

# Shoalhaven

SOUTH COAST - NSW

## LOCAL PRODUCERS GUIDE



MANY FOODIES - ONE DESTINATION

Cover: Nat & Kitty from milkHAUS

## SHAKE THE HAND THAT FEEDS YOU

Slow Food supports a thriving local food Community. We promote Good, Clean and Fair Food for all and are inviting you to discover the beautiful produce that is on offer in our region.

Get to know our local small-scale farmers and providers and "Shake the hand that feeds you". See for yourself how these little treasures on the South Coast will give you a much better food experience than mainstream supermarkets. You can be assured that the produce is fresh and seasonally picked or prepared just for you, with the added benefit that it has travelled minimal miles to reach your plate.

Enjoy!

**KEY TO ICONS**

FRUIT & VEGGIES	BEER, WINE & CIDER	PROVIDORE/GROCERY
SEAFOOD	NON-ALCOHOLIC BEVERAGES	BREAD & BAKED GOODS
MEAT & POULTRY	PRESERVES, CONDIMENTS, OLIVES/OLIVE OIL	MUSHROOMS/FUNGI
DAIRY/EGGS/CHEESE	HONEY	GROW YOUR OWN
NATIVE FOODS	GRAINS & DRIED GOODS	TRAINING & EDUCATION

**PRODUCE AVAILABILITY**  
We would love you to come visit our beautiful area and support our hard working local producers. Please understand that some products might be out of season or temporarily unavailable. For the most up to date information please check online before you head out. [www.slowfoodsouthcoast.org.au](http://www.slowfoodsouthcoast.org.au)

Find out more at:  
[www.slowfoodsouthcoast.org.au](http://www.slowfoodsouthcoast.org.au)  
Facebook: Slow Food South Coast

[@visitshoalhaven](https://www.facebook.com/visitshoalhaven)  
[#shoalhavenfood](https://www.facebook.com/shoalhavenfood)  
[shoalhaven.com/food](https://www.facebook.com/shoalhaven.com/food)

Slow Food would like to pay its respect to the Traditional Custodians of our Land, and acknowledge the living culture and important role Elders and members of our local Indigenous communities continue to play in the life of our region.

The farms in this directory are working farms. Please respect biosecurity especially if the entry states 'no farm visits' or 'by prior appointment only'. We have done our best to provide accurate information, however things can change. Please check the online directory on our website for the latest info. This issue correct as of May 2023. Claims made in this directory are the responsibility of individual enterprises. Although we believe these enterprises reflect Slow Food principles, not all have been inspected. © Slow Food South Coast May 2023

**31 COOPERS PRODUCE**

The Pavilion, 276 Green St, Ulladulla 0451 060 493  
tim.cooper1@live.com.au  
instagram @coopersgrowing

Tim Cooper and Bree Reed grow seasonal vegetables and herbs in Milton at Little Forest using organic methods. They supply wholefood stores, local markets, veggie boxes, restaurants and cafes. Farm visits by appointment only, contact Tim directly.

**32 THE LITTLE FOREST ROAD SOIL & COMPOST CO.**

Little Forest 0459 462 986 (Darmin)  
info@thelittleforestroad.com  
instagram @the\_little\_forest\_road

Organic recovery scheme mining local waste and turning it into a rich, living, organic variety of soil, compost, worm juice and castings. Available by delivery or pick-up and also found at your favourite local garden centres.

**33 WOODSTOCK CHOCOLATE CO.**

Shop 1/92 Princes Highway, Milton  
orders@woodstockchocolateco.com  
woodstockchocolateco.com  
Instagram: @woodstockchocolateco | Facebook: woodstock chocolate co

A small family run business with a focus on combining the best local and regional produce with the highest quality Belgian couverture chocolate. All products are handcrafted and made in store in small batches. Shop open Mon - Sun 10 am - 4 pm.

**34 MILTON FARM SHOP**

Shop 1/127 Princes Highway, Milton  
miltonfarmshop@outlook.com  
Instagram: @themiltonfarmshop | Facebook: Milton Farm Shop

Great variety of seasonal, local and regionally harvested and produced vegetables, fruit, cheeses, eggs, meats, preserves and pantry items. All produce 100% chemical free/organic. Located opposite hospital on Princes Highway. Open Tues-Fri 10am-4pm, Saturday 9am-3pm.

