

**ORGANIC & SUSTAINABLE WHOLEFOODS** 

## AUTUMN SEAS NAL PRODUCE

## FOCUS!

h. CAFRESCO ORGANICS KOO WEE RUP, VIC (1,850km) A second generation farm devoted to the land, Cafresco Organics is a productive, multi-generational farm with a unique history. Established by the Cafra family in 1952, the property has undergone a dramatic transformation. Now growing asparagus, baby broccoli, broccoli, cabbage, cauliflower, fennel and golden shallots.

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a. BEAU VISTA FARM Gympie, Qld (170km) Beetroot, Green Beans, Sweet Potatoes, Zucchini.

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b. BRISBANE VALLEY ORGANICS

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Toogoolawah, Qld (120km) Carrots, Cherry Tomatoes, Jap Pumpkin, Snow Peas, Zucchini, Snacking Cucumbers, Beetroot, Watermelon.

c. SPRING LAKES FARM Churchable, Qld (95km) Cherry Tomatoes, Snow Peas, Sugar Snaps, Sweet Potatoes.

d. MT. WHITESTONE Grantham, Qld (100km) Broccoli, Cabbage, Cauliflower, Onion, Pumpkin.

e. BAUER'S ORGANIC FARM Gatton, Qld (90km) Carrots, Celery, Garlic, Potato, Pumpkin.

f. MONT VIEW Mt. Tamborine, Qld (75km) Ginger, Turmeric, Rhubarb. g. BLACK CROW ORGANICS Tenthill, Qld (100km)

**ST**LOCAL AUSTRALIAN ORGANIC FARMERS

> Broccoli, Cabbage, Capsicum, Cauliflower, Celery, Potato, Zucchini.

i. MO URBAN FARM Karana Downs, Qld (30km) Snow Peas, Chard, Micro Greens, Edible Flowers, Eggplant, Herbs, Capsicum, Chilli.

j. WULFF & CUB Lockyer Valley, Qld (94km) Mushrooms.

**k. HAMPTON BLUE** Hampton, Qld (128km) *Blueberries, Raspberries.* 

I. GREEN GODDESS FARM Findon Creek Valley NSW (166km) Nashi Pears, Garlic, Leafy Greens.

m. BLACK GOLD ORGANICS Koo Wee Rup, Vic (1,850km) Zucchini, Snow Peas.

n. OMEGA TO THE TOP Goomburra, Qld (129km) *Figs, Mulberries, Pears*.

## 100% CERTIFIED ORGANIC

Our goal is to make high quality, certified organic produce and groceries both affordable and accessible for the community. We work directly with regional, certified organic farmers and producers to secure exclusive deals and opportunities, so that we can pass these savings on to you - the customer - making a healthy lifestyle more achievable, affordable and accessible.