

# Food Miles & Green Suppliers Report

Crystal Creek Meadows Luxury Cottages & Spa Retreat

JULY 2017-18

Prepared by Warren & Associates

[www.chriswarrenonline.com](http://www.chriswarrenonline.com)

Crystal Creek Meadows aims to select closest quality suppliers/producers so that we can offer our guests great tasting food that has a light environmental foot print. This is because:

- The shorter the distance our food travels the less Greenhouse Gas Emissions produced
- The less packaging the less waste
- The low or no use of chemicals is a better way to treat Australia's sensitive ecosystems
- Supporting traditional or varied species protects our food supply

Our guests benefit from great seasonal local produce that lets them discover the local delicacies.

## Results 2017-18

- Sourced local milk from Berry

## Targets for 2018-19

- Buy recycled glass jars for our own preserves rather than buying new containers
- Encourage guests to make their own freshly squeezed juice from our pink grapefruit
- Develop a plan for the Friendly Inn Garden group to buy produce

Items	Supplier	Location <i>Supplier, producer, source</i>	Supplier distance <i>from Kangaroo Valley - km</i>
Herbs: Basil, Mint, Oregano	Crystal Creek Meadows	Kangaroo Valley – our herbs	0
Free Range Eggs	Crystal Creek Meadows	Kangaroo Valley – our chooks	0
Rhubarb	Crystal Creek Meadows	Kangaroo Valley – our garden	0
Citrus Fruit: Pink Grapefruits, Lemons, Mandarins, Kumquat, Oranges	Crystal Creek Meadows	Kangaroo Valley – grown on the orchard	0
Cleaning Products	Crystal Creek Meadows	Kangaroo Valley – made on the property using only native Australian essential oils	0
Bath & Beauty	Crystal Creek Meadows	Kangaroo Valley – made on the property using majority (over 75%) of essential oils and premium products sources from Australia	0
Restaurant	The General	Kangaroo Valley – seasonal menu	3
Restaurant	Bistro One 46	Local produce	3

Restaurant	Jing Jo Thai	Kangaroo Valley – own vegetable garden	3
Bread & Cakes	Kangaroo Valley Bakery	Kangaroo Valley – flour sourced from central NSW	3
Fruit and Vegetables (part organic)	Friendly Inn Gardens	Berry Mt.	3
Olives	Kangaroo Valley Olives	Kangaroo Valley – table olives and tapenades	6
Yogurt	Kangaroo Valley Yogurt	Range of freshly produced yogurts made from Kangaroo valley milk	6
Olive Oil	Banksia Park	Extra virgin oil in Kangaroo Valley	10
Wine, port, pickles	Yarrowa Estate	Kangaroo Valley – own vineyard	20
Chocolates	Treat Factory	Berry – chocolate sourced from Belgium ingredients from Australia, made in Berry	20
Curries	Beriharikuri	Berry – locally sourced vegetables and meat	20
Organic Fruit & Vegetables	Berry Seed Store	Nowra – sourced from Cambewarra, Kangaroo Valley and Sydney markets	20
Milk	South Coast Diaries	Berry processing plant	20
Coffee	Coffee Fix	Fair Trade coffee roasted in Nowra	25
Eco friendly laundry detergent	Jennings MacDonald	Nowra – sourced from Queensland	25
Bacon & Sausages	Maugers Meats	Burrawang – their own farm	25
Wine	Two Figs	Shoalhaven Heads	40
Award winning Ham	KV Grocery	Sourced from Camden farm	140
Aboriginal Crafts	Red Cockatoo	Katoomba – recycled paper, vegetable inks	180
Vintage cheese	South Coast Cheese	Small family business with their own dairy herd	260
Smoked Salmon	Tassel	Produced in Tasmania. Company have both climate change and environmental policies	1280
General Groceries	IGA (Berry) and Woolworths (Nowra)	Household items, general food items	Australia