

Product/Service	Description	Available From
<p>The CRAG local food guide is an extensive but not exhaustive list of local products, services, links and people who can help inform and advise our community of ways to grow, retail, source and encourage businesses to explore local food options and the impact of food miles in the fight against climate change. The information is not endorsed by MASG, but is a collection of contributions by MASG members and Crag participants. Please contact us to make any future additions or changes. T: 5470 6978 E: <a href="mailto:info@masg.org.au">info@masg.org.au</a></p>		
Low water wicking garden design	Garden system that uses sub-soil water containment that draws the water up to the plants	Cydonia Permaculture Beck Lowe & Mark Hooke PO Box 285, Heathcote <a href="mailto:info@cydoniapermaculture.com.au">info@cydoniapermaculture.com.au</a> M:0409 661 311
Permablitz	Design & create edible landscapes in the community with volunteers	Hamish MacCallum Meridian Land Designs <a href="http://www.meridiandesign.com.au">www.meridiandesign.com.au</a> M: 0425 856 834
Permaculture Education	Permaculture courses & workshops, including through the Castlemaine Community House	Cydonia Permaculture (See above) Castlemaine Community House School of Mines, Lyttleton St, Castlemaine P: 5472 4842 E: <a href="mailto:info@cch.org.au">info@cch.org.au</a>
Soil management and landscape design	Testing soil quality and recommendations for improving quality, horticulture consultancy and Permaculture	Phil Hanson <a href="mailto:info@philhansondesign.com.au">info@philhansondesign.com.au</a> M: 0425 856 833
Permaculture Courses	Learn about the balance of systems around you and their relationship with each other	Castlemaine Community House School of Mines, Lyttleton St, Castlemaine T: 5472 4842
Sustainable Design Services	Advice on house and garden design for sustainable living	Ian Lillington E: <a href="mailto:ian.lillington@internode.on.net">ian.lillington@internode.on.net</a> M: 0488 724 176
Consultancy, field days and weekend courses in Permaculture Food and Shelter	Edible garden design specifically for our dryland temperate bio-region and geomantic (Earth energy) assessments with Alanna Moore (3 diplomas in permaculture); plus low-cost, sustainable timber building design with architect Peter Cowman.	Permaculture Yapeen Mucklestone Permaculture Farm, Yapeen E: <a href="mailto:alannamoore@gcom.net.au">alannamoore@gcom.net.au</a> E: <a href="mailto:sheltermaker@gmail.com">sheltermaker@gmail.com</a> T: 5473 4284 (leave your address on a phone message and we'll send you a flier)

Product/Service	Description	Available From
Dry climate garden landscape designer	Garden design, landscape construction, consultations and advice, garden maintenance and horticultural services	Robin Haylett Gardens M: 0408 706 630 E: <a href="mailto:rhaylett@mmnet.com.au">rhaylett@mmnet.com.au</a>
Local seed savers network	Encouraging people across Australia to form their own seed saving groups and share in the responsibility and pleasure of sharing locally adapted seeds.	Gravel Hill Community Gardens Bramble Street, Bendigo T: 5442 7699
Seeds, online	Seasonal online seed subscription, growing kit for seasonal planting tips, includes what do to in the garden at that time of year, seasonal recipes plus 6 kinds of organic/non-hybrid/heirloom veggie and herb seeds.	Sas Allardice Send me seeds pip W: <a href="http://www.sendmeseedspip.com">www.sendmeseedspip.com</a> T: 5416 1122 E: <a href="mailto:sasalberry@hotmail.com">sasalberry@hotmail.com</a>
Soaker hose gardening	Using a small water storage drum and a weeping hose under the mulch, ideal for low water gardening	Sas Allardice See above Joel Meadows T: 4470 5313 E: <a href="mailto:joel@greenhand.net.au">joel@greenhand.net.au</a>