**35 MILTON MUSHROOMS**

info@miltonmushrooms.com.au  
miltonmushrooms.com.au

South Coast mushroom grower and author Marita Smith has a range of cultures, wild foraged mushroom products, foraging zines and merchandise for sale online.

**36 MILTON BEEF**

0414 313 157  
jwallace@miltonbeef.com.au

Premium quality free range/grass fed, ethically raised Angus and South Devon beef. No farm visits. Private orders only between March and September. For more information contact Janelle or Greg via email or phone.

**37 WHOLEFOODS STORE MILTON**

Shop 9/65 Princes Highway, Milton 02 4454 0142  
info@wholefoodstoremilton.com.au  
wholefoodstoremilton.com.au | Instagram: wholefoodstore.milton

Range of nutrient-dense seasonal certified Australian Demeter Biodynamic produce that 'doesn't cost the earth'. Store also sells a range of dairy, grain, pulses, preserves, honey, nuts, meat from biodynamic Aussie farmers. Open Mon - Fri 10am - 5pm and Sat 10am - 2pm.

**38 KIRUNA FARM**

Woodstock Rd, Milton  
kiruna.farm  
Instagram: kiruna\_farm | Facebook: Kiruna Farm

Small family-run flower farm near Milton, growing a wide range of cottage-style flowers applying regenerative principles. Flowers available August-April through direct orders and at local markets, Milton Post Office and Rosie Oats cafe Burrill Lake. We also supply for weddings.

**39 MILKHAUS**

170 Woodstock Rd, Woodstock 0409 158 167  
hello@milkhaus.com.au  
milkhaus.com.au

Iconic eatery serving a curated seasonal and sustainable menu for curious and conscious diners. On-site kitchen garden, cooking classes, farm HAUS accommodation and locally produced goods available. Idyllic setting for breakfast, lunch and events. Bookings recommended.

**40 CUPITT'S ESTATE**

58 Washburton Rd, Ulladulla 02 4455 7888  
info@cupitt.com.au  
cupitt.com.au

The stunning winery, brewery, kitchen garden and restaurant that forms Cupitt's Estate is a charming venue overlooking Burrill Lake and the Budawang Ranges. Restaurant and casual dining options perfect for couples, friends and families. Bookings essential at cupitt.com.au.

**41 EMPOWER WHOLEFOODS**

The Pavilion, 276 Green St, Ulladulla 02 4454 5602  
shop@empowerwholefoods.com.au  
empowerwholefoods.com.au | Insta/Facebook: @empowerwholefoods

Wholefoods store and coffee bar in the heart of Ulladulla selling organic (bulk) products, fresh local produce, bread, milk and honey, meats and wild caught fish. Serving organic locally roasted coffee with un-homogenised milk and GF/DF/refined sugar free treats. Open Mon-Fri 8.30am - 4.30pm, Sat 8.30am - 1.30 pm.

**42 ATSEA ULLADULLA**

Shop 2, Ulladulla Fishing Harbour, Ulladulla 0429 403 893  
atseatuna@gmail.com

Family owned. Selling seafood caught with their boat "The Kingfisher" and other local NSW fishing boats. Seafood platters, fish & chips, a delicious recipe or the right fish for the BBQ. Atsea staff are passionate and here to help. Open Mon - Wed & Sun 9am - 3pm, Thurs - Fri 8am - 5pm, Sat 8am - 4pm

**43 LAGOM BAKERY**

105 Princes Hwy, Burrill Lake  
Instagram: lagom\_bakers  
lagombakersburrill@gmail.com

Lagom Bakery has a simple menu where each product is made with love and care, providing a range of naturally fermented breads and viennoiseries. There are weekly specials as well as a small range of savoury products. Guerilla Roasters sustainable coffee, tea brewed to order. Opening hours: Wed - Sun 7am - 2pm.

