

eurobodalla food guide





While the eurobodalla is famous for its oysters and dairy there is much more to discover for those who enjoy knowing where their food comes from and for those who relish the quality of produce you can only find at the farmgate, a market or served by a takeaway, café or restaurant.

This eurobodalla food guide promotes those local businesses and proveedores who qualify to be included and who showcase our wonderful local produce and the wealth of value added product we believe reflects the sentiment of eurobodalla.... all kinds of natural.

You will note that there are no advertisements. The businesses mentioned are identified on their merit. Those mentioned were found to be worthy of commendation at the time of publishing.

I encourage you to explore the region and to enjoy our local markets, ask our local food outlets what local products they provide and source. Often the inclusion of local produce is understated—that exceptional yellow of your breakfast scrambled egg will most likely indicate the egg comes from a free range chicken just down the road. The herbs, the vegies will taste fresher, be crisper, and our local seafood is usually so fresh it was only in the water the day before.

Enjoy— Lei Parker, editor of the South Coast Travel Guide



SOUTH COAST TRAVEL GUIDE

Your comprehensive travel site covering the
Eurobodalla nature coast from South Durras to The Tilbas

www.southcoasttravelguide.com.au

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Explore the Eurobodalla oyster trail

The Eurobodalla area is part of Australia's Oyster Coast with the world's finest oysters available fresh from the farm gate.

These exceptional oysters are produced locally in three of the most environmentally aware estuaries in the world producing oysters with their own signature taste and appeal. Just as wine regions have a 'terroir' depending on their climate and soils, oysters have their own distinctive 'merroir' reflecting the essence of the waters in which they live and feed. Taste also varies according to species, seasons and rainfall events.



Australia's Oyster Coast is home to three species of premium oysters, each with its own texture and palate.

Each of the oysters from the different regions of Eurobodalla have their own particular flavour, coming as they do from three very diverse estuaries. 'Every estuary, even different leases within an estuary, have a different flavour,

From the deep, fast-flowing Clyde, oysters emerge salty and sweet.

From the shallower Narooma, they're also salty but sharper.

From Tuross Lake, they're "super creamy and fruity".

The Sydney Rock oysters from Tuross Lake grow in a barrier system, protected from the ocean and local Tuross growers say their taste varies from bay to bay.

Narooma grower David Maidment says he could certainly tell an oyster from Tuross, where he has also farmed, from one grown in Narooma.

"Tuross oysters are softer and fresher, influenced by the large river that runs from the back of Cooma towards the coast. Generally an oyster grown in a lake such as Tuross, Wagonga or Wapengo will have a lot more flavour than those cultivated in a river. River oysters acquire their particular taste because they experience high salinity being grown to the mouth of the sea and having two flushing tides each day."

You be the judge - try them all



Oysters take three years to grow, traditionally on the thousands of long sticks which can be seen at low tide on many of the waterways throughout Eurobodalla.

The stick method was introduced in the 1950s and is still carried out today however it is being phased out as local oyster growers change their infrastructure from old tar based sticks to new environmentally friendly recycled plastics.

The work with sticks and with the new basket systems is labour intensive with each oyster stick or basket being moved every year, one by one.

And young oysters don't have an easy time of it. They need protection from fish such as bream, from stingrays and from the sooty oyster catchers, the birds whose elegant long legs and piercing bill are designed to make them an efficient oyster-destroyer when they make just one hole however the new basket systems are offering far better protection to the oyster

The Sydney Rock Oyster

Australia's prestige native oyster, sought by high-end restaurants the world over for its uniqueness and incredible taste. Found only along the south-eastern Australian coastline, the Rock Oyster is distinguished by its creamy, firm texture. It is one of the cleanest oysters in the world and the saltiness is slight, leaving a fresh, mellow aftertaste on the palate that is unique.

The Angasi Oyster

The rare flat native oyster of Australia – farmed exclusively for hand-picked outlets across Australia and Asia. Full of flavour and texture, the Angasi Oyster is very rich and meaty. Difficult to come by due to its scarcity, the Angasi is truly special. In best condition, they are plump, full bodied and have a stronger flavour than other species.