Organic vegetable seedlings	Spring and Autumn, local and seasonally suitable, Wesley Hill Market Apr-Jun, Oct-Dec.	Joel Meadows & Taron Stanley See above
Biodynamic seedlings	And range of local seasonally adjusted cuttings, raised using biodynamic principles.	Stef Falconer T: 5472 4767 M: <a href="mailto:steffifalconer@gmail.com">steffifalconer@gmail.com</a>
Garden watering	Water saving devices, water tanks, compost bins, worm farms	Castlemaine Home Timber & Hardware 185 Barker St, Castlemaine T: 5472 1922
Greywater	Advice on greywater to garden design, greywater systems etc.	Printz Plumbing 12 Johnstone St, Castlemaine T: 5472 2533 E: <a href="mailto:printzplumbing@castlemaine.net">printzplumbing@castlemaine.net</a>
Irrigation supplies	Plumbing, greywater, irrigation supplies. Sustainable gardening interests.	Machinery & Irrigation Supplies 343 Barker Street, Castlemaine T: 5472 2007
Green Plumbers	For a list of locally registered plumbers. GreenPlumbers is an innovative initiative developed by the Master Plumbers and mechanical Services Association of Australia (MPMSAA)	<a href="http://www.greenplumbers.com.au">www.greenplumbers.com.au</a>

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Garden designer	Horticulturist, writer, ABC radio garden segment, specializing in waterwise plants, Castlemaine	Kevin Walsh Garden Design T: 5472 1382 W: <a href="http://www.kevinwalshgardens.com.au">www.kevinwalshgardens.com.au</a>
Olives, vines, trees	Experience in the tree industry, aborist, forest establishment and management, private, council, schools, heritage.	Dan McWilliam Tree Business M: 0430 506 914 T: 5472 2183 E: <a href="mailto:danstrees@castlemaine.net">danstrees@castlemaine.net</a>
Land Use Consultants	Social & Farm Forestry Design & Establishment, Olive Groves & Treecrops, Whole Farm Plans, Keyline Ploughing & more.	David Griffiths Geometree Re-Vegetation Specialists P.O. Box 116 Maldon 3463 M: 0418 591 267 E: <a href="mailto:geometree@iinet.net.au">geometree@iinet.net.au</a> W: <a href="http://www.geometree.com.au">www.geometree.com.au</a>
Garden supplies	Selection of fruit trees, seeds, seedlings, gardening advice	Bold Garden 146 Duke St, Castlemaine T: 5470 6028 W: <a href="http://boldgarden.com">boldgarden.com</a> Forest Creek Nursery 4 Midland Hwy, Castlemaine T: 5472 3167 Wesley Hill Market, Saturday mornings til 1pm
Local food retail outlet	Organic /biodynamic fresh fruit and vegetables, meat and dairy, sourced locally where possible. Bulk wholefoods and environmentally friendly household products, re-use of own bags and jars encouraged, clean jars and bags available in store.	Green Goes the Grocers Templeton Street, Castlemaine T: 5470 5511 E: <a href="mailto:info@greengoesthegrocer.com.au">info@greengoesthegrocer.com.au</a> W: <a href="http://www.greengoesthegrocer.com.au">www.greengoesthegrocer.com.au</a>
Local food retail outlet	Organic box delivery, sourced locally grown food, committed to displaying local food miles	The Food Garden 61 Main Street, Campbells Creek T: 5472 2605
Local food retail outlet	Local fine wine, olive oil, produce & kitchenware.	Goldfields Provender 12 Main St, Maldon T: 5475 2444

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Local wine retail outlet	Wide selection of locally produced wines and beers including cleanskins. Wines: Laanganook, Forest Town Road, Maldon Heritage, Blackjack, Welshmans Reef, Sheer Drop, Nuggety, Connor Park, Bress plus more. Ciders: Henry of Harcourt. Beers: Holgate Brew House.	Castlemaine Cellars 49 Templeton St, Castlemaine T: 5472 4800
Local food retail outlet	Range of local seasonal fruit and veg, including family owned local orchard produce and home made dips, jams and cakes, local breads.	Castlemaine Fruit Supplies 73 Mostyn St, Castlemaine T: 5472 2793
