



The Tassievore Pantry



A list of what is being grown,
produced & fermented in Tasmania

VEGETABLES

Lettuce & Salad greens
Asian greens
Kale
Cabbage
Broccoli
Cauliflower
Fennel
Cucumber
Zucchini & Squash
Asparagus
Pumpkin
Carrot
Beetroot
Parsnip, Swede, Turnip
Potatoes
Tomato
Tomatillo
Beans
Peas
Herbs (Coriander, Basil, Parsley, Thyme, Sage, etc)
Celery
Celeriac
Mushrooms
Onion, spring onion & leek
Garlic

GRAINS

Quinoa (grain & flour)
Spelt (grain & flour)
Pasta
Wheat (grain & flour)
Oats
Buckwheat
Bread

CHEESE

Ricotta
Mozzarella
Cheddar / tasty
Sharp/ vintage
Hard cheese (parmesan)
Soft cheese (brie etc)
Goat & sheep cheeses
Fetta
Haloumi

OTHER DAIRY

Yoghurt
Milk
Cream
Butter
Creme fraiche
Sour cream

PROTEIN

Chicken
Beef
Pork/ Ham/ Bacon
Fish & Shellfish
Wallaby
Lamb
Sausages
Eggs
Beans (chickpeas, broad beans, lentils, adzuki)

NUTS & SEEDS

Linseeds
Walnuts
Hazelnuts
Chestnuts
Poppy seeds

DRINKS

Juice
Wine
Beer
Gin
Whisky
Cider
Green, Black & Herbal tea
Soft Drinks
Kombucha

FRUIT

Apples & Pears
Cherries
Berries
Stone fruit
Feijoa
Currants
Quince, Figs, Tamarillo, Pepino & more
Passionfruit
Lemon & some citrus

MISCELLANEOUS

Olives
Olive oil
Canola Oil
Honey
Apple juice concentrate
Wasabi
Flax (seeds & oil)
Apple cider vinegar
Wakame & other
Seaweed
Spices
Miso
Sauerkraut
Sea salt





Pure Tasmanian Sea Salt Flakes

Infused by its natural environment Tasman Sea Salt is a robust bright white sea salt flake with an incredible depth of flavour.

TASMAN SEA SALT

Contact: chris.manson@tasmanseasalt.com.au



Harvest Feast, Fresh Food Specialists

Super fresh quality local, certified organic & bio-dynamic produce at Salamanca Market, right outside "The Whaler"!



Salamanca Markets every Saturday.
Email Michelle :
harvestfeasttas@gmail.com



Willie Smith's Apple Shed: Local history, real cider, great food and events.

Willie Smith's Apple Shed is a place to learn about the history of the Huon Valley whilst enjoy great food and cider.



appleshed@williesmiths.com.au
(03) 6266 4345
2064 Huon Highway,
Grove TAS



Diemen Pepper - Tasmania's own Native Spice

Our sweet pepperberry combines sweet, berry flavours with a sharp spicy heat – use like a normal pepper – crushed, cracked or whole – best later in the preparation or on the table.



www.diemenpepper.com
0407 781 600
3866 Channel Highway,
Birchs Bay TAS 7162

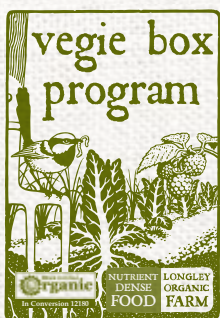


Amazingly feisty cold pressed Extra Virgin Olive Oil

Local family olive grove producing award winning Extra Virgin Olive Oil. Real taste, real love.



www.zigzagfarm.com.au
0488 707 073
175 Zig Zag Road,
Sulphur Creek TAS 7317



Longley thyme, oregano and bay

Longley Organic Farm is currently offering new subscriptions for our certified organic veggie boxes grown with love (and biological farming techniques)!



longleyorganic@gmail.com
(03) 6239 6318
1690 Huon road,
Longley TAS 7150



Tasmanian grown hand harvested saffron

Available products – Premium saffron – Growers Own Tasmanian saffron gin- saffron tea – handmade saffron chocolates.



www.tas-saff.com.au
(03) 6295 1921
155 Dillons Hill Road,
Glaziers Bay TAS 7109