The Pacific Oyster

The Pacific Oyster was introduced into Australia from Japan. Grown under carefully managed environmental conditions to five different export sizes, the Pacific Oyster is the most prolifically grown oyster in Australia. It is characterised by its fresh, clean and salty flavour. Plump in size, the Pacific Oyster leaves a clean, fresh aftertaste.

Seasonality

With three different oyster species and eight estuaries across 300 kilometres, Australia's Oyster Coast produces premium oysters all year round. Seasonally, Sydney Rock oysters are usually at their peak during the warmer months; Pacific oysters can be enjoyed throughout the year; and Angasi oysters are at their best in winter.



PACIFIC OYSTERS



SYDNEY ROCK OYSTERS



ANGASI OYSTERS



Our Eurobodalla Oysters:

The Clyde River

The Clyde (Bhundoo) River was named by Alexander Berry after the famous Scottish river and was discovered it to be navigable in 1854 opening it the area up for settlement. Oyster farming began on the Clyde around 1860. Today twenty two farms produce the much loved Sydney rock oyster, which is considered by many connoisseurs to be the finest in the world.

Clyde River oysters are available to sample at their finest from these outlets:

The Oyster Shed on Wray Street, The Last Shed on Wray St, Batemans Bay (02) 4472 6771

The Pearly Oyster Bar, 6 North St, Batemans Bay, (02) 4472 7288

Berny's at Batehaven, 246 Beach Rd Batemans Bay 472 4947

One of the best ways to learn about the local cultivation techniques, the science behind farming, oyster varieties and life as an oyster farmer is to book into an Oyster Kayak Tour and be treated to savour freshly opened oysters taken from the river that morning. Oyster Kayak Tour starts with introduction of the equipment and paddle practice, prior to slipping onto the calm smooth waters of the Clyde river in a double sea kayak.

Clyde River oysters are available in many of the local restaurants and cafes.

Tuross Lake

As you explore Tuross Lake you will still see thousands of oyster growing sticks lying neatly in the water at low tide.

Ask for Tuross Lake oysters at The Tern Inn, Pickled Octopus, Tuross Boatshed Cafe, Tuross Service Station, Tuross Supermarket and Tuross Head Country Club. They are also featured on the menu at The River Restaurant, Moruya and are **available at John and Willys Suppliers of Food at the roundabout, Emmott House, 87 Campbell St , Moruya**

Narooma

The Narooma Oyster Festival, held every year in May, celebrates South Coast NSW oysters and our region's best from farmgates up and down the coast. You can also take a guided tour on the Wagonga Inlet with Narooma Oyster Tours 0413849886. Wagonga Inlet has stunning oysters that are available to sample year round from the farmgates located in town and just out of town on the western Inlet foreshore.

~ **Blue Water Seafoods—1/40 Princes Hwy, Narooma NSW 2546 4476 3222**

~ **Narooma Bridge Seafoods - Oyster Sales at the bridge, Princes Highway, Narooma**

Narooma Oysters are also served at The Oyster Farmer's Daughter at 279 Riverview Rd, North Narooma The Quarterdeck Restaurant, Riverside Drive, Narooma, The Whale Motel, Narooma and available at other outlets across the town.

Discover our dairies

The famous **Bodalla Dairy Shed Cafe and Cheese Factory** is well worth a visit! Their local milk is used to make incredible ice cream, cheeses & stunning thick shakes.

Their milk is pasteurised but not homogenised so it's the freshest, tastiest and healthiest milk you can buy! They have cheese tasting of their award winning Australian handmade bush, nuts and seeds cheese. It didn't feel right to see all of Bodalla's milk being processed by the big manufactures... so Bodalla Dairy built a micro-dairy in the heart of town where they bottle milk exactly the way it should be – with locals, by hand, in small batches at very low temperatures to keep the milk alive and brimming with fresh grassy goodness, for families who care about living milk. **52 Princes Hwy, Bodalla 4473 5555**



Tilba Real Dairy is a 100% Australian family owned and run business with a passion for creating products of the highest quality using the best ingredients available.

