

Flame Tree Community Food Co-op

Full Product List

last updated April 2014

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Beans and Lentils

Product	Organic?	Origin
beans, adzuki	No	Australia
beans, black turtle	Yes	USA
beans, black-eyed	No	USA
beans, borlotti	No	
beans, canellini	Yes	Canada
beans, lima	Yes	
beans, mung	Yes	Australia
beans, red kidney dried	yes	USA
beans, soy	Yes, BD	Australia
beans, white (cannelini)	yes	
channa dahl	Yes	Australia
chickpeas	Yes	Australia
lentils green	Yes	
lentils red split	Yes	Turkey
lentils red whole	Yes, BD	Victoria, Australia
lentils, French puy	Yes	
moong dhal	Yes	Australia

Bread

Product	Organic?	Origin
bread sourdough	Yes	Newtown
bread, multiseed loaf (gluten-free)	Yes	Canberra
bread, pumpkin loaf (gluten-free)	Yes	Canberra
bread, quinoa loaf	Yes	Canberra
bread, quinoa rolls	Yes	Canberra
Bread, Berry sourdough	Yes	Berry

Cleaning and Personal Hygiene Products

Product	Organic?	Origin
Brush, Body Japanese	Yes	Sri Lanka
brush, long liquidiser	No	Sri Lanka
brush, non-scratch	No	Sri Lanka
brush, round	No	Sri Lanka
brush, scrub pad, Safix		India
brush, small vege	No	Sri Lanka
cleaner, multi-purpose	No	
conditioner, 510ml	Yes	Australia
conditioner, Miessence, 250ml	Yes	Australia
deodorant, Miessence 60ml	Yes	Australia
dishwasher powder, Enviroclean	Yes	Australia
dishwashing liquid	No	NSW
laundry liquid	No	
laundry washing powder	No	
laundry, pre-wash stain remover	No	
lip balm cacao wind up	Yes	Australia
lip balm, Jaffa Wind Up 3.5g	Yes	Australia
lip creme, Miessence 5g	Yes	Australia
menstrual cup, lunette	No	
mighty mouth	Yes	NSW
milk, bath Cleopatra 2L		Queensland
moonpads, light	No	Tasmania
moonpads, pantyliner	No	Tasmania
moonpads, regular	No	Tasmania
moonpads, super	No	Tasmania
moonpads, super night	No	Tasmania
mouthwash	Yes	Australia
pads, heavy flow	Yes	Germany
pads, moderate flow	Yes	Germany
pads, moderate flow, wings, hypoallergenic	Yes	Germany
panty liners, ultra thin, 24	Yes	
purewipes	No	
reflect outdoor balm, Missence	Yes	Australia
shampoo, 510 ml	Yes	Australia
shampoo, ginseng, bulk		Australia
shampoo, Miessence 250ml	Yes	Australia
shaving gel, Miessence 250ml	Yes	Australia
soap, liquid	Yes	Southern Highlands
soap, Niugini coconut	Yes	Papua New Guinea
soap, rectangle unpackaged	Yes	NSW
soap, round unpackaged	Yes	NSW
soap, square unpackaged	Yes	SE Queensland
soapnuts	No	India
tampons, regular	Yes	
tampons, super 20s	Yes	
tampons, super plus 20s	Yes	
toilet paper		
tooth tonic	Yes	NSW
toothbrush heads, all		Australia
toothbrush, bamboo	No	China
toothbrush, environmental, soft or medium	No	Australia
toothbrush, environmental, children	No	Australia
toothbrush, Monte-bianco, all		

toothpaste, Miessence 150g	Yes	Australia
toothpaste, organic RC 100g	Yes	Australia

Coffee

Product	Organic?	Origin
coffee, decaf (swiss water)	Yes	Toby's
coffee, Delano organic	Yes	North Gong
coffee, Delano, Decaf	yes	North Gong
coffee, Toby's Estate sustainability	No	Toby's Estate

