

# Traditional Food Directory - North

## Launceston

Asian Grocery Stores	Address	Contact details	Additional information
Asian Groceries & News Agents	95 St John Street, Launceston 7250 Opposite bus stop, next to Fuller book shop	P: (03) 6331 3807	Good selection of bulk and loose imported spices and herbs, legumes, grains and cooking utensils. Mustard leaves, fresh curry leaves and tamarind. Frozen vegetable range including okra and bitter gourd.
Teresa and Dulce's Asian Products	290 Hobart Road, Youngtown TAS 7249	P: (03) 6344 3466	
Wing and Co	Shop 3/4, 77 Georgetown Road, Newham	P: (03) 63263440	Red rice, barley, rosewater, ground mace, mustard oil, daikon radish, variety of Asian green vegetables, chilli and curry leaves Email: <a href="mailto:info@wingandco.com.au">info@wingandco.com.au</a> <a href="mailto:Launceston@wingandco.com.au">Launceston@wingandco.com.au</a> Website: <a href="http://www.wingandco.com.au">www.wingandco.com.au</a>  Opening hours: Mon-Friday 10-6pm Sat 10-4pm Public transport – Bus number two from the city, also number 10, 7 and 6.
Asian Products	Shop 391 Invermay Road Mowbray, 7248	P: (03) 6326 4200 F: (03) 6326 4250	Email: <a href="mailto:Asian@netspace.net.au">Asian@netspace.net.au</a> Wholesale available from 120A Invermay Road. Bus stop on Invermay Road
Koreana Mart	393a Invermay Road, Mowbray	P: (03) 6326 3335	Variety of speciality Asian items Bus stop on Invermay Road
Tsing Wah Asian	218 York St,	P: 63318867	Asian staples inc: rice, flours

Grocers	Launceston		greens, tofu noodles, chinese pastries etc Opening hours: Mon – Fri 9am – 6pm Weekends: 10am – 3pm
<b>Green Grocers</b>			
Chung Gon Grocer	66 Brisbane Street Launceston	P: (03) 6334 9966	Fruit, vegetables and small selection of spices. Near city public transport.
Invermay Fruit and Vegetable Market	145 Invermay Road Launceston	P: (03) 6334 9998	
Olde Tudor Green Grocer	Shop 10, 217 Westbury Road, Prospect	P: (03) 6343 5333	Daily 0830am-6pm No home delivery Variety of fruit and vegetables
Youngs Vegie Shed	47 Boland St, LAUNCESTON, TAS, 7250 Phone: phone	P: (03) 6334 1084 F: (03) 6334 1151	Opposite Coles/Kmart Racecourse shopping complex. Variety of fruit and vegetables, including Asian greens, celeriac
Ye Olde Greengrocer	248 Charles Street Launceston	P: (03) 6334 1456	
Legana Grove Green Grocer	Legana Grove Centre Unit 5, Legana 7277	P: (03) 6330 1033	
<b>Wholefoods</b>			
Eumarrah Wholefoods	54 Frederick Street, Launceston	P: (03) 6331 7682 E: <a href="mailto:Launceston@eumarrah.com.au">Launceston@eumarrah.com.au</a>	Opening hours are: Mon - Fri - 9am - 6pm Sat - 9am - 2pm
The Grain Grocer	Shop 2, Quadrant Plaza, 94 York St, Launceston	P: (03) 6331 4649 F: (03) 6331 4659 Email <a href="mailto:info@thegraingrocer.com.au">info@thegraingrocer.com.au</a>	<a href="http://www.thegraingrocer.com.au">www.thegraingrocer.com.au</a>  Opening hours: M-F 9-515pm Sat 0930-1pm  Bulk orders, all product lines and order forms available online. Sumac, maize, cracked wheat, sorghum, millet red or pink rice, barley, dal legumes, black eyed