With a multiple award winning business, Nic and Erica Dibden are the proud owners of Tilba Real Dairy and operate a dairy farm in the picturesque Tilba Tilba Valley milking beautiful Jersey cows. From this pure jersey herd and the unique Terre Noire of Tilba, they produce the creamiest milk, yoghurt, cheese and milkshakes that will blow your mind and tantalize your taste buds. **37 Bate St, Central Tilba 4473 7387**

Eating out options around the Eurobodalla

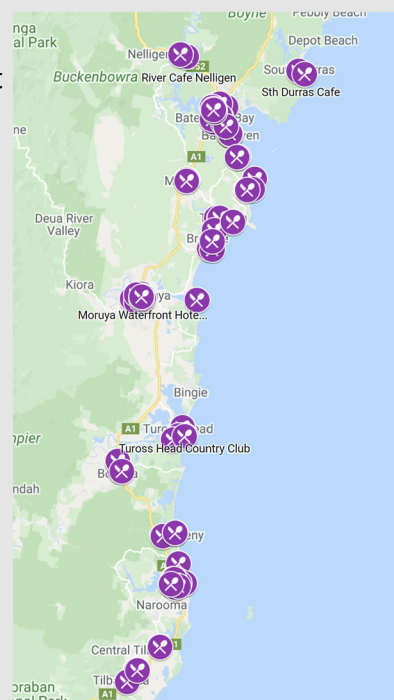
Up and down the Eurobodalla coast you find all manner of places to eat that suit most tastes and budgets. An often overlooked fun, inexpensive options for eating out on your holiday is to enjoy a BBQ at one of the dozens of stunning parks and public spaces in the Eurobodalla.

A wonderful way to enjoy fresh local produce at an affordable price is to source your protein locally, add to it a variety of locally grown fruit and vegetables and finish up a perfect picnic with freshly baked local breads, cheeses and preserves.

For ALL of **the known** eating options across the Eurobodalla, from takeaway to cafes, and from restaurants and pubs to fine dining search the South Coast Travel Guide via its interactive map or go to **each of the Town Pages on the South Coast Travel Guide website** (www.southcoasttravelguide.com.au) .

There is no favouritism in our listings - **all known providers are listed** because that is what you need to know when you're hungry.

Most options provided have a link to a website or menu so be sure to explore.



South Coast Wines

The Far South Coast isn't exactly famous for winemaking, however there are some excellent vineyards around and a good wine takes time to develop a reputation.

To our north are the vineyards of Shoalhaven that are coming into prize winning maturity having rightfully secured over 1,000 Australian & International awards.

The Shoalhaven Coast wine growing region stretches from Kiama in the North to Durras in the South, and west to Kangaroo Valley.

Growers in the Shoalhaven include:

Yarrowa Estate

Roselea Vineyard

Silos Estate and Wileys Creek

Mountain Ridge Wines

Coolangatta Estate

Two Figs Winery

Cambewarra Estate

Cupitt's Winery

Bawley Vale Estate



The Shoalhaven region has flourished over the past 20 years producing a wide range of varieties including Chardonnay, Verdelho, Sauvignon Blanc, Semillon, Chambourcin, Cabernet Sauvignon and Shiraz. In recent years new exciting varieties have been planted and are now available for tasting at cellar doors. These new varieties include Arneis, Viognier, Tempranillo, Sangiovese and Tannat.

The very well attended Shoalhaven Coast Winter Wine Festival is held each year over the June Long Weekend and is well worth the visit.

From Durras south it becomes a little more difficult to find a Far South Coast wine to compliment your meal however the Tilba Valley Winery at the southern end of the shire offers, via their cellar door, a selection of wines made on site which includes semillon, traminer, riesling, shiraz, cabernet sauvignon and a Australian-style port and muscat.

