

This Month
Discover
the **Blue Mountains** & **Central West NSW**



Autumn
Mt Tomah Botanic Garden
on the Bells Line of Road

Autumn in the Gardens
at Leura & Mt Wilson
All May page 4

**Autumn Harvest Food & Wine
Fair** at Mt Tomah Botanic Garden
1 May page 10

Jazz & Wine Festival
Norman Lindsay Gallery, Faulconbridge
15 May page 8

The Great Train Weekend
at Mt Victoria
29-30 May page 5 & 26

FREE

The essential Visitor Guide

May 2010

maps features accommodation
events attractions eating out
tours galleries activities & more

*Including the Hawkesbury Highlands
along the Bells Line of Road*

Golden honey



Malfroy's Gold is a family owned beekeeping company specialising in the production and packaging of pure varieties of Australian honey & honeycomb. Tim Malfroy, apiarist and owner, explains how the company started:

"My family has been producing honey for about 30 years in the Blue Mountains and Central Tablelands. A few years ago, I started the Malfroy's Gold label in order to provide consumers with raw, natural, artisan honeys produced from single flower origins. Artisan honeys have a superior flavour, texture, and aroma to other commercially available brands as the honey has not been overheated, blended or micro-filtered in the extracting or bottling stages. The outcome achieved by engaging in this gentler method of production is pure, untainted honey, rich with naturally occurring minerals, enzymes and pollens."

This attention to detail seems to be paying off for Malfroy's Gold who were recently awarded Champion Exhibitor at the inaugural National Honey Show, as part of the 2010 Sydney Royal Easter Show.

"I pay special attention to the unique characteristics of each honey variety as we harvest it, then I select the finest honey to be bottled under

the Malfroy's Gold label. I think consumers are tired of blended supermarket honey and want to try something with real flavour, health benefits, and a sense of place", says Tim.

Malfroy's Gold seasonal varieties currently include Yellowbox, Red Stringybark, Silky Oak/Forest Red Gum, and the rare Wollemi Wilderness honey.

See their website [HYPERLINK "http://www.malfroysgold.com.au"](http://www.malfroysgold.com.au) www.malfroysgold.com.au for more details.

