

Beechworth & Surrounds



BEECHWORTH  
HEALTH SERVICE

# FRESH FOOD GUIDE

Your guide on where to access fresh,  
healthy produce

BEECHWORTH • WOORAGEE •  
STANLEY • MURMUNGEE



To discover more fresh food  
producers in North East Victoria,  
visit the Mountains to Murray  
Local Produce Guide website:  
[localproduceguide.com.au](http://localproduceguide.com.au)

## Beechworth & Surrounds

# Fresh Food Guide

**Each time we purchase food locally, we interact as a community - strengthening our social connections, improving our health and supporting a sustainable local food system.**

Food consumption and food access practices are embedded in everyday life and social relationships.

This guide has been developed by the Beechworth Health Service and aims to support a vibrant regional food system where local people have access to fresh and healthy local food, profits stay in our local communities and community connections are nurtured.

Beechworth and the surrounding communities offer many different stores selling fresh groceries, and the wider area abounds with local farms and producers of fruit, vegetables, meat, eggs, cheese, nuts, honey, olives and olive oil.

This guide also shares information about where to find healthy ready-made meals, as well as where you can access emergency food relief if you are experiencing hardship.

We have aimed to include all fresh food retail outlets, markets, producers and emergency food relief providers in this guide. If we missed you, please let us know so we can update this booklet!

## Beechworth Health Service

☎ 03 5728 0200

✉ [info@beechworthhealth.org.au](mailto:info@beechworthhealth.org.au)

🌐 [www.beechworthhealthservice.com.au](http://www.beechworthhealthservice.com.au)



# Retail Stores

The following local retail stores sell fresh grocery items.

\*There may be variations in trading hours due to COVID-19 and many outlets have introduced online and home delivery services - call or check websites to confirm current details.



## Beechworth Food Co-op

A range of local produce including honey, eggs, nuts, fruit and vegetables

📍 Old Railway Station, 3 Harper Ave,  
Beechworth VIC

🕒 Friday 2.00pm - 6.00pm  
Saturday 10.00am - 2.00pm

📘 [facebook.com/beeceworthfoodcoop](https://facebook.com/beeceworthfoodcoop)

🌐 [www.beeceworthfoodcoop.org.au](http://www.beeceworthfoodcoop.org.au)

\*Online ordering also available (pick up only).



## Beechworth Honey Shop

Over 30 varieties of single-origin honey

📍 31 Ford St, Beechworth VIC

☎ 02 6033 2322

✉ [info@beeceworthhoney.com.au](mailto:info@beeceworthhoney.com.au)

🕒 Mon - Sun 9.00am - 5.30pm

📘 [facebook.com/beeceworthhoney](https://facebook.com/beeceworthhoney)





## Beechworth Ritchies IGA

Extensive range of all fresh food types and a selection of locally-made products

📍 24 Loch St, Beechworth VIC

☎ 03 5728 1055

🕒 Mon - Wed	8.00am - 8.00pm
Thursday	7.00am - 9.00pm
Fri - Sat	8.00am - 9.00am
Sunday	8.00am - 8.00pm



## CC's Quality Meats and Smokehouse

Meat, fish and smallgoods, as well as locally-produced eggs, cheeses and salad mix

📍 70 Ford St, Beechworth VIC

☎ 03 5728 1441

🕒 Mon - Fri	7.00am - 6.00pm
Saturday	7.00am - 12.30pm

📘 [facebook.com/ccsqualitymeats](https://facebook.com/ccsqualitymeats)

🖱 [www.ccsqualitymeats.com.au](http://www.ccsqualitymeats.com.au)

\*Order online for home delivery in the local area.