Local food retail outlet	Local seasonal backyard produce, including honey, lemons and pumpkins, bring in your excess produce.	Harry & Georges 170 Barker St, Castlemaine T: 5472 1127
Local food retail outlet	Bulk dry foods, groceries and cafe specialising in organic foods and special dietary needs, local products, producers of gourmet nut butters, spice blends and muesli.	Goodfoods of Castlemaine 209 Barker St, Castlemaine T: 5472 1205
Local deli retail outlet	Fine foods, home made take-home meals, local cheeses, breads	Mulberrys Delicatessen 60 Lyttleton St, Castlemaine T: 5472 1651
Bread making	Range of sourdough breads that don't bake the planet, by reducing greenhouse emissions, supporting sustainable agriculture and supporting the regional economy.	Red Beard Bakery 38A High Street, Trentham T: 5424 1002 W: <a href="http://www.redbeardbakery.com.au">www.redbeardbakery.com.au</a>
Bread making	Locally made bread using organic and biodynamic flours. Available at a range of local food outlets.	Sprout Bakery Enterprise Centre, Halford St, Castlemaine T: 5470 6020 E: <a href="mailto:sproutbakery@bigpond.com">sproutbakery@bigpond.com</a>
Local organic fruit	Growers of certified fruit, cherries, apricots and plums, pick your own, available Wesley Hill Market on Saturdays as well as mail order.	Hugh & Katie Finlay Mount Alexander Fruit Growers T: 5474 2808 E: <a href="mailto:info@mafg.com.au">info@mafg.com.au</a> W: <a href="http://www.mafg.com.au">www.mafg.com.au</a>
Herbs	Production of herb teas and culinary herbs, focusing on Australian organic and local organic herbs	Mike Brouwer Southern Light herbs P.O. Box 227, Maldon <a href="mailto:slherbs@netcon.net.au">slherbs@netcon.net.au</a> T: 5475 2763

Product/Service	Description	Available From
Fresh fruit from the farm gate	Online guide to local food and wine trails, events and attractions.	Taste of Gold W: <a href="http://www.tasteofgold.com">www.tasteofgold.com</a> E: <a href="mailto:visitors@mountalexander.vic.gov.au">visitors@mountalexander.vic.gov.au</a>
Local growers & producers	Primary producer of lamb, pork, cereal grains, oil seeds and wool. They also manufacture value-added flour and pasta. The property is holds Demeter biodynamic certification.	Powlett Hill Pty Ltd RMB 860 Clunes T: 5345 6287 M: 0409 251 507 F: 5345 6578
Local growers & producers	Certified Biodynamic property that grows a diverse range of berries, herbs and bushfoods. Berries include: Raspberries, Loganberries, Gooseberries and Silvanberries, as well as red, white and blackcurrants.	Trewhalla Farm 19 Cantillons Road, Musk PO Box 82 Trentham 3458 T: 5348 5593 E: <a href="mailto:trewhellafarm@gmail.com">trewhellafarm@gmail.com</a>
Local growers & producers	Organic berries	Fruit Fetish RMB 2010, Newstead Hepburn Road, Yandoit T: 5476 4110
Goats cheese	Free-range access to a variety of native grasses, herbs and shrubs, the goats produce high quality 100% Certified Organic milk. This, in turn, is made into a variety of styles of chèvre, ranging from fresh to aged and from ash-coated to natural rind.	Holy Goat "Wooroomook", 112 Redesdale Road, Sutton Grange, Victoria , Australia, 3448 T: 5474 8289 F: 5474 8252
Castlemaine Farmers and other Markets	1 <sup>st</sup> Sunday of the month at IGA car park, Castlemaine. Produce includes olive oil, goat cheese, fruit & veg, bread, meat, chooks, soaps, wines etc. Also info of all other local district markets.	W: <a href="http://www.maldoncastlemaine.com">www.maldoncastlemaine.com</a>
Wesley Hill Market	Some local foods, fruit trees, seedlings, organics, Fair Trade coffee, home made food, local bread,	Wesley Hill Market Saturday mornings til 1pm.