Dairy

Product	Organic?	Origin
butter Savy 250g	Yes	Australia
butter, Organic Dairy Farmers 250g	Yes	Aus/NZ
butter, Organic Times, unsalted	Yes	Australia
butter, Paris Creek Unsalted 200g	Yes	Australia
cheese, Babushka, cream 250g	Yes	Victoria
cheese, Barambah cheddar 250g	Yes	Australia
cheese, Barambah swiss	yes	Australia
Cheese, cashew, 175g	Yes	Australia
cheese, Divine Dairy camembert 200g	yes	Australia
cheese, Divine Dairy, blue 200g	Yes	Australia
cheese, Divine Dairy, blue, 160g	Yes	South Australia
cheese, Divine Dairy, brie 200g	Yes	Australia
cheese, Divine Dairy, feta 200g	Yes	Australia
cheese, Elgaar, cottage (jar)	yes	Australia
cheese, Jannei goats ricotta 200g	no	Australia
cheese, Lemnos haloumi	Yes	Australia
cheese, Lemnos paneer	Yes	Australia
cheese, Lemnos Ricotta 250g	Yes	Australia
cheese, Meredith chevre 150g	no	Australia
cheese, Meredith feta goat (blue)200g	no	Australia
cheese, Meredith feta sheep (green) 200g	no	Australia
cheese, Meredith jar marinated goats	no	Australia
cheese, Mungalli, ricotta	Yes	
cheese, Organic Dairy Farmers, cheddar 250g	Yes	Australia
cheese, Organic Dairy Farmers, gouda	Yes	Australia
cheese, Organic Dairy Farmers, mozzarella 200g	Yes	Australia
cheese, Paris Creek, brie	Yes	Australia
cheese, Paris Creek, com'on'bear	Yes	Australia
cheese, Paris Creek, Norwegino	Yes	Australia
cheese, Paris Creek, nuage blanc	Yes	Australia
cheese, Parmigiano Reggiano 150g	Yes	Italy
Cheese, True Fetta	No	Victoria
cheese, True Organic, mozzarella	Yes	Victoria
cheese, True Organic, pecorino	Yes	Victoria
cream, Barambah	Yes	Australia
Cream, Ivyhome, mud	Yes	Australia
ghee	Yes	Australia

milk Country Valley, full cream 1l	Yes	Picton
milk Country Valley, full cream 2l	Yes	Picton
milk Country Valley, lite 1l	Yes	Picton
milk Country Valley, lite 2l	Yes	Picton
milk Country Valley, premium full cream 1lt	No	Picton
milk Country Valley, premium lite 2lt	No	Picton
milk Country Valley, unhomogenized 2lt	Yes	Picton
milk, Barambah, full cream 2l	Yes	Australia
Milk, unhomogenised 2L	no	Australia
sour cream, Barambah 200ml	Yes	Australia
yoghurt barambah natural 1kg	Yes	Australia
Yoghurt Goats milk Natural Alpine	No	Australia
Yoghurt Goats milk W/berry Alpin	No	Australia
Yoghurt, Alpine, Coconut	no	Australia
yoghurt, Barambah 500g(all flvrs)	Yes	Australia
yoghurt, Barambah natural low fat 1kg	Yes	Australia
yoghurt, coconut 250g- all flavours	No	Australia
yoghurt, coconut 250g- all flavours	No	Australia
yoghurt, coconut 400g- all flavours	No	Australia
Yoghurt, Elgaar 500g	Yes	Australia
Yoghurt, kefir Babushka 1kg	Yes	Australia
Yoghurt, kefir Babushka 500g	Yes	Australia
yoghurt, Marrook Farm 1kg natural	Yes	Victoria
yoghurt, Marrook Farm 375g maple vanilla	Yes	Victoria
yoghurt, Marrook Farm 500g natural	Yes	Victoria
yoghurt, sheep yoghurt green, 1kg	no	Australia
yoghurt, sheep yoghurt green, 500g	no	Australia
yoghurt, sheeps milk 1kg	no	Australia
yoghurt, sheeps milk 500g	no	Australia

Dried Fruit

Product	Organic?	Origin
apple rings, dried	Yes	
apple wedges, dried	Yes, BD	
apricots, small whole, dried	Yes	Turkey
banana coins (chips)	yes	Sri Lanka
banana fingers	Yes	
Cranberries, dried	Yes	
currants	Yes	
dates, medjool	Yes	USA
Figs, diced	Yes	turkey
figs, dried	Yes	
goji berries, dried	Yes	China
Incaberries	Yes	Ecuador
mango, dried	Yes	
mulberries, dried	Yes	
prunes	Yes	Australia
raisins	Yes	
strawberries, dried	Yes	Australia
sultanas, naturally dried	Yes	Australia
sun muscats, dried	Yes	
tomatoes, sundried	yes	Turkey

