



Bush Goddess Foods

~ organically nourishing souls & soils ~

Product List (W) 16th January 2009

Meats

Enviroganic Chickens from Young:

Whole birds: Size 12 – 18	12.50'kg
Double chicken breasts:	28.55'kg
Bone-in thighs	27.55'kg

Arcadia saltbush lamb from Boree Creek:

Whole carcase (18-20kg)	12.50'kg
In cuts	14.50'kg

Cootamundra goat:

Whole carcase (9kg +)	12.50'kg
Legs	16.95'kg

Butcher & Smoke-house – Spence:

Speck – <i>not</i> cryovacced	16.99'kg
Bacon – cut and un-cut ~ thick and thin	18.99'kg

Eggs

Brindabella Birds 'n Bees Eggs ~ Murrumbateman:

Proper free-range-chooks-in-the-paddocks-eating-grass	
600g - 15 dozen per box	63.00
600g - single dozen.....	4.65
700g - 15 dozen per box	78.00

Prices are subject to change without notice

A delivery fee of \$25 will be added to orders under the value of \$80

Dairy

Country Valley Dairy – Picton

This is now Australia's largest privately-owned dairy and all milk comes from the Picton Valley. The Fairley family are widely recognised for their award-winning produce which do not contain permeates or stabilisers.

Classic 2 litre full cream milk	3.88
Classic 3 litre full cream milk	5.96
Organic 2 litre full cream milk	5.20
CV 2 litre pure pouring cream	11.55
CV 10kg pure pouring cream	41.20
CV Lush 2kg Natural yoghurt	15.65
CV Lush 2kg Plain (sweetened) yoghurt	15.65
CV Lush 10kg Natural yoghurt	68.50
CV Lush 10kg Plain (sweetened) yoghurt	68.50
Highland Organics feta 2kg	22.85'kg
Country Valley feta 2kg	19.85'kg
Highland Organics <i>Fromage blanc</i> 300g	5.99 ea
CV Frais peccorino wheel (approx 3kg)	23.55'kg
Cedar Creek apple/blackcurrant juice 2 litre	4.22

Robertson's Small Cow Farm Cheeses:

Small Cow Blue (½ wheel 1-1.4kg)	56.50'kg
Petit Vache <i>brie</i> (approx 900g)	54.50'kg
<i>Fettice</i> (feta – 3kg bucket)	22.50'kg
St Amaney (soft, sensuous and superb)	54.50'kg

Wines & Beverages

Rosnay Biodynamic Vineyard - Canowindra

Vintage sparkling chardonnay	12.50ea
2005 Triple Blend	10.30ea or 135.00 doz
2005 Shiraz	10.30ea or 135.00 doz
2006 Cabernet Sauvignon	10.30ea or 135.00 doz
2007 Semillon	9.10ea or 120.00 doz
2008 Rosé (this is luscious)	9.10ea or 120.00 doz

Orange Mountain Wines *Verjus* (750ml) 12.50ea

Hillfarm Spring Water from Mt Canobolas:

Responsible and sensible use of bottles containing pure spring water.

Purchase.

Hillfarm Spring Water 750ml bottle with swing top, labelled with tamper evident seal packed in recycled cartons with dividers.

Purchase cost is \$46 per dozen.

Return Refill

Pick up empty bottles, wash, refill, relabel and deliver

\$29/doz (Minimum delivery is 12 dozen.)

ABN: 20 753 746 597

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Vegetables

Magnificent certified organic garlic	29.00'kg
Eco-avocados from the Riverina: Haas variety (and delicious)	1.35 each
HydroFarm Picton: Courgette flowers – voluptuous!	80c each
Murrumbateman's Majestic Mushrooms: Cups, caps and flats from 2cm	13.00'kg
Li-Sun Exotic Mushrooms at Mittagong: 500g Shitake	22.50
500g Shimoju	18.00
500g Enoki	18.00
500g Wood Ear	18.00
500g Oyster (pink / white)	15.50
500g Swiss Brown	10.00



Rivers Road Organic vegetables - Canowindra

New Seasons **potatoes** fresh from the fertile earth ready for delectable summer salads. Choose from –

Pink fur (10kg boxes)	44.50
Kipfler (10kg boxes)	44.50
Nicola (15kg boxes)	57.00
King Edward (15kg boxes)	57.00
Dutch Cream (15kg boxes)	57.00
Sebago (15kg boxes)	57.00
Canobolas Red (15kg boxes)	57.00

Vegetables

Dilliro Vegetables – Thirlmere

This family farm is organic-in-transition and the quality is splendiferous. Now we have some summer weather, the range keeps growing each week.

