

TOOLANGI

Toolangi and Castella Community Garden

1719 Healesville-Kinglake Road, Toolangi.
Details about how to get involved with the toolangi/castella community garden, including food swaps
Contact: Tabitha



YARCK



Koala Country Orchards

Farm fresh cherries.
Sell direct to the public 7 days a week between mid November to mid January.
6547 Marrondah Hwy, Yarck
Contact: 57734250 or www.kco.com.au

Yarck Country Market

Third Saturday of the month.
9am-1.30pm
Yarck Hall, Maroondah Hwy, Yarck
Contact: 5773 4304 or www.visityarck.com.au

YEA

Yea Community Garden

Located on the front lawn of the Yea Police Station, Corner of Hood and High Street.
Participate through monthly working bees, quarterly gardening workshops, and/or contribute to the water and weeding roster.
Contact: Yea Community House on 5797 3070, info@yeahouse.org.au or Yea Community Garden on Facebook.



Yea Country Market

First Saturday of the month.
9am-2pm
Railway Park, Station St, Yea.
Showcasing the best in fresh local produce the market is a popular community event with the gold coin donation entry fee donated to local charities.
Contact: yeamarket@gmail.com
Or Yea Country Market on Facebook



DELIVERY

Ange's Fresh Fruit and Veg

Ange makes it easy to access fresh fruit and vegetables as she delivers boxes of seasonal produce straight to your door.
Contact: Ange to arrange home delivery on 0402299350 or Logg76@gmail.com or find her on Facebook.



Fresh, Local Fruit and Vegetables in Murrindindi



Where to access affordable, fresh, local, produce.

HEALTHY EATING

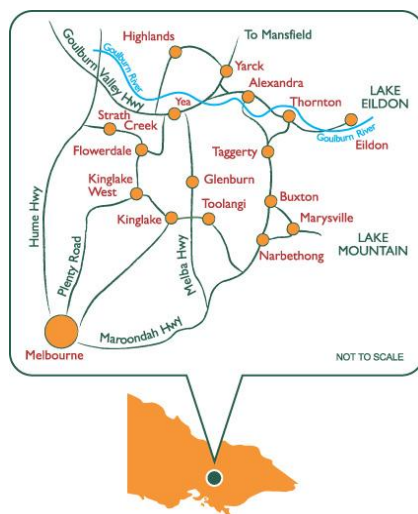
To meet the nutrient requirements for good health you should enjoy a variety of foods from each of the five food groups.

The five food groups are;

1. Vegetables/legumes/beans
2. Fruit
3. Grains (mostly wholegrain)
4. Lean meats/eggs/tofu/nuts
5. Dairy (mostly reduced fat)

Depending on your age and health status it is recommended that you eat roughly **5 serves of vegetables** and **2 serves of fruit** each day. For more information regarding dietary guidelines see www.eatforhealth.gov.au

This brochure outlines where you can buy fruit and vegetables locally in Murrindindi Shire.



ALEXANDRA

Alexandra Market

Second Saturday of the month
9am-1pm
Alexandra Timber Tramway, Station Street,
Alexandra

www.alexandratramway.org.au
market@alexandratramway.org.au

Alexandra Community Garden

Details about the Alexandra Community Garden and contact details



FLOWERDALE

Flowerdale Community Market

Third Sunday of the month
9am-1pm
Flowerdale Community Hall, Whittlesea-Yea Road, Flowerdale.

Contact: Alison on 5780 1223 or
Alron27@bigpond.com

Flowerdale Community Garden

2641 Whittlesea-Yea Road, Hazeldene.
Contact: 5780 2904 to get involved.

KINGLAKE

Bollygum Market

Second Sunday of the month
9am-1pm, Bollygum Park, Kinglake
Contact: Cheryl 5786 1696
Cheryl.phillips@smartchat.net.au

Kinglake Community Garden

Kinglake Ranges Neighbourhood House,
McMahons Road, Kinglake
Contact: 5786 1301
www.kinglakeranges.com.au
Produce supports the Food Share Program

Kinglake Produce and Artisan Market

Fourth Sunday of the month
9am-2pm, Kinglake town centre
www.kinglakemarket.com.au
or on Facebook



Apted's Orchards

Fresh unwaxed apples (all year) and pears (March-December).
Sell direct to the public at Kinglake and Arthurs Creek Farm Gates, also can supply local businesses and schools/ kindergartens for fundraising!
Kinglake address
Aptedsorchards.com.au or 0400088769

MARYSVILE

Marysville Market

Second and Fourth Sunday of the month.
9am-1pm.
Murchison Street, Marysville.
Contact: Louise 0405 146 961
olivetto@bigpond.com

STRATH CREEK

Wild Dog Natural Produce

Seasonal produce including strawberries, potatoes, peas, corn, pumpkin, broccoli, cabbage and garlic.
Farm gate sales at
179 Falls Creek Road, Strath Creek Friday, Saturday and Sunday between December until July or by arrangement.
Email: wilddognp@hotmail.com to check out what's available or to go on a mailing list for weekly updates.
Contact: 5784 9332 or 0418 560 738
or on Facebook