Flours

Product	Organic?	Origin
almond meal, blanched	Yes	USA
almond meal, natural	Yes	
flour, besan	Yes	Australia
flour, brown rice	Yes	USA
flour, buckwheat	Yes	India
flour, coconut	Yes	Sri lanka
flour, durum wheat	Yes	Australia
flour, rye	Yes	Australia
flour, spelt, white	Yes	
flour, spelt, wholemeal	Yes	Australia
flour, white self-raising	Yes	Australia
flour, white unbleached	Yes	Australia
flour, white unbleached bakers plain	Yes	Australia
flour, wholemeal bakers plain	Yes	Australia
flour, wholemeal self-raising	Yes	Australia
flour, wholewheat (hard)	Yes	Australia
linseed, meal	Yes, BD	Victoria
LSA	Yes	Australia

Fresh Produce

Product	Organic?	Origin
alfalfa, sprouting	yes	Australia
apples, darkes forest	No	Darkes forest
apples, Golden Delicious	Yes	Australia
Apples, Granny and Pink	yes	Australia
apples, Jonagold	Yes	
apples, Lady Williams	Yes	
apples, Pink Lady	Yes	
apples, Royal Gala	Yes	
Apricots, organic markets	yes	Australia
asparagus, organic markets	yes	
avocado, each	Yes	
bananas, (p/kg) organic markets	Yes	Australia
basil, bunch, dapto	no	Dapto
beans, (green), albion park	yes	Albion Park
beans, (green), dapto	no	Dapto
beans, (p/kg), dapto	no	Dapto
beans, green organic markets	No	
Beans, Mahbrook	Yes	
beetroot, bunch, dapto	no	dapto
Beetroot, organic markets	yes	Australia
bitter melon, dapto	No	Dapto
bok choy, dapto	no	
bok choy, foodies	No	Sydney
Broccoli, organic markets	Yes	Australia
broccolini, organic markets	yes	Australia
cabbage, green (p/kg) organic markets	Yes	

cabbage, whole, org markets	yes	Australia
Capsicum, green, Foodies	yes	Australia
capsicum, p/kg, albion park	yes	Albion Park
carrots, bunch, dapto	yes	Dapto
carrots, juicing, organic markets	Yes	Australia
carrots, purple	Yes	
cauliflower, half, organic markets	Yes	Australia
cauliflower, organic markets	Yes	Australia
celery, dapto	no	Dapto
cherry tomatoes, warrawong	no	
chillies, (p/kg), dapto	No	Dapto
corn, albion park	Yes	Albion park
cucumber, albion park	yes	Albion Park
cucumber, Dapto	no	Dapto
Cucumber, lebanese, Foodies	Yes	Australia
eggplant, albion park	yes	Albion park
eggplant, organic markets	Yes	Australia
eggs, Backyard free range (by dozen)	No	Austinmer
eggs, Kembla Grangef/range (by dozen)	No	Kembla Grange
eggs, Oaks organic 700gm (each)	Yes	Camden
eggs, Oaks organic 800gm (each)	Yes	Camden
eggs, Urban Grown (by dozen)	No	Warrawong
garlic, bunch, dapto	no	Dapto
garlic, fresh	Yes	
garlic, warrawong	No	Port Kembla
ginger, fresh	Yes	
Golden Nuggets, dapto	No	Dapto
Grapes, red, Org markets	yes	Australia
grapes, white	yes	Australia
herbs (all), bunch, dapto	No	Dapto
honeydew melon, org markets	yes	Australia
kaffir lime leaves, urban grown	no	Port Kembla
kale, bunch, dapto	yes	Dapto
Kale, bunch, foodies	no	Dapto
kiwifruit organic markets(p/kg)	Yes	
kohlrabi, dapto	no	
leek, each, dapto	no	Dapto
leeks, each, albion park	yes	Albion park
Leeks, organic markets	Yes	Australia
lemons (kg)	Yes	
Lettuce, cos, organic markets	yes	Australia
lettuce, each, dapto	No	Dapto
lettuce, Urban Grown	No	Port Kembla
Mandarins	Yes	
Mango special	Yes	Australia
mangoes, organic markets	yes	Australia
mangosteen	yes	Australia
Mint, Warrawong	yes	Port Kembla
mushroom, Calderwood button	no	Picton
mustard greens, bunch, dapto	no	Dapto
nectarines, organic markets	yes	Australia
onions	Yes	
Onions, red, Organic Markets	yes	Australia
oranges, navel, organic markets	yes	Australia
oranges, valencia, organic markets	yes	Australia
papaya, organic markets	yes	Australia