**44 SHOALHAVEN MUSHROOMS**

0439 571 457  
sholmush@hotmail.com

You are in for a treat with these multi award-winning mushrooms from the Shoalhaven. Varieties include white and swiss brown, coral tooth, lions mane, oyster and chestnut. Available at selected local shops in the district. Contact Michelle for more information.

**45 CLYDE RIVER BERRY FARM**

Lot 22 River Rd, Mogod 02 4478 1057  
info@clyderiverberrymilk.com.au  
clyderiverberrymilk.com.au

Spray free berries grown with sustainable farming methods and pristine waters of the Clyde River. Open Dec-Jan for picking, ice cream, sorbets and jams. Produce available at various local markets/shops and the CR caravan just outside Ulladulla (240 Princes Hwy) Fri-Sun Nov-May.

**46 BAWLEY VALE ESTATE**

226 Bawley Point Rd, Bawley Point 0407 015 385  
contact@bawleyvale.estate  
bawleyvale.estate/winery/

100 acre property with vineyard and function centre. Taste the Chardonnay, Verdelho, Rose, Chambourcin, Shiraz and Cabernet at the cellar door. Friendly farm animals and orchard to pick from in season. Lawn music events on long weekends and Sundays in January. Tasting Sundays 11am - 4pm

**47 GARLIC AT BAWLEY**

41 Lurnea Av, Bawley Point 0418 265 472  
garlicatbawley@gmail.com  
garlicatbawley.com.au | Instagram: garlicatbawley

Hand planted, organic garlic grown with passion and expertise in Bawley Point, using sustainable organic methods. Our wonderfully mild flavoured garlic is perfect for all your culinary and growing needs. Buy online or at local markets..

**48 ARTS & GENERAL BRAIDWOOD**

68A Wallace St, Braidwood  
Instagram: braidwood\_arts\_and\_general  
Facebook: braidwood\_arts\_and\_general

Braidwood Arts and General proudly supplies fresh local produce, organic bulk foods, eco-friendly cleaning products, quality homewares, organic skincare gifts, designer chalk paints, local artworks, ceramics and more. Open Thurs-Mon 10am-4pm (9.30am - 4.30 pm in summer).

**49 HAZELWOOD FARM**

107 Tudor Valley Rd, Braidwood 0439 715 529

Wayne and Sarah Merriman specialize in cold climate vegetables, fruit and nuts. No chemical fertilisers, herbicides, pesticides or fungicides are used. Produce and homemade condiments/preserves available at local shops and Farmers Markets. Visits by appointment only.

**50 BRAIDWOOD FOOD COMPANY**

71 Duncan St, Braidwood 0436 409 449  
info@braidwoodfood.com  
braidwoodfood.com

Small scale family-owned business selling a range of hand-crafted products (pasta, flatbreads, etc) flavoured exclusively with locally grown ingredients including Australian Mountain Pepper. Products are sold in recyclable packaging and available through local outlets or online.

**51 LANDTASIA COMPOST**

8884 Kings Hwy, Mooloon 02 6238 0565  
compost@landtasia.com  
landtasia.compost.com

Keen to grow your own? Landtasia make beautiful humus rich, certified organic compost. On Kings Highway between Braidwood and Bungendore. Available by the truck, trailer and bag. More info and opening hours via website or email.

**52 SULLY'S CIDER**

The Old Cheese Factory, 92 Sawyers Ridge Rd, Reidsdale 02 4846 1999  
info@braidwoodmade.com.au

Range of varietal and blended ciders crafted using 100% juice from heritage cider apples, and applying traditional techniques and styles. Sold at Braidwood Farmers Market and some local retailers. Cellar door by appointment only.

**53 OWL FARM BRAIDWOOD**

988 Charleys Forest Rd, Charleys Forest 0410 458 708  
david@owlfarmbraidwood.com.au  
owlfarmbraidwood.com.au | Instagram @owlfarmbraidwood

David and Sarah Dawes grow garlic, potatoes and heirloom veg. They practice regenerative agriculture with no chemical inputs. Their potatoes won a NSW 2019 delicious Produce award. They supply restaurants and Farmers Markets locally and in Sydney. No farm visits.

