmet Breakfast Prune" ready to serve, and natural dried prunes. Our product is available to the retail and hospitality markets and we also offer mail order. Other products are on the drawing board.



## Bathurst Farmers Market

see you there!

### Recipe of the Month

#### Budji Werri Prunes & Oranges in Herb & Wine Syrup with Honeyed Yoghurt

##### INGREDIENTS:

500ml dry red wine	220g caster sugar
3 small sprigs thyme	1 bay leaf
½ tspn fennel seeds	rind of one lemon
1tbsp honey	¼ tspn vanilla extract
1cup water	
4 large oranges peeled and pith removed, cut into 1cm slices	
16-20 Budji Werri Gourmet Australian Breakfast or Natural Prunes	
300 ml plain Greek style yoghurt mixed with 2 tbsp honey	

##### DIRECTIONS:

For this recipe, the prunes are more attractively presented with the pips intact. If you prefer to have them removed then follow the steps below.

To prepare prunes if using Budji Werri Gourmet Breakfast Prunes, make a small slit along one side of each prune and flick out pip. If using Budji Werri Natural Prunes place prunes in a microwave dish with equal quantity of water and cook on high for 2-4 minutes stirring once. Set aside to cool then remove pips as for Gourmet Breakfast Prunes.

Combine sugar, wine, thyme, bay leaf, fennel seeds, lemon rind., honey, vanilla extract and water in a large saucepan and stir over medium heat until sugar dissolves, then simmer for 10 minutes.

Add orange slices and prunes and simmer gently for a further 5 minutes. Be careful not to boil as prunes could disintegrate.

Using a slotted spoon, remove oranges, prunes and herbs. Strain liquid, return to pan and boil until reduced and slightly thickened.

Arrange prunes and oranges on a plate and pour warm syrup over. Serve with honeyed yoghurt. Decorate with a small sprig of thyme or a few strips of candied orange zest. .... **Absolutely Delicious!**

**On this Saturday from 8am to 12noon**  
**at Lions Berry Park**

Seasonal - Fresh - Produce - Organic - Delicious