

African Food available in Wollongong

The African Community Garden and Food Supply Project – Richard Norrison

Leisure Coast Fruit Markets - 75 Princess Hwy Fairy Meadow

Fresh fruit, vegetables and meats plus dried, canned and frozen foods

- Chilies (long, short, green, red, hot and mild - outside and in fridge inside)
- Sweet potato (white and orange - stored outside)
- Eggplants (long, egg, small white and red/white striped - stored outside and fridge)
- Tomatoes (all varieties - stored outside)
- Okra (stored in the fridge inside)
- Fresh Cassava (seasonal only from Jan – April stored in fridge inside)
- Plantain (possibly available on order at the moment)
- Maluka fresh (possibly available on order now)
- Dried Black eye beans (stored inside in dry bean containers on two aisles)
- Dried Broad flat white beans (stored inside in dry bean containers)
- Fresh Beef (packaged in fridges with other fresh meats)
- Fresh Goat (available most of time call Steve the butcher on 0409 455 968 to check)

Wollongong Nut and Deli Hut - 102 Kembla St Wollongong

Dry fruit, nuts, beans, rice, flours etc and some frozen foods

- Black eye beans
- White beans
- Frozen Maluka (Crin Crin)

Vina Asian Food Store - 2a Victoria St Wollongong

Dried, tinned, frozen foods plus fresh meat and some vegetables and fruit

- Frozen Cassava (in small freezer near the standing fridges)
- Frozen grated cassava (in small freezer near standing fridges)
- Fresh eggplants (seasonally near entrance doorway)
- Fresh chilies (seasonally near entrance doorway)
- Fresh Goat meat
- Fresh Beef