



Your Online Organic Marketplace - Delivering Fresh Food & Groceries To You!

HomeFresh

ORGANICS

.com.au



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3715 5381



19 Staple Street
Seventeen Mile Rocks
Qld 4073

FAMILY RUN
& AUSTRALIAN
OWNED

New



Alpine Coconut Milk Yoghurt

Alpine Coconut Milk Yoghurt is a great alternative to standard yoghurts on the market. This product is **100% dairy free**, making it suitable for vegans and those with health conditions related to dairy products. Our coconut milk yoghurt is fully cultured which gives a consistent tangy taste and a creamy texture.

~~\$9.15~~ **\$8.15** 500g

New



Organic Prune Juice

From bloom to box, the Sowden Bros. are a 100% dedicated organic operation. Organic growers since 1981, Buzz and Bud Sowden are first generation farmers with nearly 350 acres of organic prunes located in Sutter County in the shadow of the Sutter Buttes in the soil-rich Sacramento Valley. Prunes are a powerful antioxidant, helping to neutralize harmful oxygen molecules in the body.

~~\$11.69~~ **\$10.00** 946ml

New



Yummy Organic Sesame Seeds

These Organic Sesame Seeds come from Yummy Snack Foods, a 100% Australian Family owned and operated company. Sesame has one of the highest oil content of any seed, rich in natural antioxidants and omega-6 fatty acids. Sesame seeds are high in calcium, iron, copper, magnesium, phosphorus. These minerals help to support healthy bones, muscles, blood, and nervous system.

\$5.50 500g

Try Our New **FREE RANGE Selection**

Our New **Byron Bay Free Range Beef** has a strong emphasis on the well-being of livestock from the primary level. Only British cross cattle are selected from recognised producers and then supplemented with silage and grain in their natural environment to promote maximum flavour and tenderness. This unique production system enables a quality and consistent product all year round.

Byron Bay
Free range
BEEF
Sustainable • Ethical • Celebrated
Natural • HGP Free • Pasture Fed Beef



- Byron Bay Free Range Diced Beef \$18.99**
- Byron Bay Free Range Eye Fillets \$42.99**
- Byron Bay Free Range Heart Smart Mince \$17.99**
- Byron Bay Free Range Low Fat Sausages \$11.99**
- Byron Bay Free Range Yearling Strip-Loin \$27.99**
- Byron Bay Free Range Premium Mince \$14.99**
- Byron Bay Free Range Yearling Rump Steak \$21.99**
- Byron Bay Free Range T-Bone Steak \$25.99**
- Byron Bay Free Range Rib Fillets \$36.99**
- Byron Bay Free Range Yearling Stir Fry \$19.99**





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A Quick Fruit & Veggie Seasonal Guide

MONTH	J	F	M	A	M	J	J	A	S	O	N	D
Apples												
Apricots												
Avocados												
Bananas												
Blackberries												
Blueberries												
Cherries												
Dates												
Grapefruit												
Grapes												
Honeydew												
Kiwi Fruit												
Lemon												
Lime												
Mandarins												
Mangoes												
Nectarines												
Oranges												
Passionfruit												
Paw Paws												
Peaches												
Pears												
Pineapple												
Plums												
Pomegranates												
Raspberries												
Rockmelon												
Strawberries												
Tomatoes												
Watermelon												

J	F	M	A	M	J	J	A	S	O	N	D	MONTH
												Asparagus
												Beans
												Beetroot
												Broccoli
												Brussels Sprouts
												Cabbage
												Capsicum
												Carrots
												Cauliflower
												Celery
												Chilli
												Corn
												Cucumbers
												Garlic
												Ginger
												Kale
												Leeks
												Lettuce
												Mushrooms
												Onions
												Parsnips
												Peas
												Potatoes
												Pumpkins
												Radishes
												Shallots
												Spinach
												Squash
												Sweet Potatoes
												Zucchini

Information courtesy of the Brisbane Markets