			beans, mustard oil, asafoetida, mace, rosewater, herbs and spices, stock, maize, rice and millet flour.
Wholesome House	373 Invermay Road Mowbray TAS 7248	P: (03) 6326 9440	Mon-Fri 9am-6pm, Sat 9am-2pm and closed Sun Home delivery available (fee) Plantain, Tamarind concentrate, okra, sumac, frozen sweet potato and cassava leaves, rosewater, mace, sorghum, millet, red rice, legumes, chirua, flours and ground cassava root. New Africa supplies soon to arrive. Public transport Metro Bus to Mowbray
GoodFoods at Kings	124 Hobart Road, Kings Meadows	P: (03) 63437888 <a href="mailto:email@goodfoodsatkings.com.au">email@goodfoodsatkings.com.au</a>	Fresh fruit and vegetables, meat, dairy, nuts and grains, organic foods and grocery items.
<b>Supermarkets (in selected suburbs)</b>			
Coles Supermarket	15 Racecourse, Launceston	P: 6331 8533	Opposite Youngs Vegie Shed Fresh okra, celeriac, frozen and tinned vegetables, other grocery items. Opening hours: Mon-Sun 0600am-midnight Online ordering and delivery service
Coles Supermarket	159-163 Elphin Road, Newstead	P: (03) 63330389	Opening hours: Mon - Sun: 7am – 10pm Online ordering and delivery service
Woolworths Supermarket	262 Invermay Road Mowbray, 7248, TAS	P: (03) 6326-3000	Barley, pomegranate, broad beans, custard apple, cracked wheat and rosewater. Opening hours: Mon-Fri 7am - 10pm Saturday-Sunday 7am - 10pm Online ordering and delivery service
<b>Speciality stores</b>			
Mill Providore	Ritchies Mill (above Stillwater	P: (03) 6331 0777 <a href="mailto:info@millprovidore.co">info@millprovidore.co</a>	Speciality items and some fruit and vegetables.

	Restaurant), 2 Bridge Road, Launceston	<a href="http://m.au">m.au</a>	<a href="http://millprovidore.com.au/contact-us-2">http://millprovidore.com.au/contact-us-2</a>  Opening hours: Mon 8:30am – 5:30pm Tues– Friday 8:30 am – 5:30 pm Saturday 8:00 am – 5:00 pm Sunday 9:00 am – 4:00 pm
Alps and Amici	52 Abbott Street, East Launceston (corner of Arthur)	P: (03) 6331 1777 F: (03) 6334 1677 <a href="mailto:info@alpsandamici.com">info@alpsandamici.com</a>	<a href="http://www.alpsandamici.com/">http://www.alpsandamici.com/</a> Quinoa, polenta flour, legumes, Persian toffee, mohrabieh, sumac, pomegranate, red rice, mace, asafoetida and rosewater. Opening hours: Mon-Fri 0730am-630pm Sat 0800am-200pm No home delivery. Public transport on Abbott Street.
Trevallyn Grocer	1 Osborne Avenue Trevallyn	P: (03) 6334 9588	<a href="http://www.trevallyngrocer.com">www.trevallyngrocer.com</a> Some fruit and vegetables, rosewater, ghee, sumac (dried), mealie meal, samp, braai pap, semolina, quinoa, spices. Special orders welcome: <a href="mailto:info@trevallyngrocer.com">info@trevallyngrocer.com</a> or phone Jo McBain. Public transport bus stop out the front on Gorge Road.
<b>Markets</b>			<a href="http://www.discovertasmania.com/activities_and_attractions/shopping/markets">http://www.discovertasmania.com/activities_and_attractions/shopping/markets</a>
Launceston Esk Markets	Off Forster Street, at the showgrounds	P: (03) 6331 6044	Sunday 9am-2pm Fruit and vegetables, some plants
Lilydale Market	Main Street, Lilydale	P: 0438 614 228 E: <a href="mailto:lilydalevillagemarket@gmail.com">lilydalevillagemarket@gmail.com</a>	Every second Sunday 10-2pm (October – May)  <a href="http://www.lilydalevillagemarket.blogspot.com/">http://www.lilydalevillagemarket.blogspot.com/</a>
Evandale Market	Falls Park, Russell Street, Evandale	P: (03) 6391 9191	This market is out near the airport.  Opening Times: 8.00am - 2.00pm every Sunday