Beans (green / per kg)	4.50
Beetroot (baby and large / per bunch)	3.10
Bok Choy (each)	1.78
Brown onions (20kg)	45.00
Cabbage (white / each)	2.35
Carrot (bunch)	3.15
Carrot (Dutch/ bunch)	3.99
Celeriac (each)	.99
Courgette (dark green / 5kg)	19.00
Cucumber (Lebanese / 5kg)	17.50
Herbs (basil / chives / mint / sage / oregano / rosemary / continental parsley per bunch)	1.50
Kohlrabi (each)	1.58
Lettuce (Iceberg / box of 12)	36.00
Lettuce (salad mix / per kilogram)	17.88
Lettuce (cos / box of 12)	36.00
Potatoes (royal blue / per 10kg bag)	32.00
Potatoes (Desiree / per 10kg bag)	32.00
Silverbeet (per bunch)	1.50
Shallots (per bunch)	3.30
Tomatoes (round / per 10kg)	37.50
Tomatoes (truss / per 5kg)	29.25
Tomatoes (cherry / per kilogram)	10.99

Fruits

Hillside Orchard fruits at Borenore:

All stone-fruits are \$3.99'kg

These stone-fruits have been sprayed with a fungicide due to the humid weather conditions but the ladybirds have the aphids well under control!

Apricots: Old-fashioned variety – **Travatt** – regarded as the best eating apricot and wonderful for poaching and preserving

Nectarines: These have yellow flesh and well-coloured skins

- ≈ Springold
- ≈ Firebright
- ≈ Flavourtops
- ≈ Fantasia
- ≈ Redgold

Peaches: Rich Lady – yellow flesh and semi-freestone

Blackberries:

- ≈ Tasmanian variety ~ voluptuous, delicious and a steal at only **\$7.99** per 500g

*New seasons **Gala** apples available at the end of January*



Forbes stone-fruits:

This location produces consistently high-flavour stone-fruit priced at **\$3.75** per kilogram

Apricots: 'Nashdale' variety – strong orange with a red blush

Nectarines: Yellow flesh and sweet

Peaches: Early variety, yellow flesh



Riverina Oranges:

These are brilliant value, delicious, nutritious and multi-purpose – 10kg for \$25

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Pantry Items

Bush Goddess products:

Bush Goddess Desert Dukkah (100g jars)	6.50
Bush Goddess Desert Dukkah (250g)	12.00
Bush Goddess Desert Dukkah (1kg)	42.50
Bush Goddess organic rapadura (1kg)	6.95
Bush Goddess organic rapadura (25kg)	132.00
Bush Goddess Royal quinoa flour (1kg)	8.50
Bush Goddess Quinoa flour (25kg)	205.00
Bush Goddess Tri-colour Quinoa mix (1kg)	9.99
Bush Goddess organic Brazil nuts (500g)	13.50
Bush Goddess organic Brazil nuts (1kg)	24.50
Bush Goddess semi-dried baby figs (1kg)	10.99
Nambucca Valley Style1 macadamia nuts	19.45
Himalayan crystal salt (500g)	8.00
Himalayan crystal salt (1kg)	15.00
The Mix (150g mixed pepper and rock salt)	7.30
Australian chemical-free dates (1kg)	18.00
Australian chemical-free dates (5kg)	80.00

Far Meadow Lodge near Berry:

Marinated Baby Figs (2.6kg)	75.95
Marinated Baby Figs (400g)	12.50

Budgi Werri Prunes - Young

Budgi Werri breakfast prunes (550g jar)	9.00
Budgi Werri breakfast prunes (2.2kg jar)	26.00
Natural Australian prunes (500g pack)	7.75
Natural Australian prunes (4kg box)	48.00
D'Agén plum conserve (300g)	6.40

Native Fruits and Leaves from Narooma:

Macadamia Nuts (in shells)	18.00'kg
Powdered Lemon Myrtle leaves (20g)	7.95
Brandied native finger-lime marmalade (160ml)	6.50
Finger-lime & Lemon Myrtle cordial (250ml)	5.20
Wild finger-lime & Lemon Myrtle Jam (160ml)	6.50
Lillipilli & Aniseed Myrtle Jam (160ml)	6.50
Wild finger-lime & chilli sauce (250ml)	6.50

Australian Honey Cellars from Harden:

14 varieties of honey including – 160ml @ \$6.25 ea	
(depending on variety) 3kg tubs from @ \$42.50 ea	
* Red stringy bark	* Pooh Goo
* Strawberry clover	* Yellow Box
* Bloodwood on Spotted gum	* Billy Button
* Coriander	* Yellow Mallee
* Iron bark on Ash	* Snow Gum
* Tasmanian Leatherwood	* River Red Gum
* Murrumbidgee Bluebell	* Hill Gum



Cuttaway Creek at Mittagong:

2 litre Raspberry Wine Vinegar	49.50
250ml Raspberry Wine vinegar	7.20
(Once tasted, never forgotten!!)	
980g PURE Raspberry sauce	23.25
980g PURE Blackberry sauce	23.25
250ml PURE Raspberry sauce	7.75
220g Rhubarb & Ginger jam	7.20
220g Three Fruits Marmalade	7.20

La Barre Olive Grove at Billimari:

Blood Plum Finishing Vinegar (250ml)	11.95
Blood Plum Finishing Vinegar (1 litre)	37.50
This is very smooth and unctuous in texture with a soft tang finish.....recommended for use with duck, fruit compotes, salads and Arcadia saltbush lamb.	
La Barre Extra Virgin Olive Oil 4 litres	59.00
La Barre Extra Virgin Olive Oil 25 litres	289.00

Rosnay Biodynamic Farms at Canowindra:

Biodynamic Extra Virgin Olive Oil (4l)	80.00
Biodynamic Extra Virgin Olive Oil (500ml)	15.00
Olive Paste & Herbs (190ml)	4.95

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