**54 HIGGINS CREEK FARM**

2553 Princes Highway Cockwhy 0422 403 501  
higginscreekfarm@outlook.com  
Instagram: higginscreekfarm | Facebook: HCFFBlueberries

Family farm specialising in delicious blueberries, figs and farm stay accommodation. Farm gate sales by appointment Nov-Feb; open January to visitors to pick your own. Entrance directly from Princes Highway. Produce available at Sage Farmers Market and local IGAs.

**55 MCASH OYSTERS/SIGNATURE OYSTERS**

The Oyster Sheds Lattas Point Rd, Batemans Bay 1300 792 750  
claire@signatureoysters.com.au  
signatureoystermarket.com

Signature Oysters supplies the highest quality local oysters to restaurants, oyster bars and specialty events in Australia. In future they will also deliver overseas. Oysters available from farmer Kevin McAsh at SAGE markets, or contact Claire for more info and (wholesale) orders.

**56 EGANS FARM**

Runnyford 0419 256 504  
egansfarmrunnyford@gmail.com

Guy and Caroline McPhee want you to have the very best quality free range eggs directly from the farm to your plate. Widely available at local supermarkets, providores, and regional farmers markets.

**57 BLISS HONEY**

Jeremadra (Mossy Point) 0431 212 863  
delandregret@outlook.com

Delicious range of organic local honey and beeswax products, available via "Bliss & The Trove" (shop 4, 23-25 Grant St, Broulee) and at various shops in the district. Home delivery and honey in bulk also available via "Bliss & The Trove". No farm visits.

**58 BLISS & THE TROVE**

4/23-25 Grant St, Broulee 0431 212 863  
Facebook: BLISS-the-TROVE

Local providore selling South Coast made products such as honey, jams, beeswax, seaweed products, plus art, jewellery, soap, candles. Shop located on the side of Broulee Supermarket next to Killibinbin Cafe. Open 9am - 1pm daily except Sun & Tues.

**59 FARMER PHIL**

437 Larrys Mountain Rd, Mogendoura 0423 115 282  
hello@farmerphil.com.au  
farmerphil.com.au

Buy quality seedlings from our family farm. We sell vegetables, seedlings and cottage garden plants. Purchase quality Biofita and IBC wicking beds. We deliver, install and plant out your wicking beds. Buy online (beds) or at Moruya Saturday Markets (seedlings).

**60 MOGENDOURA FARM**

189 Hawdons Rd, Mogendoura/Moruya 0412 468 921  
emmalips@activ8.net.au  
mogendoura.com.au  
Instagram: @Mogendoura\_farm | Facebook: Mogendoura

220 acres farmstay with 2km riverfront. Home of Beltie Beef 100% grassfed belted galloway. No supplement finishers or hormones, our herds roam free-range experiencing a variety of feed from rich river flats to native pasture. Hides also available.

**61 GUERRILLA ROASTERS MORUYA**

25 Church St, Moruya  
guerillaroasters@gmail.com  
Instagram: @guerillaroasters | Facebook: guerillaroasters

Founded in 2018 by Lewis McKenzie and Mathew Hatcher. Great coffee starts on the farm: every bean purchased is fully traceable and bought from suppliers /farmers who focus on sustainability and quality. We also build lasting relationships between farmers and those tasting the finished product. Products available throughout the region.

**62 THE PANTRY WHOLEFOODS**

1/60 Vulcan St, Moruya 02 4474 2538  
sales@therusticpantry.com.au  
thepantrymoruya.com

Local family owned bulk food shop and speciality grocer situated in the picturesque riverside town of Moruya offering a wide range of socially and environmentally responsible products. BYO containers to purchase unpackaged goods in quantities that suit you, or shop online.

**63 THE LOST PLOT**

0424 022 722  
thelostplot.veg@gmail.com

Kylie Emmett is a new young grower in the Moruya area who grows spray free, seasonal, heritage and heirloom vegetables on a 1/2 acre plot on the Deua River. Produce available at Southlands, every Tuesday at SAGE Farmers Market and the Saturday market in Moruya.