peaches, organic markets	yes	Australia
Pears	Yes	
Pineapple, organic markets	Yes	
Pineapple, whole, Foodies	Yes	Australia
Plums, organic markets	yes	Australia
potatoes, (p/kg) sebago	No	Port Kembla
potatoes, dutch cream, nicola	Yes	Australia
potatoes, p/kg, dapto	No	Dapto
pumpkin, albion park	Yes	Albion Park
Pumpkin, JAP, org markets	Yes	Australia
radish, bunch, dapto	No	Dapto
Radishes, organic markets	yes	Australia
rainbow chard, albion park	yes	Albion Park
raspberries, fresh, punnet	Yes	Dapto
rocket, (p/kg), warrawong	No	Port Kembla
rockmelon, whole org, markets	yes	Australia
salad mix, (p/kg) urban grown	No	Port Kembla
shallots, albion park	Yes	Albion Park
shallots, bunch, dapto	no	Dapto
silverbeet, bunch, dapto	no	Dapto
spinach, dapto	No	NSW
squash, dapto	no	Dapto
strawberries, punnet(do not use)	Yes	Dapto
strawberry, punnet	Yes	
sweet potato, organic markets	Yes	
sweet potato, warrawong	no	
tomato punnet, dapto	No	Dapto
tomatoes (loose), (p/kg), dapto	No	Dapto
Tomatoes, Foodie	No	Port Kembla
turnips, bunch, dapto	no	Dapto
watermelon, albion park	Yes	Albion Park
watermelon, Foodies	yes	Australia
zucchini, (p/kg), dapto	No	Dapto
zucchini, (p/kg), Foodies	yes	Port Kembla
zuchini flowers, Dapto	Yes	Dapto

Gardening

Product	Organic?	Origin
alfalfa seed	Yes	Australia
seeds (packets for planting)	Yes	Queensland

Grains

Product	Organic?	Origin
amaranth	Yes	
amaranth, popped	Yes	
amaranth, puffed	Yes	Bolivia
buckwheat kernels	Yes	China
cous-cous, wheat	Yes	
Freekeh, cracked	No	Aus

granola	Yes	Shoalhaven
millet puffs	Yes	
millet, hulled	Yes	
muesli, 38% fruit/nut/seeds	Yes	Australia
muesli, apple and cranberry	Yes	
multigrain puffs	Yes	
noodles, soba	Yes	
noodles, udon	Yes	
oat bran	Yes	
oats, rolled	Yes	
Pasta Quinoa Penne	yes	Bolivia
pasta spelt pagodas	yes	
pasta, conchiglie	Yes	
pasta, elbows, quinoa & rice	yes	Australia
pasta, lasagne sheets, spelt	Yes	Australia
pasta, linguini	Yes	
pasta, macaroni tri-colour, rice	yes	
pasta, penne quinoa & rice	Yes	
pasta, penne, brown rice	Yes	
pasta, penne, spelt	Yes	Bolivia
pasta, penne, tri-colour veg quinoa & rice	yes	
pasta, penne, wholewheat	Yes	
Pasta, Rice Macaroni	Yes	Australia
pasta, rigatoni, spinach semolina	Yes	
pasta, spaghetti quinoa & rice	Yes	
pasta, spaghetti, spelt	Yes	
Pasta, Spinach Rigatoni	Yes	Australia
pasta, spirals, natural	Yes	
pasta, spirals, spelt	Yes	Australia
pasta, spirals/fusili, tri-colour	Yes	
pearl barley	Yes	Australia
polenta	Yes	
popcorn	Yes	
quinoa, red	Yes	
quinoa, rolled/flaked	Yes	Bolivia
quinoa, tri-colour	Yes	Bolivia
quinoa, white, Tasmania	Yes	Australia
rice puffs, brown	Yes	
rice, arborio	Yes	Italy
rice, basmati	Yes	Pakistan
rice, brown doongara	Yes, BD	Australia
rice, brown medium	Yes, BD	Australia
rice, brown rain fed	Yes, BD	Australia
rice, jasmine	Yes	
rice, jasmine	Yes	NSW
rice, koshihkari	yes	NSW
rice, rolled/flaked	Yes	India
rice, wild	yes	USA
semolina	Yes	Australia
spelt, puffs	Yes	
spelt, rolled	Yes	Australia

