

State Secrets

The best addresses in NSW

1. Seven at 13, Byron Bay

This stylish cafe-cum-restaurant boasts a menu that belies its goodness and achieves its aim of bringing organics into the mainstream. Try sumptuous delights like prawn, pumpkin and ginger pakora, lemon myrtle Thai curry and organic berry sorbet. So delicious, you'll wonder why you didn't try this organic lark before. Shop 13, South Byron Plaza, phone 02 6685 7478.

2. Mudgee Health Foods, Mudgee

This wholesome, family-feel organic food and health shop caters for the holistic welfare of its customers. Stocking the gamut of certified organic and chemical-free foods from breads and groceries to teas, herbs and spices, they're also a dab hand at natural cosmetics and body care. And if per chance they don't have what you desire, then they'll darn well help you find it. Shop 6, the National Centre, 62-68 Church Street, Mudgee. Phone 02 6373 5293 or e-mail muhealth@winsoft.net.au.

3. Organic Feast, Newcastle/Hunter Valley

Established to help the local community help the organic farming community, this is online shopping at its best. Organic Feast services the Newcastle and the Hunter Valley region offering a "feast of organic goodies", including fruit and vegetables, groceries, sourdough breads and poultry, beef and lamb. Place your minimum order of \$30 before midnight for next day delivery in metro areas. \$3 delivery charge. Visit www.organicfeast.com.au.

4. DandL Organics, Blue Mountains

Quality organic fruit and vegetables can be delivered to your door by this Leura-based outfit servicing the Blue Mountains and Sydney. DandL takes weekly shopping list orders by phone, or can deliver a fixed value box of mixed fruit and vegetables. Goodies vary from meat, poultry and eggs through to dried fruit, yogurt, fruit juices, cheeses, honey and grains. Healthy and hassle-free shopping. Gotta love that. Phone 02 4782 4184 or e-mail dlong@lisp.com.au.

5. Olive Health Foods, Albury-Wodonga

This well established shop and cafe services all manner of organic and health food wants, from breads to water filters. Olive claims to be the biggest supplier in the Albury-Wodonga district with three shops in the area. Stop by one of the delicious cafes for a smoothie pick-me-up – spirulina or ginseng and guarana have got to make a difference. 540 Olive Street, Albury, phone 02 6021 5626; Shop 26, Wodonga Plaza, Wodonga, phone 02 6024 161.

6. Sam the Butcher, Sans Souci

For those who think organic means mung beans and straw, think on. Sam's offering prime organic sausages, beef, chicken, lamb, pork and milk-fed real veal – all bred and presented without the horrors of artificial fertilisers, pesticides, growth promoters or hormones. Defying the scepticism of traditional butchers, Sam has built up a quality, trustworthy service including store, deliveries and online ordering. 371 Rocky Point Road, Sans Souci, phone 02 9583 1144. Visit www.samthebutcher.com.au.

7. Organic Farmers' Market, Frenchs Forest

As fresh and yummy as it gets – farmers from across the region haul their produce to market for direct sale to the public. Organically grown vegetables, fruit, herbs, breads and a whole lot more. Plenty to make a trip worthwhile with additional stalls hosting New Age and alternative therapies, arts and crafts, and the usual market array of antiques and bric-a-brac. Marvellous. Sundays, 8.30am to late morning, Parkway Hotel, Frenchs Forest Road East. Phone 02 9999 2227.

8. Iku, around Sydney

The wholefood mecca for Sydneysiders, Iku's simple approach to food has justly garnered a truly devoted following. Adhering to quality wholefood ingredients, macrobiotics, no animal products and an underlying principle that food should be a sensual experience, Iku has them coming back for more. And more. 25A Glebe Point Road, Glebe, phone 02 9692 8720; corner Grosvenor Lane and Council Car Park, Neutral Bay, phone 02 9953 1964; 279 Bronte Road, Waverley, phone 02 9386 9019.

9. Macro Wholefoods, Bondi Junction

Organic shopping as it should be – rich and varied, fun and moreish. Originating as a macrobiotic foods home delivery service and now thriving as a store/cafe and herbal dispensary, this one is not to be missed. Macro's spacious Bondi Junction store is laden with a diverse range of organic goodies from groceries and beverages to the ubiquitous fresh fruit and vegetables. 31-35 Oxford Street, Bondi Junction, phone 02 9389 7611; 170 King Street, Newtown, phone 02 9550 5422.

10. Doorstep Organics, Kangaroo Valley

For regional consumers, online shopping is picking up fast and this farm-to-door general store is a fine place to start. Select mixed boxes or individual items of chemical- and GM-free fruit, vegetables, herbs and sprouts, chicken, eggs, milk, yogurt, bread, flours and grains, dried fruit and nuts. And enjoy free home delivery from Berry through to Stanwell Park in North Wollongong. What better way to get into the good life? Visit www.doorstep.com.au or phone 02 4465 1261.



Feast of nature

Healthy, chemical-free and tasty?
Michaela Southby checks out
the State's best
organic food outlets.