The winery has a fermentation capacity of some 15,000 litres and produces about 600 cases of wine per annum, almost all of which is sold at the cellar door.

Further south, the Sapphire Coast wine industry is in its infancy but all the right 'ingredients' are in place: good wine is born from good vines planted in good soil and nurtured by people who are passionate about their produce.

The seven-acre Mimosa Wines vineyard has been established since initial plantings in 1999. Winemaker Glenn Butson appreciated the challenges involved with growing grapes in this fickle maritime climate and selected Chambourcin, Verdelho, Tempranillo and the ultra premium Spanish white Albarino for their compatibility with the terroir and lifestyle of this unique area.

With biodynamic practices employed to invigorate soils and combat disease, and passionate wine-making producing innovative wine styles, these selections have proven inspirational.

Mimosa Wines has an excellent cellar door and is well worth calling into.



The Essential things to SEE in the Eurobodalla

Here's your definitive guide of the best local spots and things to do, as told by locals

The MUST SEEs of the Nature Coast listed below are the things that we feel really make the area and showcase it.

Let's start with **THE BEACHES**.—There are 83 of them and each and everyone of them is unique. They have different sand textures, different colours and grain size, different aspects with considerable differences in the backdrop of vegetation and geology from rolling dunes to ochre cliffs, from grasses verges to granite bouldered tumbles.

BINGIE BINGIE is a perfect example of our unique geology. The beach to the north is quite different to that on the south of it's Bingie Point where you will find truly unique rock formations of tumbled tonalite granite and 370 million year old magma veins. Even just a little further north at Candlestick beach or Honeymoon beach at Mullimburra Point you will notice the change again. This is gorgeous country to explore if you take the time to look at the small details.

BROULEE ISLAND is a must see as it has it all from dunes to beaches, rock ledge pools to worn rumble tumbled stones the size of your fist and you can take it all in within a few hours circumnavigating the island.

The **TUROSS FORESHORE** introduces you to Coila Beach in the north and follows the ocean front south to Main Beach and then the Tuross Head River mouth. Along the way are several detours out to viewpoints that are simply stunning.

To the south is **MILL BAY WALKWAY** that traces along the Wagonga Inlet foreshore. This too is stunning and a must see if you enjoy watching the tide go by and the backdrop of the mountains behind Narooma change colour as often as the waters of the inlet do.

MOGO ZOO is a must see because it is a private zoo that plays a vital role in the recovery and breeding of endangered animals. The zoo is a pleasure to walk through and the zoo guests are a happy healthy lot who will enjoy seeing you call by to support them.

THE TILBAS to the south are also a must see as they sit in a picturesque valley at the base of Gulaga Mountain. Central Tilba is a National Heritage township which has captured the style of the time. The town is a mecca for those who enjoy quality crafts, excellent cheeses and maybe even a **walk up Gulaga**.

Having achieved all of those land based sites it might be time to visit **MONTAGUE ISLAND** and meet the locals out there from hump back whales to dolphins, seals, sharks, penguins and fish... lots of fish.



The Essential things to DO in the Eurobodalla

Here's your definitive guide of the best local spots and things to do, as told by locals

The **MUST DOs** of the Nature Coast listed below are exhausting, from rising in the morning to swim, to cycle or kayak, and then there are the local markets, the art galleries, the walks, the drives, the whale watching from a land based vantage point or from the air which leaves little time for fishing or just sitting back under a tree with a tablet learning about our local history.

Maybe take time to have a picnic at one of our many Parks and Reserves that provide free BBQs. Eurobodalla has dozens of parks and public spaces in many picturesque locations.

And somewhere in between make some time to spend time in our many cafes or in restful slumber. It might be best if you stay longer.

All the information you need for a great South Coast holiday is available on the **South Coast Travel Guide** website that covers:

ART GALLERIES	CYCLING	DISCOVER OUR HISTORY	DRIVES
FISHING	GOLFING	KAYAKING	SCENIC FLIGHTS
SURFING	TOURS	WALKS	WHALE WATCHING

and our **LOCAL MARKETS** are held across the region where you can find fresh produce and locally grown or created fare.