## Goldfields Greengrocer

Extensive range of fresh produce, including a large selection of locally grown fruit and vegetables, locally made products and pre-prepared meals

📍 61 Ford St, Beechworth VIC

☎ 03 5728 2303

🕒 Mon - Fri	7.00am - 6.00pm
Saturday	7.00am - 4.00pm
Sunday	7.30am - 4.00pm

📘 [facebook.com/goldfieldsgreengrocer](https://facebook.com/goldfieldsgreengrocer)



## Hillsborough Quality Nuts Farm Shop

Milk, eggs, potatoes, seasonal fruit & nuts

📍 105 Mount Stanley Rd, Stanley VIC

☎ 0402 909 806

✉ [anita@hillsboroughqualitynuts.com.au](mailto:anita@hillsboroughqualitynuts.com.au)

🕒 Mon - Wed	9.00am - 5.00pm
Thur - Fri	10.00am - 5.00pm
Sat - Sun	9.00am - 5.00pm



## Project 49

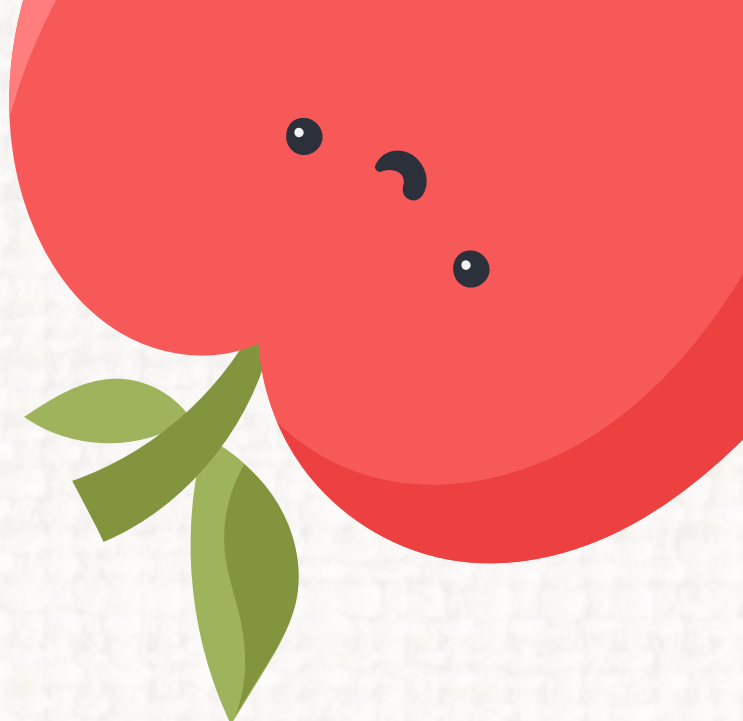
Selection of fresh delicatessen items and dry goods; also pre-prepared meals

📍 46 Ford St, Beechworth VIC

☎ 03 5728 1599

🕒 Mon - Sat	8.00am - 4.00pm
Sunday	8.00am - 3.00pm

🖱 [www.project49.com.au](http://www.project49.com.au)





# Local Farms & Producers

The following list includes local primary producers who have fresh produce available for sale in the Beechworth area, either at the farm gate, from retail outlets in Beechworth or via home delivery.



## Beechworth Berries (Wooragee)

Strawberries, raspberries & blackberries

📍 46 Reids Way, Wooragee VIC

☎ 0438 287 377

✉ beechworthberries@gmail.com

📘 [facebook.com/beechworthberries](https://facebook.com/beechworthberries)

### Locally available from:

- Farm gate sales & 'pick-your-own' (September - May).
- Beechworth Farmers Market



## Black Barn Farm (Stanley)

Seasonal fruit and vegetables

☎ 0418 520 554

✉ [jade@blackbarnfarm.com.au](mailto:jade@blackbarnfarm.com.au)

📘 [facebook.com/Black-Barn-Farm-170656333333476](https://facebook.com/Black-Barn-Farm-170656333333476)

🌐 [blackbarnfarm.com.au](https://blackbarnfarm.com.au)