## Devonport, Burnie and surrounds

Asian Grocery Stores	Address	Contact details	Additional information
Asian Goods	4/35 Valley Road Devonport (opposite Polytechnic)	P: (03) 6424 3298 F: (03) 6424 3080 E: <a href="mailto:govill2005@yahoo.com.au">govill2005@yahoo.com.au</a>	<a href="http://asiangoods1.blogspot.com/">http://asiangoods1.blogspot.com/</a>
Asian Flavours	5/23 Ladbroke Street, Burnie	P: (03) 6431 4969	Mon-Fri 10-6pm, Saturday 9-12 noon  Stock includes palm sugar, lotus leaf, cuttlefish, black sweet rice, bamboo, preserved jackfruit, lotus nut, spices and cooking utensils.
Green Grocers			
Fourways Fruit and vegetables	124 Best Street, Devonport	P: (03) 64236646	Opposite Devonport High school
Mitchs Fruit Place	Formby Road, Devonport	P: (03) 6424 9860	Variety of fruit and vegetables, spices
Youngs Vegie Shed	317 Bass Highway	P: (03) 6431 6087	Variety of fruit and vegetables, Asian Greens
Island Fresh produce (wholesale)	95 Pardoe Road, East Devonport	P: (03) 6427 9900	Frozen bulk vegetables and fruit
Forth Fruit and vegetables	666 Main Street, Road, Forth	P: (03) 64283666	
Micks Fruit and Vegie Shed	34 Main Road, Wivenhoe	P: (03) 6432 4840 F: (03) 6432 4132	
Lochaven Produce	39 Alexandra Street, Burnie	P:	
The Big Apple Bakery, fruit and meat market	Spreyton		Kohl Rabi, local produce, some Asian greens, banana passionfruit, frozen and canned vegetables.
Country Wide Food Market			Frozen bulk vegetables and fruits
Wholefoods			
Burnie Wholefoods	8 Cattley St Burnie Tas 7320	P: (03) 6431 8608	Ghee, spices, coconut oil, some legumes and grains.  Opening Hours Mon-Fri 9am-530pm Sat 915am- 12 noon
Help yourself Wholefoods	88 Oldaker Street,	P: (03) 6424 4133	Organic foods, fresh fruit and vegetables, bulk foods, grains,

	Devonport		cereals, herbs, dried fruit and flours.
Leven Traders Health Foods	5 Reibey Street, Ulverstone	P: (03) 6425 4884	Bulk and pre-packaged wholefoods, flours and herbs.
<b>Supermarkets</b>			
Coles Burnie	26 Mount Street, Burnie	P: (03) 6431 4188	<a href="http://www.coles.com.au/Stores-Services/Locations-trading-hours.aspx">www.coles.com.au/Stores-Services/Locations-trading-hours.aspx</a>  Opening Hours Mon - Sun: 07:00 - 21:00pm.
Coles Burnie	5 Wilmot Street, Burnie	P: (03) 6431 4688	Opening Hours: Mon-Wed 8am - 7pm Thursday-Friday 8am - 9pm Saturday 8am - 6pm Sunday 9am - 6pm
Woolworths Burnie	230 Mount Street, Upper Burnie	P: (03) 6431-4850	<a href="http://www.woolworths.com.au/wps/wcm/connect/webSite/Woolworths">http://www.woolworths.com.au/wps/wcm/connect/webSite/Woolworths</a>  Opening Hours: Mon-Friday 7am - 10pm Saturday-Sunday 7am - 10pm
Woolworths	74 Best Street, Devonport	P: (03) 6424 8733	Opening Hours: Mon-Friday 7am - 10pm Saturday-Sunday 7am - 10pm Good range of traditional vegetables including large variety of fresh chillis, fresh okra, Asian green vegetables and other vegetables.
Coles Supermarkets	86 Best Street, Devonport	P: (03) 6424 6510	Opening Hours Mon - Sun: 07:00 - 22:00pm
Foodworks	156 Tarleton Street, East Devonport		Fruit, vegetables and some spices.
Foodworks	68 Don Road, Devonport	P: (03) 6424 3928	
IGA Supermarkets	59 Wright Street, East Devonport	P: (03) 6427 8242	
IGA Supermarkets	33 Valley Road, Devonport	P: (03) 6424 3724	