Butcher	Local butcher offering the whole range of services from field to table	Ross Barker 23 Lyons Street, Newstead T: 5476 2217
Fresh fish and seafood	Majority sourced from SE Australia fishing zones. Advice on sustainable seafood and low food miles substitutes. Hand made range of seafood treats and meals, featuring locally sourced vegetables and herbs, all produced on premises. Fully recycling all organic waste.	She Sells Seafood, 296 Barker Street, Castlemaine T: 5472 1752 E: <a href="mailto:info@shesellsseafood.com.au">info@shesellsseafood.com.au</a> W: <a href="http://www.shesellsseafood.com.au">www.shesellsseafood.com.au</a>
Goats, chooks & gardening	Goat loan and advice on keeping goats, chooks & garden advice	Linda & Mischael Marold Guildford T: 5473 4362

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Goats	Amir goat advisory, goat sales, information and help. Cheese, milk, and goats, studs available.	Marj Drury Newstead T: 5476 4107
Ferrets enthusiast	Keeping ferrets, available for rabbit reduction. Put your rabbits on the table!	Tom Kelly Castlemaine M: 0409 793 264
Pet Food	Locally sourced chaff, wheat and straw	Taylor Brothers 73 Forest Street, Castlemaine T: 5472 1016
Re-thinking gardening	BudaFest 09, a garden festival of workshops, displays, presentations and more, as a personal response to climate change. September 11-14.	Buda Historic Home & Garden 42 Hunter St, Castlemaine T: 5472 1032 E: <a href="mailto:admin@budacastlemaine.org">admin@budacastlemaine.org</a>
School kitchen garden	A Stephanie Alexander Kitchen Garden aims to produce enough food for anywhere the school's population to eat a meal from it every week.	Eaglehawk Primary School Church St, Eaglehawk T: 5446 3722 W: <a href="http://www.eaglehawkps.vic.edu.au">www.eaglehawkps.vic.edu.au</a>
Ecoliving Centre	Sustainable House Tours, green directory	PepperGreen Farm 40-44 Thunder Street, Bendigo AllansWalk, Bendigo T: 5441 6585 E: <a href="mailto:info@bendigoecoliving.com.au">info@bendigoecoliving.com.au</a> W: <a href="http://www.bendigoecoliving.com.au">www.bendigoecoliving.com.au</a>
Sustainable Living Foundation	Online consumer guide, greenpages business directory, shopping with a conscience, buying guides, event planning, festivals & sustainability (how do you do it?) Produced in partnership with the Ethical Consumer Group	W: <a href="http://www.slf.rog.au">www.slf.rog.au</a> W: <a href="http://www.ethical.org.au">www.ethical.org.au</a>
Newstead Community Garden	Plans include classes on organic and bio-dynamic fruit and vegie growing, preserving, baking, etc. and an outdoor pizza oven for community events.	Mary Park Anglican Church, Panmure St, Newstead T: 5476 2593
Community gardening in Castlemaine	Interest group exploring the opportunities for local food production and sharing	Transition Mount Alexander T: Susie 0428 317 894 T: Lucy 0400 654 242

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Tours of "Melliodora", Hepburn 1st Sunday of the month from September to May	The passive solar house, mixed food gardens, orchards, dams and livestock, and creek revegetation show how permaculture design can help to restore and improve land, provide for residents' needs and enjoyment in a cool inland climate. Bookings essential	David Holmgren & Su Dennett Holmgren Design Services T: 53483636 E: <a href="mailto:info@holmgren.com.au">info@holmgren.com.au</a> W: <a href="http://www.holmgren.com.au">www.holmgren.com.au</a> Melliodora (Hepburn Permaculture Gardens) 16 Fourteenth St, Hepburn, 3461