### Locally available from:

- Farm gate sales including 'pick-your-own'. Check website or Facebook for current details.
- Beechworth Food-Coop



### Beechworth Natural Farm (Beechworth)

Seasonal Certified Demeter Bio-dynamic vegetables including weekly produce boxes

📍 13 Kibell Lane, Beechworth VIC

☎ 0434 946 465

✉ [info@beechworthnaturalfarm.com.au](mailto:info@beechworthnaturalfarm.com.au)

📘 [facebook.com/beechworthnaturalfarm](https://facebook.com/beechworthnaturalfarm)

🌐 [beechworthnaturalfarm.com.au](http://beechworthnaturalfarm.com.au)

#### Locally available from:

- Farm gate sales (January - April) by appointment
- Weekly produce box subscription - Order via website, email or phone
- Delivery available by request within Beechworth



### Beechworth Honey (Beechworth)

Local varieties of honey include: red stringybark honey, peppermint honey, red box honey, blackberry honey, hill gum honey, apple box honey

☎ 02 6033 2322

✉ [info@beechworthhoney.com.au](mailto:info@beechworthhoney.com.au)

📘 [facebook.com/beechworthhoney](https://facebook.com/beechworthhoney)

🌐 [www.beechworthhoney.com.au](http://www.beechworthhoney.com.au)

#### Locally available from:

- Order via website for delivery to your home
- Beechworth Honey Shop
- Goldfields Greengrocer
- Ritchies IGA Supermarket



## Europa Gully Orchard (Stanley)

Apples, pears and cherries

- 📍 Chambeyron Rd, Stanley VIC
- ☎ 03 5721 7513
- ✉ beechworthberries@gmail.com
- 📘 [facebook.com/Europa-Gully-Orchard-1611353472425858](https://facebook.com/Europa-Gully-Orchard-1611353472425858)

### Locally available from:

- Farm gate sales (November - January & March - May; check Facebook for times)
- Beechworth Food-Coop



## High Grove Berry Farm (Stanley)

Raspberries, blueberries, boysenberries, brambleberries, waldoberries, lochness berries, loganberries, red & black currants and cherries

- 📍 227 Mount Stanley Road, Stanley VIC
- ☎ 03 5728 6526
- ✉ info@higrove.com.au
- 📘 [facebook.com/highgroveberryfarm](https://facebook.com/highgroveberryfarm)
- 🌐 [www.highgroveberriesstanley.com.au](http://www.highgroveberriesstanley.com.au)

### Locally available from:

- Farm gate sales and 'pick-your-own' (December - January)



## Gamila at Beechworth (Beechworth)

Olives and saffron

- ☎ 0425 754 407
- ✉ info@gamila.com.au
- 📘 [facebook.com/gamilaatbeechworth](https://facebook.com/gamilaatbeechworth)
- 🌐 [www.gamila.com.au](http://www.gamila.com.au)

### Locally available from:

- Order via website for delivery to your home



## Hillsborough Quality Nuts (Stanley)

Hazelnuts, chestnuts, eggs, potatoes and raspberries

- 📍 105 Mt Stanley Road, Stanley VIC
- ☎ 0402 909 806
- ✉ anita@hillsboroughqualitynuts.com.au
- 📘 [facebook.com/Hillsborough-Quality-Nuts-393064577485448](https://facebook.com/Hillsborough-Quality-Nuts-393064577485448)

### Locally available from:

- Farm gate sales (check Facebook for times)
- Beechworth Food Co-op
- CC's Quality Meats and Smokehouse



## Gnangara Premium Fresh (Yackandandah)

Salad mix

- ☎ 0408 835 849
- ✉ brumley.jeff@gmail.com

### Locally available from:

- CC's Quality Meats and Smokehouse



## Milawa Cheese Company (Milawa)

Cow and goat milk cheeses

☎ 03 5727 3589

✉ [orders@milawacheese.com.au](mailto:orders@milawacheese.com.au)

f [facebook.com/milawacheese](https://facebook.com/milawacheese)