<b>Farmers Markets</b>		<a href="http://au.totaltravel.yahoo.com/directory/events/australia/tas/2/?filter=markets">http://au.totaltravel.yahoo.com/directory/events/australia/tas/2/?filter=markets</a>	<a href="http://www.discovertasmania.com/activities_and_attractions/shopping/markets">http://www.discovertasmania.com/activities_and_attractions/shopping/markets</a>
Don Markets	Don Memorial Hall, opposite Don River Railway, Forth Road	P: (03) 6424 6322	Every Sunday  <a href="http://au.totaltravel.yahoo.com/Listing/538388/australia/tas/thewesttas/cradlemountain/devonport/don-village-market/">http://au.totaltravel.yahoo.com/Listing/538388/australia/tas/thewesttas/cradlemountain/devonport/don-village-market/</a>
Burnie Farmers Market	Wivenhoe Show Grounds Burnie	P: (03) 6431 5882	1 <sup>st</sup> and 3 <sup>rd</sup> Saturday of each month
Latrobe Markets	Opposite Council Chambers Gilbert Street, Latrobe	P: (03) 6426 1955	Every Sunday 7am-3pm <a href="http://au.totaltravel.yahoo.com/Listing/542761/australia/tas/thewesttas/cradlemountain/latrobe/latrobe-market/">http://au.totaltravel.yahoo.com/Listing/542761/australia/tas/thewesttas/cradlemountain/latrobe/latrobe-market/</a>
Devonport Farmers Market		P: 0417 052 028	2 <sup>nd</sup> and 4 <sup>th</sup> Saturday
Penguin Market		P: 0409 306 122	Every Sunday

<b>Regional and mail order</b>			
Asian Grocery Store	Online store	<a href="http://www.asiangrocerystore.com.au/">http://www.asiangrocerystore.com.au/</a>	Range of Asian products available to order online.
Going Nuts	St Helens Online also	<a href="http://www.goingnutshealth.com.au/the-lost-seed/index.html">www.goingnutshealth.com.au/the-lost-seed/index.html</a>	Grains, spices, and also seeds for growing vegetables and fruits (many unusual) Online orders.
Forest Hill Farm – Organic Produce	520 Wilmot Road, Forth	(03) 6428 2416 <a href="http://www.foresthillfarm.com.au">www.foresthillfarm.com.au</a>	Wholesale and retail
Hillbarn	Delivery fruit and vegetables box business to Launceston, Windermere, Georgetown, Scottsdale, Perth and Hobart.	<a href="http://www.hilbarn.com/">http://www.hilbarn.com/</a>	Delivery of fruit and vegetable boxes (in two sizes) to various points. Home delivery also available.

### **Guide to Tasmanian Grown Fruit available from the Farm Gate resource**

This resource provides information on where to purchase fruit directly from the

farmer around Tasmania.

[http://www.farmpoint.tas.gov.au/farmpoint.nsf/downloads/C70922F35EF635EACA257520001F2981/\\$file/FarmGateGuideNov08Final.pdf](http://www.farmpoint.tas.gov.au/farmpoint.nsf/downloads/C70922F35EF635EACA257520001F2981/$file/FarmGateGuideNov08Final.pdf)

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If you know of a food business that could be included in the directory, or to make changes to the existing information, then please complete this form and post, fax or email to:

Community Nutrition Unit – Traditional Food Directory

Department of Health and Human Service

GPO Box 125 Hobart, 7001

Email: [Community.Nutrition@dhhs.tas.gov.au](mailto:Community.Nutrition@dhhs.tas.gov.au)

Fax: (03) 6222 7252

Effective: October 2011