



## WHERE TO BUY ORGANIC FOOD IN PERTH

I believe that buying organic and bio dynamic food is the easiest way for you to obtain more nutrient dense food, with less pesticide load. It also enables you to support sustainable and environmentally compatible farming systems. One of the most difficult things about sourcing good food in Perth is the relatively large spread of small shops, each with their relative strengths. It's difficult to go to one shop and have all needs met. No matter where you live, I recommend the first thing you do is go and visit what's around and see what they do and then stop by and pick things up when you are in the area. I have a favourite for flours, one for fresh meat, one for ease, one for price and so on.

Do remember also to look for the guarantee of certification. *If unsure, it is your right to ask to see that certification, and in the case of fruit and vegetables a good shop will tell you where it has come from and who has grown it.*

## TRUE ARROWROOT

### Australia

Unfortunately, much of the arrowroot sold is actually tapioca flour it is NOT the same thing. Arrowroot is a superior, easily digested, mineral rich starch/flour. Whilst Tapioca flour can be used for thickening and baking, the result is not as good or as nutrient dense and their behaviour is quite different. The Gluten Free Company makes one called Organic Arrowroot Starch sometimes, Bobs Red Mill (see below). You can buy the Gluten Free Company brand from a number of sources online, including

[www.myshopping.com.au/ZM--910360022\\_Food](http://www.myshopping.com.au/ZM--910360022_Food)

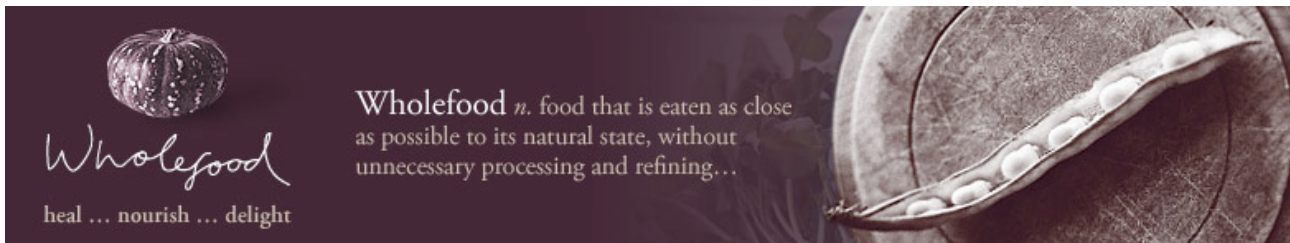
and

[www.organicsaustraliaonline.com.au/prod1773.htm](http://www.organicsaustraliaonline.com.au/prod1773.htm)

### United States

#### Bobs Red Mill Arrowroot Flour/Starch

[www.bobsredmill.com/arrowroot-starch.html](http://www.bobsredmill.com/arrowroot-starch.html)



## RETAILERS

### **Absolutely Organic**

*North Beach Road (virtually on the corner of Karrinyup Road) Gwelup. And Subiaco Farmers Market (see below).*

They have a good range of fruit and vegetables, excellent quality and at a good price. They have grains, legumes, fridge, frozen meat and other goods.

### **Dewsons (IGA) in Wembley**

*cnr Jersey and Cambridge St, and varying IGA stores.*

Eggs, Dairy and a good range of dry and wet products. Well priced.

### **The Green Bean Store + Café**

*25D Gallipoli Street, Lathlain*

Comprehensive range of fresh and frozen foods, dry and packaged goods, cleaning products, skin care and cosmetics. Great new store with a wholefood café that opens from 9am-4pm Mon-Sat.

### **Healthy Valley Organics/Alive Organics**

*Shop 7/507-515 Walter Rd East, Morley*

Most comprehensive range of organic dry fruits and nuts in Perth, full shop and fruit/veg. Specialises in raw and living foods. Now with a new juice and smoothie bar.

