

Why Organic food?

Organic agriculture involves growing plants without synthetic fertilisers or chemical pesticides. The plant products are therefore free from chemical residues which reduce load on your liver and limits oxidative stress.

- Generally organic foods are more nutritionally complete and are more vital



- Organic foods taste better
- Is better for the environment



What is the difference?

Organic growers maintain the soil with recycled organic matter and worms just as nature intended. A natural balance is established and invasive insects are less likely to destroy crops because a balance exists between all insects and animals within the growing environment. When pesticides are used, all insects, microbial life and spiders are killed.

Minerals, enzymes and nutrients are maintained in soils and the produce is more vibrant and healthy. This is evident in the taste of organic produce.

But they are more expensive, right?

Organic and biodynamic foods can be more expensive however it is beneficial to at least buy some organic produce. Consider foods which are eaten with the skin, such as apples, strawberries or peaches. They contain a waxy layer of pesticide residual which can be avoided when the product is organically grown.

Broccoli, celery and tomatoes are examples of vegetables which may be high in chemical contaminants. Consider buying these organically grown compared with vegetables which may be peeled such as potatoes, carrots or pumpkin.

Organic & Biodynamic shops in Perth

Manna Health foods

274 South Terrace
South Fremantle WA 6162
Ph:(08) 9335 7995

Alive Organics

Shop 7/515 Walter Rd East,
Morley, Western Australia 6062
(near Beechboro Rd North
intersection)
Ph:(08) 9377 3880

Organic N Green

Home-delivered boxes
Ph:0416 02 82 92

Loose Produce

2 Hobbs Avenue, Como
Western Australia 6152
Ph:(08) 9474 9100

Freshline Organics

Home delivered boxes
Ph: (08) 6468 8860

Biodynamic Shop

65C Etwell St,
East Victoria Park
Ph: (08) 9470 1011

An Organic Experience

3 Lockeville Cl
Beldon WA 6027

Blooming Best

58 Geddes St
Victoria Park WA 6100

City Farm

East Perth WA
Ph: (08) 9325 7229/0411058676

Broadway Fair Healthfood

Shop 20
Broadway Fair
Nedlands WA 6009
Ph:(08) 9386 3390

Mt Lawley Wholefoods

Unit 3, 885 Beaufort Street
Corner Ninth Avenue
Inglewood 6052
Ph: (08) 9371 6408

Organic on Charles

Shop7, 299 Charles St,
North Perth
Ph: (08) 9227 7755