🌐 [www.milawacheese.com.au](http://www.milawacheese.com.au)

### Locally available from:

- CC's Quality Meats and Smokehouse
- Goldfields Greengrocer
- Ritchies IGA Supermarket
- Order via website, email or phone for delivery to your home



## Milawa Free Range Poultry (Milawa)

Free range chicken

☎ 0428 570 492

✉ [russell@milawafreerangepoultry.com.au](mailto:russell@milawafreerangepoultry.com.au)

f [facebook.com/Milawa-Free-Range-Poultry-243583648999788](https://facebook.com/Milawa-Free-Range-Poultry-243583648999788)

### Locally available from:

- Goldfields Greengrocer





### Murmungee Basin Produce (Murmungee)

Seasonal vegetables including weekly produce boxes

☎ 0438 847 988

✉ [bernie@murmungeebasinproduce.com](mailto:bernie@murmungeebasinproduce.com)

📷 [instagram.com/  
murmungeebasinproduce](https://www.instagram.com/murmungeebasinproduce)

🌐 [www.murmungeebasinproduce.com](http://www.murmungeebasinproduce.com)

#### Locally available from:

- Weekly produce box subscription - Order via website, email or phone (pick up or home delivery)
- Seasonal pick-your-own events



### Myrlong Farm (Mudgegonga)

Pasture-raised eggs

✉ [myrlongfarm@gmail.com](mailto:myrlongfarm@gmail.com)

f [facebook.com/MyrlongFarm](https://www.facebook.com/MyrlongFarm)

#### Locally available from:

- CC's Quality Meats and Smokehouse



### Nightingale Bros (Stanley)

Apples

☎ 03 5755 1318

✉ [admin@nightingalebros.com.au](mailto:admin@nightingalebros.com.au)

🌐 [www.nightingalebros.com.au](http://www.nightingalebros.com.au)

#### Locally available from:

- Ritchies IGA, Beechworth



### RAD Growers (Bungowannah)

Seasonal fruit, vegetables and pasture-raised eggs

☎ 0481 123 121

✉ [radgrowers@gmail.com](mailto:radgrowers@gmail.com)

f [facebook.com/RADgrowers](https://facebook.com/RADgrowers)

🌐 [www.radgrowers.com](http://www.radgrowers.com)

#### Locally available from:

- Weekly produce box subscription - Order via website; pick up from central collection point in Beechworth



### Sinclair Orchards (Stanley)

Apples, cherries, pears and chestnuts

📍 1 Beechworth-Stanley Rd, Stanley VIC

☎ 0428 274 392

✉ [sinclairapples@bigpond.com](mailto:sinclairapples@bigpond.com)

f [facebook.com/sinclairorchards](https://facebook.com/sinclairorchards)

#### Locally available from:

- Farm gate sales
- Goldfields Greengrocer



### Rising Sun Olive Grove (Wooragee)

Olive oil, olives and raspberries

📍 527 Beechworth-Wodonga Rd, Wooragee VIC

☎ 03 5728 2228

✉ [risingsunolivegrove@westnet.com.au](mailto:risingsunolivegrove@westnet.com.au)

🌐 [risingsunolivegrove.wordpress.com](http://risingsunolivegrove.wordpress.com)

#### Locally available from:

- Farm gate sales (November - April)
- Beechworth Provender



### Snowline Fruits (Stanley)

Apples, pears, berries and chestnuts

📍 507 Myrtleford-Stanley Road, Stanley

☎ 03 5728 6584

✉ [snowlinefruits1@bigpond.com](mailto:snowlinefruits1@bigpond.com)

#### Locally available from:

- Farm gate sales
- Goldfields Greengrocer





### Tarrawalla Farm (Tarrawingee)

Pasture-raised eggs and seasonal vegetables

📍 336 River Rd, Tarrawingee VIC

☎ 0407 872 228

✉ tarrawallafarm@live.com.au

📘 [facebook.com/tarrawallafarm](https://facebook.com/tarrawallafarm)