### **Loose Produce**

*2 Hobbs Ave, Como.*

### **MannaWholefoods**

*South Terrace, South Fremantle.*

Organic and conventional fruit and vegies, with an excellent bulk section (both organic and conventional) in dry and wet (oil, tamari, juice concentrates etc). Excellent grocery and dairy section, with a small amount of frozen meat.

### **Mt Lawley Wholefoods**

*Inglewood.*

**[www.mlwf.com.au](http://www.mlwf.com.au)**

Fruit, vegetables, dairy, groceries and bulk.

### **Organic n Green Home Delivery**

0416028292

**[www.organicngreen.com.au](http://www.organicngreen.com.au)**

### **Organic on Charles**

*Charles Street, North Perth.*

Fruit, Great range of vegetables, meat, fridge, dry goods and groceries.



## RETAILERS (CONTINUED)

### **Peaches**

*Hampton Road, Sth Fremantle.*

Good (quality and price) with organic fruit and vegetables from here. Also dairy and meat products. EXCELLENT range, quality and price.

### **Soul Tree – Vegetarian Organic Store and Cafe**

*Shop 6, 3 – 5 Railway Parade Glen Forrest – café and store*  
9298 9997

**[www.thesoultree.com.au](http://www.thesoultree.com.au)**

### **Organic Collective – Shop and Home Delivery**

**[www.organiccollective.com.au](http://www.organiccollective.com.au)**

Shop 1 Greenslade street (CNR Winterfold Rd) Hamilton Hill, Perth, W.A. Monday to Thursday 9am to 5pm.

### **Precious Organics**

**[www.preciousorganics.com.au](http://www.preciousorganics.com.au)**

**Myaree** shopping Center. Corner of Marmion &. Mullings Way. **Myaree** 6154

Various **Coles, Woolworths and IGA** have excellent Natural Health and such sections. Often very good brands can be sourced cheaper here.

### **PERTH ORGANICS – HOME DELIVERY**

**[www.perthorganics.com](http://www.perthorganics.com)**

## ORGANIC AND BIO DYNAMIC MEATS

### **Mondo Butcher**

*Beaufort Street, Inglewood.*

A wide range of organic and bio dynamic meats. Because they are and the wholesaler for interstate organic poultry (duck, chicken), those too! They are also the wholesaler for West Australian organic chicken, and I like that you can buy it fresh (not frozen) and cheaper here. SOMETIMES, you can get Organic, Nitrate free ham and bacon. You can certainly get the Free Range (no, it's not organic) Linley Park Pork bacon and ham, only rarely the organic. I source my Free Range Chicken feet for stock here.

### **Boatshed Markets**

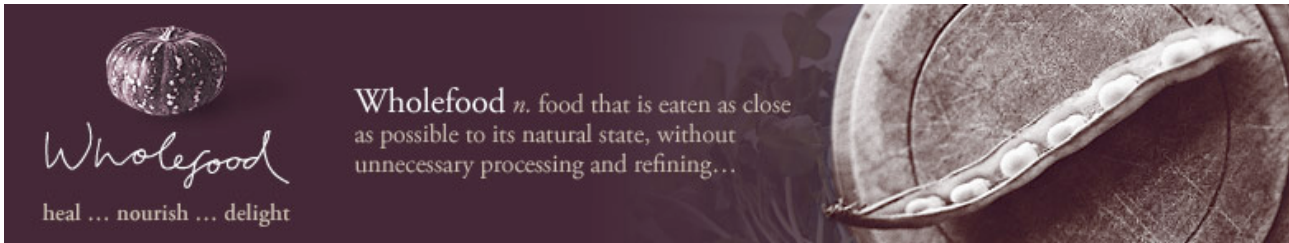
*Jarrad St, Cottesloe.*

Wide range of organic meats and bones.

### **Baramba Grass Fed Biodynamic (Demeter) Beef and Hogget**

Sid and Edith De Burgh: Meat is sold frozen, but you could order a whole or half carcass and arrange to get it fresh.

