



GOURMET SHOPPING

10 of Perth's finest foodie destinations

Perth

1 FREMANTLE MARKETS: more than 150 stalls offering everything from ocean-fresh seafood, fruit and vegies, cheeses, freshly baked bread, coffees, gourmet foods, herbs, spices, health food, painted t-shirts, cane-ware, pottery, fantastic clothing, finely crafted jewellery and more. Open Thursday, Friday, Saturday, Sunday and Monday Public Holidays.

2 CITY FARM ORGANIC GROWERS MARKET: buy direct from the farmers and producers who grow only organic produce. Saturday mornings, Lime St, East Perth, next to the Claisebrook railway station.

3 GOURMET GOODIES: For gourmet goodies head to David Jones gourmet food hall on its lower floor. Hay Street.

4 NEW NORCIA WOODFIRED BAKERY: the Benedictine monks of New Norcia, 133km north-east of Perth, are famous for delicious New Norcia bread, rich nut cakes and slightly sinful pan chocolatti cooked in a traditional wood-fired oven in the abbey bakery. Good news is you don't have to travel all the way to New Norcia to get some: there are bakery shops and cafes in Subiaco (Bagot Road just off Rokeby Road) and at 163 Scarborough Beach Road, Mount Hawthorn.

5 THE SWAN VALLEY: just a cork's pop from Perth (less than 30 minutes drive) is Western Australia's oldest wine growing region. The 30 or so wineries in this pretty valley cut through by the lazy Swan River produce some very good chardonnay, shiraz, chenin blanc, verdelho and fortified wines, without much of the wine snobbery that you find in the glitzy cellar doors in the south of the state. The best way to explore the valley is on the signposted, 32 km loop Swan Valley Drive, which begins and ends in Guildford.

6 SWAN VALLEY CHEESE COMPANY: a boutique cheese factory producing a range of gourmet cheeses. Watch the cheese being made while you taste. Great Northern Hwy, Herne Hill. Open daily, 10am-5pm.

7 HERVEY CHEESE: WA cheesemaker, Hervey Cheese, has a cheese pantry with more than 31 styles of cheese at Merrich Estate Mediterranean Kitchen in the Swan Valley. Cheeses available include blue vein, washed rinds, brie, feta, Romano and ricotta. Open Wednesday to Sunday. www.merrichestate.com.au.

8 BICKELY VALLEY WINE TRAIL: Head into the Darling Range and follow the Bickely Valley Wine Trail, a pretty signposted trail that winds through the hills and visits 11 wineries. The Perth Hills is an emerging wine region, where many of the cellar doors are just that – the back door of small family-run operations that produce small quantities of premium wine that you won't find on bottle shop shelves and more often than not you'll have to call the owners in from the vines they are working on..

9 MIDLAND FARMERS MARKET: buy the best of the Swan Valley's seasonal produce direct from the growers every Sunday, 8am to 3pm.

10 AMANO: located in Cottesloe, this unique European-style cookware store has just about everything the passionate cook could need – or want. It is complimented by a modern cooking school showcasing local, national, and international guest chefs and food professionals. 12 Station Street, Cottesloe.