**64 BORROWED GROUND**

6 Toose St, Moruya  
borrowedground.com.au  
Instagram: borrowedgroundgrowers | Facebook: borrowedgroundgrowers

Alex and Eliza are two young and determined farmers running a market garden growing nutrient rich, tasty vegetables using organic practices on borrowed ground. Come see them at Sage Farmers Market on Tuesday afternoons or head into Southlands Fruit & Veg to find their goods.

**65 SOUTHLANDS FRUIT & VEG**

93 Campbell St, Moruya 02 4474 3372  
southlandsv.com  
Instagram: spud\_n\_kiwi | Facebook: southlandsvfruitandvegetables

Come taste the South Coast! Independent and proudly local since 1983, Southlands sells fresh local, organic and farm direct produce, gourmet groceries, local artisan bread, cheese, dairy, eggs, oysters, and much more! Shop open Mon-Fri 7am - 6pm; Sat & Sun 8am - 4.30pm.

**66 STEPPING STONE FARM**

107 Stewarts Rd, Kiora  
manager@steppingstonefarm.com.au  
steppingstonefarm.com.au  
Instagram: steppingstone.farm\_sage | Facebook: Stepping-Stone-Farm

Working farm situated 8 km outside of Moruya offering market garden internships on organic and regenerative farming principles. SSF aims to secure local food supply and jobs, by growing and selling vegetables and training new growers. Products available via Sage Farmers Market.

**67 OLD MILL ROAD BIOFARM**

Turlinjah 0410 558 138  
fraser@oldmillroad.com.au

Family run business by Fraser Bayley & Kirsti Wilkinson. Being leaders in small scale growing, they offer a large range of spray-free seasonal veggies. Available every Tuesday at the SAGE Farmers Market in Moruya or Milton Farm Shop. No farm visits.

**68 TILBA REAL DAIRY**

37 Bate St, Central Tilba 0244 737 387  
info@tilbarealdairy.com  
tilbarealdairy.com

Large variety of speciality handmade cheeses and dairy products straight from their Jersey herd to you. Sample and watch the cheese making process at their Factory in Central Tilba, open 7 days/week. Products widely available on the South Coast at shops, cafes and local farmers markets.

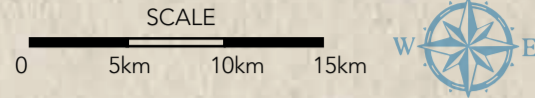
**MARKETS**

Market	Day	Time	Location
Kiama Farmers Market	every Wednesday	3 - 6pm	Coronation Park, Surf Beach
Berry Farmers Market	every Thursday	3 - 5pm	Berry Showground
Kangaroo Valley Farmers Market	2nd Sun	8.30am - 1pm	165 Moss Vale Rd
Nowra CBD Fresh Food Market	every Thursday	2 - 6pm	Jelly Bean Park
Huskisson Market	2nd Sun		Huskisson Sportsground
Milton Showgrounds Market	1st Sat of the month except April, June & October	9.30 - 2.30am	Milton Showground
Farmers at Burrill (FAB) Market	2nd Friday Sept - Feb	3 - 5pm Spring 5 - 7pm Summer	Lions Park
SAGE Farmers Market, Moruya	every Tuesday	3pm	Riverside Park

**OTHER FOOD EXPERIENCES**  
For other experiences such as gourmet food and wine tours, cooking classes and Aboriginal cultural food experiences visit [shoalhaven.com/food](http://shoalhaven.com/food)

# Shoalhaven

SOUTH COAST - NSW



**FLOUR WATER SALT**  
110 Cedar Springs Rd, Kangaroo Valley 0447 491 245  
info@kangaroovalleyolives.com.au kangaroovalleyolives.com.au  
Olives grown locally and ethically. Handpicked and sorted before being debittered naturally without chemicals or shortcuts in the brining process. Extra Virgin Olive oils, table olives and complementary products available (retail and wholesale). Group degustation tastings by prior booking, contact us for availability.



**ROSEBANK MEATS**  
1/122 Terralona St, Kiama 02 4232 1952  
info@rosebankmeats.com.au rosebankmeats.com.au  
Distributor of free range/antibiotic free beef, lamb, pork, chicken and game. Shop open Mondays to Fridays 7am - 5pm, Saturdays 7am until noon. Products also available for purchase online via their website.