Maldon Neighbourhood Centre - Community Garden	Wicking beds systems, organic seeds, waterwise gardening system, fruit trees, pizza oven & educational space. Sales of excess produce.	Anthony Santamaria or Sharon O'Neill Cnr Edwards & Church Sts Maldon. T: 5475 2093 E: <a href="mailto:mnc@impulse.net.au">mnc@impulse.net.au</a>
Maldon Neighbourhood Centre - Community Market - 2 <sup>nd</sup> Sunday of the Month	Locally produced foods & wines, fruit trees, herbs, seedlings, organics, coffee cart, home made food, local bread, free-range eggs, local olive oils & condiments etc.	Betty Heathcote & Peter McKean Market Coordinators, Cnr Edwards & Church Sts, Maldon. M: 0413 541 941 E: <a href="mailto:mnc.market.betty@impulse.net.au">mnc.market.betty@impulse.net.au</a>
Produce Exchange	Bring produce from your own home gardens to swap and share. 2nd Friday of every month, from 10am to 12 noon	RTC (Rural Transaction Centre), Lyons St, Newstead Della Gogal T: 5476 2740
Produce Exchange	Exchange of home grown and home made produce – preserves, seeds, seedlings. Share n the fun of exchanging delicious and nutritious local produce with friends and neighbours. 1 <sup>st</sup> Sunday of the month.	Castlemaine Farmers' Market, Mostyn St, Castlemaine (beside Old Market Building) T: 5472 2605 (The Food Garden)
Demonstration Garden	Hothouse design, food growing, gardening volunteers welcome.	Mount Alexander Sustainability Group 233 Barkers Street, Castlemaine T: 5470 6825 W: <a href="http://www.masg.org.au">www.masg.org.au</a>
Demonstration Garden	Wicking garden and soaker hose system on display.	Anglican Church Hall & Office Mostyn Street, Castlemaine T: 5472 1137
Wash Against Waste Trailer	Self-contained washing system for festivals, parties, anything, reduces use of plastic & throw-aways.	Mount Alexander Sustainability Group (See above)
Responsible Packaging	Environmentally responsible quality packaging, including compostable, sustainable packaging from renewable resources. Promoting environmental stewardship.	Tojo Packaging M: 0409 808 332 T: 54112922 E: <a href="mailto:martin.drake@tojopackaging.com.au">martin.drake@tojopackaging.com.au</a> <a href="http://www.tojopackaging.com.au">www.tojopackaging.com.au</a>

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Community Supported Agriculture	A network of organic growers supplying seasonal food baskets for a small network of friends and neighbours.	Gravel Hill Community Gardens Bramble Street, Bendigo T: 5433 4094 M: 0419 472 835
Spiritual gardening	Exploring the way in which our gardening practice informs and enriches our spiritual and practical connection with the natural environment and enables our care for the earth.	Rev Gordon Bannon E: <a href="mailto:gordonbannon@gmail.com">gordonbannon@gmail.com</a>
Jams & preserves	Info, tips, demonstrations, catering & sales, making jams, preserves, butter	Tom Cockram Castlemaine T: 5472 1096 M: 0427 483 053
Preserving – Fowlers & Pressure cooking enthusiasts	Happy to help teach and/or advise on any interests in food preserving, eg pickling, solar drying, pressing	Cath James & Joel Meadows T: 4470 5313 E: <a href="mailto:joel@greenhand.net.au">joel@greenhand.net.au</a>
Edible native plants	Many native plants are edible, some of which thrive in our region, such as old man saltbush, which can be used as a substitute for salt in cooking	Frances Cincotta Newstead Natives 4 Palmerston Street Newstead T: 5476 2691 E: <a href="mailto:natives@newstead.vicmail.net">natives@newstead.vicmail.net</a>