Herbs and Spices

Product	Organic?	Origin
basil, dried	Yes	
bay leaf	Yes	
caraway seeds	Yes	Egypt
cardamom pods	Yes	Sri Lanka
cardamon powder		
cayenne pepper powder	Yes	
chili powder	Yes	
chilli flakes	Yes	Sri Lanka
cinnamon powder	Yes	Vietnam
cinnamon quills	Yes	Sri Lanka
cloves	Yes	Sri Lanka
coriander powder	Yes	
coriander seed	Yes	Egypt
cumin powder	Yes	Australia
cumin seeds	Yes	Austria
curry leaf		
curry powder	Yes	Australia
dill seed		
fennel seeds	Yes	Egypt
garam masala	Yes	
ginger, powdered	Yes	
mustard seed, black	Yes	
mustard seed, yellow/brown		
nutmeg, powder	Yes	Sri Lanka
nutmeg, whole	Yes	Sri Lanka
oregano, dried leaf	Yes	
paprika powder	Yes	
peppercorns, black	Yes	
rosemary, dried		
salt, Himalayan fine	Yes	India
salt, sea	Yes	NZ
star anise	Yes	
thyme, dried	Yes	
turmeric powder	Yes	
vanilla pods, each	Yes	

Merchandise

Product	Organic?	Origin
apron (adults) with co-op logo	No	Australia
apron (childs) with co-op logo	No	Australia
apron adult&child set with bag	No	Australia
bag, colour shopping flame tree	Yes	Australia
bag, nags	No	Australia
bag, natural shopping flame tree	Yes	Australia
calender, permaculture	No	
soy milk, original	Yes	Australia
t-shirt adult, baseball 3/4 sleeve	Yes	Australia
t-shirt adult, long sleeve	Yes	Australia
t-shirt adult, long sleeve hoodie	Yes	Australia
t-shirt adult, short sleeve	Yes	Australia

t-shirt baby, long leg sleepsuit	Yes	Australia
t-shirt baby, onesie long sleeve	Yes	Australia
t-shirt baby, onesie short sleeve	Yes	Australia
t-shirt, baby/infant size 0's-3	Yes	Australia
t-shirt, kids sizes 4-12	Yes	Australia

Milks

Product	Organic?	Origin
almond milk	Yes	Australia
coconut quench milk 1L	Yes	
oat milk	Yes	Australia
rice milk	Yes	Australia
rice milk, calcium enriched	Yes	Australia
soy milk, Bonsoy	Yes	Japan
soy milk, enriched	Yes	Australia
soy milk, lite	Yes	Australia
soy milk, malt-free	Yes	Australia

Miscellaneous

Product	Organic?	Origin
candles, 20cm tapers	Yes	NSW
candles, tealight refills	Yes	NSW
candles, tealights metal cases	Yes	NSW
candles, votive beeswax	Yes	NSW
cockroach trap (10 pack)	No	
cockroach trap (single)	No	
coconut, drinking, organic markets	Yes	Thailand
dashi, single	No	Japan
dashi, ten pack	No	Japan
dukkah, all	Yes	
jar, 2l	No	
jar, 300ml	No	
jar, 4 gallon	No	
jar, 500ml	No	
jars, 1l	no	Australia
miso, Genmai, bulk	Yes	
miso, Shiro, bulk	Yes	
mochi, brown rice	Yes	Japan
olives bulk	Yes	Sth Coast
Rosnay Kalamata olives, 2l	Yes	Australia
shitake mushrooms, dried	Yes	
shoyu	Yes	
tamari	Yes	
umeboshi puree	no	japan
vinegar, apple cider	Yes	Australia
vinegar, balsamic	Yes	Italy
vinegar, brown rice	Yes	
vinegar, plum, umeboshi	No	
vinegar, red wine	Yes	