**THE PINES KIAMA**  
Saddleback Mountain, Kiama 0410 619 535  
info@thepineskiama.com.au thepineskiama.com.au  
Sixth generation biodynamic micro-dairy producing minimally processed fresh milk, yoghurt, artisan cheese and gelato. No farm visits. Products available at Kiama Farmers Market and various local shops. Contact us for more information.



**ROSELEA VINEYARD**  
310 Princes Hwy, Gerringong 02 4234 0340  
roselea3@bigpond.com roseleavineyard.com.au  
Boutique vineyard with delicious wine and great service. Entrance directly from Princes Hwy, 1km north of Belinda St intersection. Wine tastings by appointment Thursdays to Sundays from 12 - 4pm. Also sells chemical free olives and oranges/lemons in season. Contact Jeff for more info and bookings.



**SCHOTTLANDERS WAGYU**  
96 Rose Valley Rd, Gerringong 0408 245 212  
facebook: Schottlanders Wagyu Farm Stay  
Free range/grass fed Wagyu beef. No farm gate, visits by appointment only. Products available at Kiama Farmers Market on Wednesdays and Berry Markets on Thursdays. Also offers farm stays. For more information contact Maria



**BUENA VISTA FARM**  
Gerringong 0414 703 958  
hello@buenavistafarm.com.au buenavistafarm.com.au facebook: The Buena Vista Farm  
Adam and Fiona are dedicated to sustainable agriculture, strong local food systems, nutrient-dense, handmade whole food and encouraging people to (re)connect with their food. Kiama Farmers Market (Wednesdays), Berry Farmers Market (Thursdays) or book online for a farm tour or cooking class! No farm gate.



**FLAVOURS SHOALHAVEN**  
Shop 1/113 Queen St, Berry 02 4413 2143  
john@flavourshoalhaven.com.au flavourshoalhaven.com.au  
John and Linley Brumerskyj love their food and strive to promote and sell delicious regional produce from within a 200 km radius. Check out the selection of gourmet goodies in their shop or visit their online shop at flavoursonline. Open 7 days from 9am - 4.30pm.



**MILKWOOD BAKERY**  
Shop 2, 109 Queen St, Berry 02 4464 3033  
info@milkwoodbakery.com.au milkwoodbakery.com.au  
Artisan organic sourdough cafe and bakery right in the heart of beautiful Berry, serving great coffee, scrumptious meals and delicious treats. Open Mon - Fri 6am - 5.30pm and weekends 7am - 5.30pm



**SILOS ESTATE & WILEYS CREEK**  
B640 Princes Hwy, Berry 02 4448 6082  
silosestate@silosestate.com silosestate.com  
Trading from buildings used in the original dairy farm established in 1870 (now fully restored), Silos Estate houses award-winning accommodation, cellar door, fromagerie, alpaca farm and restaurant, plus one of Australia's largest EV charging stations. Formal or casual, all guests (incl. pets) welcome. Bookings essential.



**TWO FIGS WINERY**  
905 Bolong Rd, Berry 0244 485 003  
admin@twofigs.com.au twofigs.com.au  
Established in 2003, winemaker Shayne Bricker produces award-winning Cabernet Sauvignon, Chardonnay, Chambourcin and many other varieties. Enjoy wine and a chat with Shayne overlooking the Shoalhaven River with some local produce from the cellar door. Open daily 11am - 5pm, or order online.



**KANGAROO VALLEY OLIVES**  
110 Cedar Springs Rd, Kangaroo Valley 0447 491 245  
info@kangaroovalleyolives.com.au kangaroovalleyolives.com.au  
Olives grown locally and ethically. Handpicked and sorted before being debittered naturally without chemicals or shortcuts in the brining process. Extra Virgin Olive oils, table olives and complementary products available (retail and wholesale). Group degustation tastings by prior booking, contact us for availability.