Eurobodalla Markets

Tuesdays:

SAGE Farmers Market at *Riverside Park*, **Moruya** 3pm onwards

When you buy something at the SAGE Farmers Market, you can be confident that the person you're buying it from either grew it, harvested it or made it. That's what makes a farmers market different. There are no middle-men, no wholesalers and everything was grown and made within our local area. When people can buy local produce every week as part of a normal shopping routine, it has a huge impact on the community. The public demand for locally grown and locally made is enormous and shows no sign of diminishing.

Thursdays:

Batemans Bay Makers & Growers Market: held every Thursday at Market Place - 2 Edward Road, Batehaven. 10.30-2.00pm. There is a sister market held Wednesday 11.30 -2.30 at 158 Edward Road, Batehaven.

The Batemans Bay Makers and Growers Market brings together a diverse range of locally grown fresh food, baked goods and quality handmade items. It is held every Thursday in the Batemans Bay Community Centre from 11.30am - 2.00pm.

Bermagui Growers Market (right) is held in the lee of the *Bermagui Fishermen's Wharf*, each Thursday afternoon.

Stock up on things for your own kitchen as well as the ready to eat goodies prepared just for the occasion. Think oysters, breads and dairy, freshly harvested fruit and vegetables, spices and sauces and sweet treats. When the market closes at 6pm, grab a spot on the foreshore watch the sun go down.

During spring and summer daylight saving time the market is held from 3pm to 5pm and in autumn and winter from 2.30pm to 4.30pm.

While Bermagui is south of the Eurobodalla it is a great day trip and well worth exploring for its cafes, restaurants and sights so put aside a whole day and wander.



Eurobodalla Markets continued...

Saturdays:

Moruya Country Markets at *Riverside Park, Moruya 7:30am to 1:30pm*

Browse around 120 stalls, many local quality arts, hand crafts, fresh produce and more. Enjoy the beautiful river scenery and bustling Moruya Country Market atmosphere. Be taste tempted by stalls with delicious hot & cold food, drinks & fresh juice.

Wide concrete paths at Riverside Park provide easy access for everyone. Large children's playground with great flying fox, slides and swings. Lots of carparks or drive down the back for easy parking. Listen to live music by talented local musicians.

Central Tilba Growers Market *8am to 12pm Central Tilba Big Hall*
Make it, Bake it, Sew it, Grow it. Inside Central Tilba Big Hall in the main street. Being indoors, it is a great outing Rain, Hail or Shine!

A variety of stalls selling a range of products including fresh fruit and vegetables, free range eggs, local honey, jams and preserves, delicious baked treats, plus much more.



Sundays:

Sunday Markets @ Clyde River Foreshore - *1st Sunday of the month 9am to 1pm*

Sunday Markets Batemans Bay are on the 1st and the 3rd Sunday of the month. You will find many different stalls from fresh produce, food stalls, coffee to clothing, candles and home decorations.

Nelligen Markets *2nd Sunday 9:30 til 2pm Nelligen Mechanics Institute Hall*

Local arts, crafts, preserves, plants, bric-a-brac... treasures for everyone. Held in the Nelligen Hall every second Sunday of the month. Spend the day on the beautiful Nelligen foreshore.

The **Dalmeny Meet The Makers Markets** - *2nd Sunday of month @ Dalmeny Community Hall* on Mort Avenue Dalmeny, starting at 8.30am till approximately 1pm. You will find some amazing Homegrown and Handmade goodies and get to have a chat with the very clever and passionate Makers! Hosted By: The Narooma District Lions Club

Narooma Rotary Markets - Fourth Sunday of the month, NATA Oval Narooma (behind Visitors' Centre) 8.30-1pm. A wide variety of stalls including plants, produce, clothing, jewellery, crafts, timber products, handbags, preserves, spices, paintings, tools, antiques, collectables, bric-a-brac and more. Food stalls include pizzas, coffee & pastries, barbecue, smoothies & juices.