Nuts

Product	Organic?	Origin
almonds, raw	Yes	Australia
almonds, tamari	insecticide-free	Australia
brazil nuts	Yes	bolivia
cashew nuts, raw	Yes	
hazelnuts	Yes	Turkey
macadamia butter, bulk	Yes	NSW
macadamia, honey roasted	Yes	Australia
macadamias, whole	Yes	Australia
peanuts (roasted)	Yes	Australia
pecans	Yes	
Pine Nuts	No	
pistachios, raw kernels	No	Iran
pistachios, roasted/salted in shell	Yes	Australia
walnuts	Yes	Australian

Oils

Product	Organic?	Origin
coconut butter/oil	Yes	
Mustard Seed oil	Yes	Australia
oil, flaxseed Melrose 200ml	Yes	Victoria
oil, flaxseed Melrose 500ml	Yes	Victoria
oil, macadamia bulk	Yes	Australia
oil, macadamia in jar	Yes	NSW
oil, olive	No	Australia
oil, sesame, raw	Yes	
oil, sesame, toasted	Yes	
oil, sunflower	Yes	

Packaged Items

Product	Organic?	Origin
Baba Ghannouj (org. indulg)	Yes	Victoria
beans, baked (tinned)	Yes	Italian
beans, red kidney tinned	Yes	Italian
beans, refried kidney (tinned)	Yes	
beetroot dip organic indulgence	Yes	Victoria
buba ghanouj	Yes	Victoria
capers, 95g jar, in brine	Yes	Turkey
capers, vinegar	Yes	
Cheezly, vegan cheese	No	UK
Coconut cream, Honest to Goodness	Yes	Sri Lanka
coconut milk 400ml	Yes	Thailand
corn cakes thins, Pure Harvest	Yes	Australia
corn thins, Real Foods	Yes	Aus and Imported
cornflakes	Yes	Netherlands
crackers, Mary's gone	Yes	America
crackers, onion and chive	Yes	America

crackers, rosemary and garlic eucalyptus oil, 200ml	Yes	America
hommous	Yes	Victoria
jam, cuttaway creek (all)	No	Mittagong
jam, raspberry & cranberry	Yes	Australia
jam, strawberry	Yes	Australia
juice, 300 ml	No	Australia
juice, apple 2l	No	Picton
juice, apple/blackcurrant 2l	No	Picton
kim chi	Yes	Byron Bay
laksa paste, vegetarian	No	Australia
lentil dip, spicy	Yes	Victoria
macadamia butter, 225g	Yes	NSW
macadamia butter, 700g	Yes	NSW
marmalade, cumquat	no	Dapto
mustard, 140g jar (all types)	Yes	Australia
olive paste (olivella nera)	Yes	
papadums, 100g pack	Yes	India
Peanut Butter, crunchy	Yes	
Peanut Butter, smooth	Yes	Australia
plain tempeh green, 300g	Yes	Australia
pumpkin pie	Yes	Wollongong
rice cakes, 150g	Yes	Australia
salmon, wild alaskan, pink in brine	Yes	Portugal
sardines, lemon and olive oil	Yes	Portugal
superkraut, all	Yes	Byron Bay
tempeh, chickpea	Yes	Byron Bay
tempeh, fava bean + wakame	Yes	Byron Bay
Tempeh, frozen	Yes	Australia
tempeh, Nutrisoy 300g	Yes	Australia
tempeh, Primasoy, all flavours	yes	Australia
tempeh, Primasoy, natural, 225g	yes	Australia
Tempeh, PSL seed, Primasoy	Yes	Aus
tofu Nutrisoy all 200g	Yes	Australia
tofu Nutrisoy plain 350g	Yes	Australia
tofu, Earnest Bean 375g	Yes	Tasmania
tofu, Earnest Bean 500g	Yes	Tasmania
tofu, firm Earth Source, 375g	Yes	Australia
tofu, silken Earth Source, 300g	Yes	Australia
tofu, smoked Earnest Bean 300g	Yes	Tasmania
tofu/tempeh burger, 200g	Yes	Australia
tofu/tempeh, 260g	Yes	Australia
tofu/tempeh, 350g	Yes	Australia
tomato ketchup 350ml	Yes	
tomato paste 150g	Yes	
tomato puree 720ml	Yes	Italia
tomatoes, tinned diced 400g	Yes	
tomatoes, tinned whole 400g	Yes	Italia
tzatziki	Yes	Victoria
vanilla essence	Yes	Australia