#### Locally available from:

- Farm gate sales
- Beechworth Food Co-op



### True Blue Honey (Beechworth)

100% locally-produced honey

☎ 03 5728 1896

✉ niksbees@bigpond.com.au

#### Locally available from:

- Beechworth Food Co-op
- Goldfields Greengrocer



### Tolpuddle (Tarrawingee)

Goat's milk and cheese

📍 70 Rusholme Road, Tarrawingee VIC

☎ 03 5725 1759

✉ info@tolpuddle.com.au

📘 [facebook.com/tolpuddlecheese](https://facebook.com/tolpuddlecheese)

🌐 [www.tolpuddle.com.au](http://www.tolpuddle.com.au)

#### Locally available from:

- Farm gate (check Facebook for times)
- CC's Quality Meats and Smokehouse
- Goldfields Greengrocer



### Thompsons Cherries (Stanley)

Cherries

☎ 0413 411 666

✉ thompsonschestnuts@bigpond.com

📘 [facebook.com/thompsons-chestnuts-cherries-174817042701776](https://facebook.com/thompsons-chestnuts-cherries-174817042701776)

#### Locally available from:

- Roadside stall on Sydney Rd, opposite Beechworth Health Service (December)

# Farmers Markets



## Beechworth Farmers Market

First Saturday of the month

📍 29 Ford St, Beechworth VIC

🕒 8.00am - 12.00pm

📘 [facebook.com/beechworthfarmersmarket](https://facebook.com/beechworthfarmersmarket)

# Ready-made Meals



## FoodDIRECT

Healthy, heat-at-home meals locally-made with fresh ingredients. (NDIS meal package compliant.)

☎ 0408 321 822

✉ [info@fooddirect.net.au](mailto:info@fooddirect.net.au)

🌐 [www.fooddirect.net.au](http://www.fooddirect.net.au)

### Locally available from:

- Order online or by phone for home delivery to Beechworth every Thursday
- Goldfields Greengrocer

\*For availability of healthy meals from other Beechworth food outlets please check with individual outlets or check the following website for current options: [facebook.com/beechworthmenus](https://facebook.com/beechworthmenus)



# Emergency Food Relief

Food relief, including food, food vouchers and pre-prepared meals, are available to anyone in the Beechworth community in times of need.

This may be those in financial difficulty, families or individuals experiencing grief, loss, trauma or illness or people recently discharged from hospital.

Services are coordinated between the Salvation Army (Friday - Monday) and Quercus Beechworth (Tuesday - Thursday).



## Quercus Beechworth

Community Food Program

📍 30 Ford St, Beechworth VIC

☎ 03 5728 2386 • 0408 860 231

📘 [facebook.com/quercusbeechworth](https://facebook.com/quercusbeechworth)

🌐 [www.quercusbeechworth.com.au](http://www.quercusbeechworth.com.au)

The Community Food Program provides healthy and nutritious meals (prepared weekly and frozen) free of charge to anyone in the community in times of need. Meals are made fresh from food sourced from Albury-Wodonga FoodShare and produce from the community garden.

They can also provide vouchers for the Beechworth IGA supermarket.



## Salvation Army Beechworth

Community Services

📍 37 Ford Street, Beechworth VIC

☎ 0407 503 948

The Salvation Army provides food from Albury-Wodonga Regional Foodshare, including both fresh produce and dry goods, as well as other groceries to anyone in need. They can also provide vouchers for the Beechworth IGA.

Groceries can also be delivered to the homes of people who are not able to visit the Salvation Army hall in Beechworth.


The Beechworth Corps of the Salvation Army provides this service to community members across the wider area of Bright, Mount Beauty, Dederang, Oxley and Yackandandah.



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