



# NATMED INTEGRATED MEDICINE

## WHOLEFOOD COOKING



## WHERE TO BUY ORGANIC FOOD IN PERTH

Buying organic and biodynamic food is the easiest way 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 difficulties with sourcing organic wholefoods, it the large spread of small shops, each with their unique strengths - making it difficult to simply shop at one store and have all your needs met. We recommend visiting nearby options, checking certifications and produce origins and picking up items when you are in the area.

Embrace the beauty of organic and biodynamic items, even with imperfections - this is real food! Imperfections aside, avoid purchasing old or rotten products at inflated prices. Get to know the growers, especially at markets, and feel free to return items for freshness and quality.



## FRESH PRODUCE + DRY GOODS

### TRUE ARROWROT

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

### ABSOLUTLEY 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

**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 veGgies, 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 fresh vegetables.**

## MT LAWLEY WHOLEFOODS

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

Fruit, vegetables, dairy, groceries and bulk.

## NATURES HARVEST

**20 Napoleon Street, Cottesloe**

Good selection of packaged organics food, with some bulk.

## ORGANIC ON CHARLES

**Charles Street, North Perth.**

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

## ORGANIC COLLECTIVE: SHOP + HOME DELIVER

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

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

## PEACHES

**1 – 3, 195 Hampton Road, South Fremantle**

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

## COLES, WOOLIES + IGA

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

## MR FRESH CARINE

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

## PERTH ORGANICS: HOME DELIVERY

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





## ORGANIC & BIODYNAMIC 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**

A wide range of organic meats and bones.

### BARAMBAH GRASS FED BIODYNAMIC [DEMETER] BEEF AND HOGGET

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

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

### WILLIAMS RIVER PRODUCE

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

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

### MACABEE DORPER LAM + PORK

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

You can find Anthea at the Subiaco Farmer's Market on a Saturday morning.

## RED TAIL RIDGE:

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

Beef, lamb and hogget.

## BLACKWOOD VALLEY FINE FOODS

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

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



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

## 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





*yours in good health*

NATMED