Seaweed

Product	Organic?	Origin
arame	No	
kelp	Yes	Norway
kombu	No	
nori sheets, single	No	Japan
wakame	No	

Seeds

Product	Organic?	Origin
chia seed, black	Yes	Mexico
chia seed, white	No	Australia
linseed, brown	Yes	Victoria
linseed, whole	Yes	Victoria
pepitas	Yes	China
sesame seeds, black	Yes	
sesame seeds, white hulled	Yes	
sunflower seeds	No	Australia
tahini, black	Yes	
tahini, hulled	Yes	
tahini, unhulled	Yes	

Small ingredients

Product	Organic?	Origin
baking powder	No	Australia
barley powder, green	Yes	
bi carb soda	No	Australia
cacao (raw), powder	Yes	
cacao butter wafers		
cacao nibs	Yes	Australia
capers, bulk, in brine	Yes	Italy
carob powder	Yes	Italy
cocoa powder	Yes	Netherlands
coconut, desiccated fine	Yes	
coconut, dessicated shredded	Yes	Mexico
epsom salts		
kuzu	Yes	Japan
Lucuma	Yes	
Maca powder	yes	Peru
Mesquite powder	Yes	Peru
mirin	No	
Natural Instant Yeast 500g	Yes	
psyllium husk	Yes	
Rice protein powder, Brown, sprouted	Yes	
yeast	Yes	France
yeast flakes, savoury	No	USA
yeast, instant fermex	No	

Sweeteners

Product	Organic?	Origin
agave syrup (dark)	Yes	Mexico
Coconut syrup	Yes	USA
honey, bush, local	Yes	Australia
honey, Malfroys, red stringybark	yes	Australia
honey, Malfroys, yellow box	yes	Australia
honey, Shoalhaven	Yes	Australia
honeycomb	Yes	locals
maple syrup	Yes	Canada
stevia powder	Yes	
sugar, coconut	Yes	indonesia
sugar, icing	Yes	Australia
sugar, rapadura	Yes	Colombia
sugar, raw	Yes	Australia

Teas

Product	Organic?	Origin
chai	Yes	Toby's Estate
dandelion root, roasted	Yes	
dandelion, roaster powder	Yes	Poland
Rooibos	Yes	South Africa
tea, chamomile flowers	Yes	Egypt
tea, Daintree	Pesticide-free	Queensland
tea, earl grey	Yes	
tea, english breakfast	Yes	Sri Lanka
tea, green sencha	Yes	China
tea, green, fair-trade	Yes	Sri Lanka
tea, jasmine green	Yes	China
tea, kukicha	Yes	
tea, lavender flowers	Yes	
tea, liquorice root	Yes	
tea, nettle leaf	Yes	
tea, peppermint, Toby's Estate	Yes	
tea, raspberry leaf	Yes	Australia
tea, rosehip	Yes	
tea, vanillibos	Yes	South Africa

Sweet Treats

Product	Organic?	Origin
almonds, dark chocolate coated	Yes	NSW
almonds, milk chocolate coated	Yes	NSW
banana bread	Yes	
carob brownie	Yes	Wollongong
carob buttons		NSW
chocolate, bulk 70%	Yes	Switzerland
chocolate, Cocolo 100g (all but milk)	Yes	Switzerland
chocolate, Cocolo 100g (milk)	Yes	Switzerland

chocolate, Cocolo Easter eggs	Yes	Switzerland
chocolate, Loving Earth, 100g (Coconut / Dark)	Yes	Peru/Australia
chocolate, Loving Earth, 100g (Corn / Mint)	Yes	Peru/Australia
chocolate, Pana 45gms	Yes	Australia
chocolate. Pana, Xmas Pack	Yes	Australia
coconut date balls, edible	Yes	Australia
ginger, milk chocolate	Yes	NSW
licorice, dark chocolate	Yes	NSW
licorice, milk chocolate	Yes	NSW
licorice, spelt	Yes	NSW
macadamia, milk chocolate coated	Yes	NSW
macadamias, dark chocolate coated	Yes	NSW
muffins	Yes	Wollongong
muffins, christmas rum	Yes	Wollongong
oatmeal cookies	Yes	Wollongong
raw love balls	Yes	Australia
sultanas, milk chocolate coated	Yes	NSW
yummy bars, packaged	No	Australia