**[www.baramba.com.au](http://www.baramba.com.au)**



## **ORGANIC AND BIO DYNAMIC MEATS (CONTINUED)**

### **Williams River Produce**

William and Kelly Wordsworth Smith – Grass Fed Bio Dynamic (Demeter) beef and sheep.  
Contact direct.

**[www.williamsriverproduce.com.au](http://www.williamsriverproduce.com.au)**

### **Spencers Brook – Pork, Sheep and Beef**

0421 925 048

**[www.spencersbrookfarm.com.au](http://www.spencersbrookfarm.com.au)**

Subiaco Farmers Market (see below) and from the website

Berkshire Pigs, Organic Dexter Cattle and Long Horned Wiltshire Sheep. Nitrate and Preservative free Bacon, Ham and Sausages. Gluten Free.

### **Red Tail Ridge:**

**[www.redtail-ridge.com](http://www.redtail-ridge.com)**

Beef, Lamb and Hogget. From the Website and from various markets (I buy from the Subiaco Farmers Market).

### **AVON VALLEY BEEF**

**[www.avonvalleybeef.com.au/](http://www.avonvalleybeef.com.au/)**

Warren Pensini has been certified organic since 2008 and is passionate about the meat he produces.

## **FISH**

Download this article (PDF) here:

### **An Introduction to Eating Sustainable Healthy Wild Caught Fish in WA**

*JEREMY Prince, scientist at the Centre for Fish and Fisheries Research at Murdoch University.*

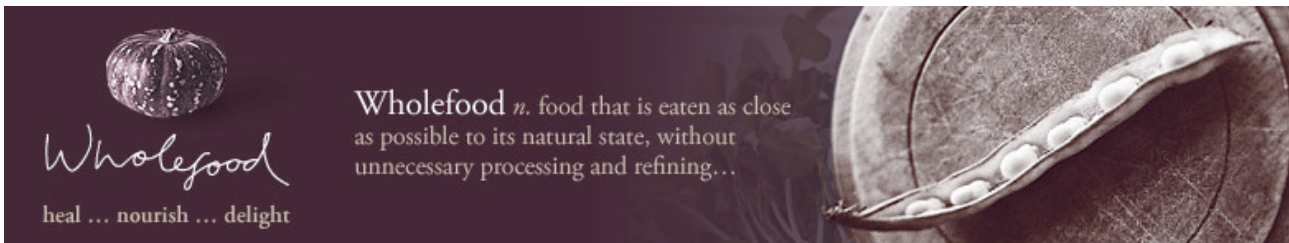
SEE ALSO: AUSTRALIAN MARINE CONSERVATION SOCIETY **[www.amcs.org.au](http://www.amcs.org.au)**

SUSTAINABLE SEAFOOD GUIDE ONLINE VERSION HERE:

**[www.amcs.org.au/Sustainable-Seafood-Guide-Australia.asp?active\\_page\\_id=699](http://www.amcs.org.au/Sustainable-Seafood-Guide-Australia.asp?active_page_id=699)**

BUY THE SUSTAINABLE SEAFOOD GUIDE HERE:

**[www.amcs.org.au/Product.asp?CategoryID=5](http://www.amcs.org.au/Product.asp?CategoryID=5)**



## MARKETS

A lot of markets are currently cropping up in Perth, and not all deliver quite what they set out to. 'Organic and local' are very trendy words often used to describe them, but when one turns up, there is very little that is organic or local. My advice is to check them out, and always ask where something is from, and if quoted as organic or bio-dynamic, ask to see the certification.

### My Favourite:

#### Subiaco Farmers Market: Organic and Farm Produce

[www.subifarmersmarket.com.au](http://www.subifarmersmarket.com.au)

Subiaco Primary School, Bagot Road, Subiaco 8am – 12,30 pm. **This is a great farmers market**, with a very good representation of certified organic produce, meat, dairy and eggs. I love the Cackleberries Eggs that Robyn from Red Tail Ridge brings up with her (her neighbours)! My favourites include (all certified organic): Hammel Home Grown Vegetables, Over the Moon (milk and cheese), Red Tail Ridge, Spencers Brook and many others.