**YARROWA ESTATE**  
43B Scotts Rd, Kangaroo Valley 02 4465 1165  
info@yarrowaestate.com.au yarrowaestate.com  
Family owned vineyard between the rugged Valley escarpments known for its temperate climate and rich volcanic soil. Taste Mark and Sue Foster's wines or try the fruits, nuts and preserves, all grown at Yarrowa Estate. Open Sat 10.30am - 5pm, Sun 12.30 - 5pm; weekdays by appointment.



**TERREWAH FARM**  
293 Tallowa Dam Rd, Kangaroo Valley 0468 332 395  
info@terrewahfarm.com.au terrewahfarm.com.au  
Beautiful 100-acre farm owned by Kirsty and Andrew Hambrook. Spray-free veggies, fruit, spices, herbs, free range eggs and meat. Shop online or at Kangaroo Valley Farmers Market. On farm accommodation available - book online.



**WYNLEN HOUSE ARTISAN VILLAGE FARM**  
65 Nerrim St, Bundanoon 02 4883 6734  
wynlenhouse@bigpond.com | wynlenhouse.com.au  
Growers of premium organic garlic varieties (w/Clarevale Farm Braidedwood) and heritage pumpkins. Produce for sale through regional farmers markets. Owners Bronwyn and Helen also run the "Grow Fabulous Food" program and on-farm/online sustainable food growing classes for backyarders and hobby farmers.



**MOUNTAIN RIDGE WINES**  
11 Coolangatta Rd, Coolangatta 02 4448 5825  
bookings@mountainridgewines.com.au mountainridgewines.com.au  
Mountain Ridge winery, cellar door, restaurant and art gallery are located 8km east of Berry. Enjoy the wine with majestic views to Berry, Saddleback, Cambewarra Mountain, the Shoalhaven River and the ocean. Wine available 7 days from 11am. Bookings essential via website.



**COOLANGATTA ESTATE**  
1335 Bolong Rd, Shoalhaven Heads 02 4448 7131  
reception@coolangattaestate.com.au coolangattaestate.com.au  
Located just 10 min. drive from Berry. Family owned and operated since 1947. Taste estate grown wines from the cellar door; stay in convict-built cottages; take a stroll through the historic grounds. Cellar door open daily 11am-5pm. Casual dining each Saturday for lunch and dinner.



**CAMBEWARRA ESTATE**  
520 Illaroo Rd, Bangalee 02 4446 0170  
cambewarraestate.com.au  
Second generation family run winery offering a diverse range of premium wines. The estate features a cellar door, restaurant, high tea and events. Cellar door open every Fri - Sun from 10am.



**LYREBIRD RIDGE ORGANIC WINERY**  
270 C Bugong Road, Budgong 02 4446 0648  
info@lyrebirdridgewinery.com.au lyrebirdridgewinery.com.au  
Instagram: lyrebirdridgewinery | Facebook: lyrebirdridge  
Small organic winery situated on 40 acres of pristine bushland about halfway between Kangaroo Valley and Nowra. Cellar door, tastings, locally made / farm products and B&B accommodation. Bookings essential. Pet friendly.



**STRONG ORGANICS**  
131 Millbank Rd, Terrara 0402 882 785  
facebook: Strong Organics  
Wide range of fully certified organic fruit & veg. Farm Gate: Thurs & Fri 8am - 4pm, Sat 8am - 2pm. Produce also available at Berry Farmers Markets and Flavours Shoalhaven.



**JIM WILD'S OYSTERS**  
2/170 Greens Rd, Greenwell Point 02 4447 1498  
jimwildoysters@bigpond.com.au  
Family owned and operated oyster farm with Australian/World Champion Oyster opener Jim Wild. Sit and eat fresh oysters or prawns by the river or take away. Open Tues - Sun 9am - 4 pm; closed Mondays.



**CONTADINO OLIVE FARM**  
1106 Princes Hwy, Falls Creek 02 4447 8791  
olives@contadino.com.au  
Bruno and Maria Morabito are proud of their family owned and run business selling pure, natural cold-pressed olive oil, olives, honey, eggs, fresh seasonal vegetables, homemade sausages, jams, chutneys and relishes. Shop directly off the Highway, open Wed - Sun 9 - 5.