Heritage stock breeds	Info on goats, pigs, cows and chooks and how the diversity of breeds secures genetic conservation	Fiona Chambers Daylesford W: <a href="http://www.future-food.org">www.future-food.org</a>
Rare Breeds Trust of Australia	Real taste traditional meat, securing the future, preserving the past, rare breed, pure bred, free ranging.	Lizette & Allen Snaith Warialda Belted Galloways 130 Ryans Road, Clonbinane T: 5787 1560 W: <a href="http://www.rbta.org">www.rbta.org</a>
Fruit trees for the home garden	Information on varieties, growing tips and suggestions	Katie Finlay (See above)
Bokashi Bin	Kitchen composting system, odourless, breaks down quickly and adds nutrients and good soil enzymes to your garden. Make daily liquid fertilizer.	The Down To Earth Store For you, your home & our planet... T: 5472 5032 M: 0413 259 507 E: <a href="mailto:info@thedowntoearthstore.com.au">info@thedowntoearthstore.com.au</a> Shop online at: <a href="http://www.thedowntoearthstore.com.au">www.thedowntoearthstore.com.au</a>
Australian Vegetarian Society	National list of vegetarian restaurants	<a href="http://www.veg-soc.org/html/restaurants.html">www.veg-soc.org/html/restaurants.html</a>



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Vegetarian/Vegan Society of Queensland	Helpful advice, recipes, shopping and restaurant guides	<a href="http://www.vegsoc.org.au">www.vegsoc.org.au</a>
Victorian Vegetarian Network	VNV is devoted to promoting the many benefits of vegetarianism and providing quality service, support and up-to-date information to vegetarians, vegans and the general community.	<a href="http://www.vnv.org.au">www.vnv.org.au</a>
Animal Liberation Victoria	Vegetarian starter kits	<a href="http://www.alv.org.au">www.alv.org.au</a>
Animal Liberation SA	Information on nutritional d recipes	<a href="http://www.animalliberation.org.au">www.animalliberation.org.au</a>
Vegan Pet Food	Information for non-meat options for companion animals	<a href="http://www.veganpet.com.au/products.htm">www.veganpet.com.au/products.htm</a>
Rare Breeds Trust	Seeks to preserve rare breeds of farm animals that are not reared by the big corporate farmers. List of producers and butchers who sell meat from alternative breeds.	<a href="http://www.rbta.org/meatmarketing.htm">www.rbta.org/meatmarketing.htm</a>
Fair Trade	Fair trade products, campaigns, international movement, labeling	<a href="http://www.fta.org.au">www.fta.org.au</a> <a href="http://www.oxfam.org.au/campaigns/mtf/fairtrade">www.oxfam.org.au/campaigns/mtf/fairtrade</a> <a href="http://www.fairtrade.net">www.fairtrade.net</a>
Local farms	Information about local farms and farmers' markets available from Australian Community Foods	<a href="http://www.communityfoods.org.au">www.communityfoods.org.au</a> <a href="http://www.farmersmarkets.org.au">www.farmersmarkets.org.au</a>
Organic food	Locations, ecologically friendly food, wholefood	<a href="http://www.ecoshop.com.au/directory%20pages/organic.htm">www.ecoshop.com.au/directory%20pages/organic.htm</a> <a href="http://www.organicfooddirectory.com.au">www.organicfooddirectory.com.au</a> <a href="http://www.worldwholefoods.com">www.worldwholefoods.com</a>
Genetically engineered food	Information on genetically engineered food and how to avoid it	<a href="http://www.greenpeace.org.au/truefood/guide2.html">www.greenpeace.org.au/truefood/guide2.html</a>
Sustainable fish	The Australian Marine Conservation Society, 'The Sustainable Fish finder', a national guide to sustainable fish	<a href="http://www.amcs.org.au">www.amcs.org.au</a>