#### City Farm: Organic Farmers Market

1 City Farm Place, off Royal St East Perth.  
8 – 12am Saturdays.

Certified organic produce, mostly, but not all, farmer direct – fruit, vegetables, eggs, some dairy and meat. Not all farmers are there every week.

#### Fremantle Markets

Corner of Henderson St & Sth Terrace, Fremantle.

The Yard: Friday 9am – 8pm, Saturday, Sunday and Monday Public holiday, 8am – 6pm  
The Hall: Friday 8am – 8pm, Saturday, Sunday and Monday Public Holiday 8am – 6pm

#### Mt Claremont Farmers' Market

Mt Claremont Primary School, 103 Alfred Rd  
(cnr Montgomery Ave), Mt Claremont.  
Every Saturday 8.30am – 12.30pm.

Including both farmer direct (organic and conventional) with some brought in from the markets at Canning Vale. **Spencers Brook** (Pork, Beef, Sheep) sell at this market.

#### Western Farmers Market

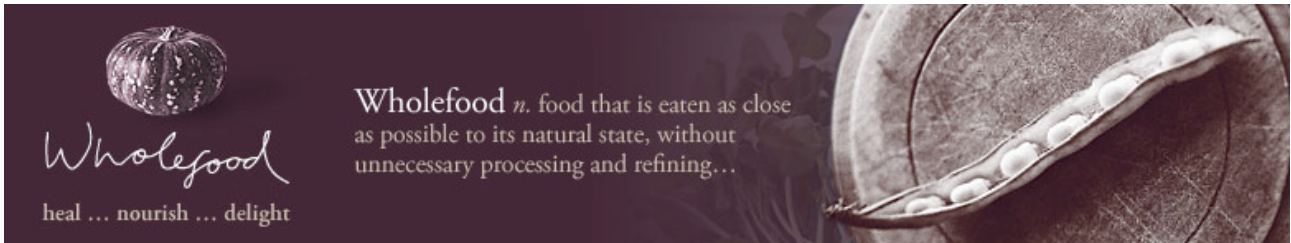
[www.westernfarmersmarkets.com.au](http://www.westernfarmersmarkets.com.au)

Palmyra Primary School, 60 McKimmie St, Palmyra 8am – 12 pm

#### South Fremantle Markets

South Fremantle SHS  
Lefroy Rd  
Beaconsfield 6214

Sunday, 8.00am to 12 noon



## **BREAD**

### **Abhi's Bread**

270 South Terrace, South Fremantle.

Large range of sourdoughs and grains.

### **New Norcia Bakeries**

Scarborough Beach Road, Mt Hawthorn and Subiaco.

Organic and Conventional Sour Dough Breads.

### **Organic Sourdough Breadmaking Classes**

Yoke Caddy: 0412 272 327.

### **Yallingup Wood Fired Bread**

Absolutely Organic and Organic On Charles get this one day a week – you will need to ring and check the day. Just beware – the yummy Wave (white) is not sourdough, but is so very good. I choose both the Wave and the Field (wholemeal sourdough).

## **REAL MILK**

SEE ALSO:

[www.editor.nourishedmagazine.com.au/articles/raw-milk-vs-pasteurized-milk](http://www.editor.nourishedmagazine.com.au/articles/raw-milk-vs-pasteurized-milk)

Contacts within Western Australia:

**Mike and Barbara Shipley** (08) 9847 4362

Cleopatras Bath Milk from Organic on Charles (see Retailers)

### **PERTH ORGANICS – HOME DELIVERY**

[www.perthorganics.com](http://www.perthorganics.com)

Ph: 0439 097 584