



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, wherever you are, 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.

Please also know that organic and biodynamic produce is beautiful, and the word beautiful includes blemishes and sometimes flaws (a little like us), this is real food, and real life. If you are buying old and limp looking fruit or vegetables, or it is rotting (don't laugh, I've seen this) at exorbitant prices, the retailer is having a lend of you – many retailers (this happens in retail stores and at markets), sell old product at ridiculous prices. *I cannot stress enough – get to know who grows your food (that's why I prefer markets). Also don't be afraid to take something back – you are often paying a lot of money for your product, and you should expect fresh, and beautiful.*

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 behavior 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

United States

Bobs Red Mill Arrowroot Flour/Starch

www.bobsredmill.com/arrowroot-starch.html

RETAILERS

ABSOLUTELY ORGANIC

North Beach Road (virtually on the corner of Karrinyup Road) Gwelup.

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

DYNAMIC ORGANIC

47b Breakwater Parade, Mandurah Ocean Marina, Mandurah

FARMER JACKS – but dependent on the area, subiaco and claremont especially

You will find an excellent range of bottled and packaged goods, and dairy at an excellent price in most farmer jacks, cheaper than many of the organic stores.

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.

An excellent range of bulk dry goods, well worth visiting.

MALIBU FRESH ESSENTIALS

Malibu Shopping Centre, Malibu Road, Safety Bay

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 AND SMALL AMOUNT OF FRESH VEGETABLES..

MT LAWLEY WHOLEFOODS

Unit 3/885 Beaufort Street (cnr 9th Ave)

Inglewood. Fruit, vegetables, dairy, groceries and bulkMR FRESH, CARINE:

Shop 12, Carine Glades Shopping, 473 Beach Road, Duncraig.

NATURES HARVEST

20 Napoleon Street, Cottesloe

Good selection of packaged organics food, with some bulk.

ORGANIC ON CHARLES

Charles Street, North Perth.

<http://www.organiconcharles.com.au/>

Fruit, vegetables, meat, fridge, dry goods and groceries.

ORGANIC COLLECTIVE – SHOP AND HOME DELIVER

<http://www.organiccollective.com.au/About>

1 Greenslade Street (cnr Winterfold Rd) Hamilton Hill, Western Australia, 6163

I love this small, but well stocked and well priced shop. They also do home delivery.

PEACHES

Hampton Road, Sth Fremantle.

1 – 3, 195 Hampton Road, South Fremantle

<http://peachesfresh.com.au/home/>

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

PRECIOUS ORGANICS

www.preciousorganics.com.au

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

HOME DELIVERY

THE LOCAL GROCER

<http://www.thelocalgrocer.com.au/>

Greg and Mary Winning are passionate about sustainable and organic food, knowing their farmers and paying them a fair price.

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ORGANIC N GREEN

<http://www.organicngreen.com.au/>

PERTH ORGANICS – HOME DELIVERY

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 (that is, when West Australian certified chicken is actually available). 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

WILLIAMS RIVER PRODUCE

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

Contact direct.

www.williamsriverproduce.com.au

SPENCERS BROOK – PORK, SHEEP AND BEEF

0421 925 048

www.spencersbrookfarm.com.au

from the website

Berkshire Pigs, Organic Dexter Cattle and Long Horned Wiltshire Sheep. Nitrate and Preservative free Bacon, Ham and Sausages. Gluten Free. If you are after as close as

possible to organic nitrate free ham and bacon, this is it.

RED TAIL RIDGE:

www.redtail-ridge.com

Beef, Lamb and Hogget. From the Website and from various markets (I buy

BLACKWOOD VALLEY BEEF

www.blackwoodvalleybeef.com.au/

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

MACABEE DORPER LAMB AND PORK

www.macabee.com.au

You can find Anthea at Subiaco Farmers Market on a Saturday Morning.

MARKETS

Markets come and go 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.* WA markets with organic stallholders. If you click on any of these, it should take you to the website.

- SUBI FARMERS MARKET: Subiaco Primary School, Bagot Road, Saturday mornings
- POYNTER FARMERS' MARKET: Poynter Primary School, Duncraig, every 2nd Saturday morning
- MT CLAREMONT FARMERS MARKET: 103 Alfred Road, Mt Claremont, Saturday mornings
- PERTH CITY FARM: 1 City Farm Place, East Perth, Saturday mornings
- THE FARMERS MARKET ON MANNING: Clontarf Campus, Curtin University, Manning Road, Waterford, Saturday mornings
 - GROWERS' GREEN FARMERS' MARKET: South Fremantle High School, Lefroy Road, Beaconsfield, Sunday mornings
 - FREMANTLE MARKETS: cnr South Terrace & Henderson Street, Fremantle, all day Friday-Sunday
 - MONDO MARKETS: 824 Beaufort Street (cnr 6th Avenue), Inglewood – Saturday mornings September to Christmas only
 - PEEL FARMERS MARKET: including TurnOrganic, Sunday mornings
 - 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
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

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