**PHYCOHEALTH - SEAWEED SCIENCE**  
1 Scallop Street, Huskisson 0429 338 846  
info@phycohealth.com phycohealth.com  
Product range including pasta, muesli, snacks, skin care products and nutritional supplements that can help improve gut health, nourish and repair skin, and provide you with essential trace elements deficient in modern diets. Products available via selected shops or online.



**KRAKEN SOURDOUGH**  
Durambah Dr, Huskisson 0474 176 958  
krakensourdough@gmail.com  
Instagram: Kraken Sourdough | Facebook: Kraken Sourdough  
Range of genuine artisan sourdough breads and baked goods, handmade with love from top quality Australian single-origin flour. Shop 8am until sold out (which is usually fast) or buy at local farmers markets.



**VINCENCIA CRAFT BUTCHERY**  
Shop 2/5 Burton St. Vincencia Shopping Village  
02 4441 5522  
instagram: vincencia\_butchery | Facebook: VincenciaCraftButchery  
Winner Shoalhaven business wonder. Old fashioned craft butchery/ deli selling ethical, pasture raised meats, local cheeses, organic/ biodynamic fruit & veg, honey, oils, vinegars all from South Coast producers. Try our fruit/veg/ grazing boxes. Shop online or in-store.



**BUNYA WHOLEFOODS**  
Shop 6/10 Burton St. Vincencia 0403 051 391  
shop@bunyawholefoods.com.au bunyawholefoods.com.au  
Organic pantry staples - nuts, seeds, flours, teas, dried fruit and more. We stock a range of local products including sourdough bread, gluten-free bread, artisan chocolate and fresh organic vegetables when available. Bunya-made raw treats & smoothies - made with love - available at our micro cafe.



**SASSAFRAS NUTS**  
4281 Braidwood Rd, Sassafras 02 4423 2248  
bek@salt.org.au sassafrasnuts.com.au  
Chestnut and walnut orchard with over 1000 trees. We supply local restaurants, fresh food stores and Sydney markets. Open during harvest on weekends (late March - early May) to pick your own, picnic, enjoy fresh coffee and great company. Larger groups welcome Mon-Fri by appointment only.



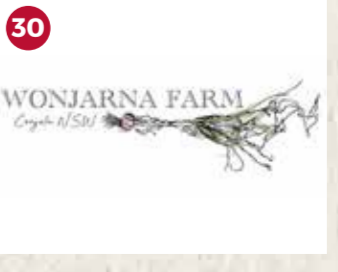
**SPOTTED GUM FARM**  
191 Wandean Rd, Wandandian 0412 621 091  
josh@spottedgumfarm.com.au  
Spotted Gum farm grows seasonal vegetables and herbs using organic methods. They supply various local farmers markets, Milton Farm Shop, as well as several cafes and restaurants in the district. Visits by appointment only.



**SUSSEX GREENHOUSE**  
392 Sussex Inlet Rd, Sussex Inlet  
Toni and Jess are proudly striving to produce good fresh seasonal produce. With a sound knowledge of the industry, their produce is grown from seed and cared and nurtured into beautiful food. Farm shop open: Wed - Fri 10am - 5.30pm, Sat 10am - 4pm, Sun 10am - 3pm. 'If the flags are out we're open!'



**MARTINS RIDGE FOOD FARM**  
68A Martins Ridge Rd, Conjola 0412 653 950  
ian@martinsridgefood.com.au martinsridgefood.com.au  
Ian, Tina and Rhys operate a small chemical free holistic farm raising heritage bred beef and pigs. Flavoured by natural biodiversity, fresh, cured and fermented meat products are available via farm gate, online, selected local retailers and markets. Check our website for charcuterie and sausage making courses.



**WONJARNA FARM**  
Conjola 0409 682 470 (Jan)  
enquiries@wonjarnafarm.com.au wonjarnafarm.com.au  
Rowan and Jan grow Australian Purple and Giant Russian (elephant) garlic which is hand planted in rich soil, hand harvested and cared for naturally. Buy their plaited garlic, smoked garlic and garlic confit at selected stockists. Email or phone Jan for more info.