



## The Good Earth Café

The Good Earth Café occupies a beautiful historic building overlooking the North Ground reserve on the corner of St David and Cumberland St, in the university precinct of Dunedin. Owner Jill Guy has run cafés for years, and is also a Soil & Health member – you can read copies of *Organic NZ* while you relax in the convivial, light and airy ambience.

The Good Earth offers 12 predominantly organic, free range and locally sourced options on its blackboard menu, as well as a daily special. Counter food includes salads, frittata, filled breads, cakes, slices and tarts.

Roz Sharp, the Good Earth's talented head chef, cooks contemporary international recipes, adding her own twist to dishes that are exciting, adventurous and colourful. The cooks bake and create in the kitchen everything served in the café, including all of the jams, relishes, chutney and salsas. Roz and Jill each have extensive herb gardens that supply the café for its pestos, flavourings and garnishes.

They are proud to design menus showcasing the products of Dunedin artisan bakers Levito, Spelt and Hearth. NZ Bio Grains supplies organic flours and sugars for the Good Earth's fabulous baking, which constantly changes with available seasonal

fruits, and fair trade organic coffee is supplied by the Strictly Coffee Company.

Jim O'Gorman, organic vegetable grower extraordinaire from Kakanui, sends weekly consignments of vegetables: leafy greens, heritage potatoes and tomatoes. The Saturday Dunedin Farmers' Market provides more organic vegetables from Brydone Growers, and other smaller local stalls offer a varying array of goodies.

Weekend brunches are a bustling affair, with customers from north-end motels and other regulars filling the sunny courtyard and streetside tables. University faculty members, students, professionals, pensioners and cycle tourists make up the loyal customer base.

Recycling is an important part of The Good Earth's philosophy. Besides recycling paper, plastic and glass, plate scraps become chicken food, spent coffee grinds go to the North East Valley community gardens. They use recycled paper serviettes, coffee tray, and loo paper, as well as biodegradable cleaning products. The Good Earth Café also likes to give back to the community, and one example is the supply of free cooked breakfasts to a local school. ☑

### Pumpkin and kumara fritters

Makes about 12 fritters.

- ½ cup grated pumpkin (tightly packed)
- 1½ cups grated kumara
- 1 cup flat leaf parsley
- 2 spring onions
- 1 cup rice flour
- 1 egg (beaten)
- 1 orange (juice and zest)
- Salt and pepper to taste
- Cononut oil / olive oil to fry

1. Grate pumpkin and kumara and put in a bowl.
2. Finely chop the parsley and spring onions and add to the bowl.
3. Add one cup of rice flour and mix together.
5. Add beaten egg, orange juice and zest, and salt and pepper. Mix together.
6. Using your hands, create small fritters.
7. Oil frying pan and cook for approximately 6 minutes on each side.

Serve with homemade relish and a tossed green organic salad, sprinkled with roasted seeds.



#### The Good Earth Café

765 Cumberland St, Dunedin  
[thegoodearthcafe.org.nz](http://thegoodearthcafe.org.nz) | 03 471 8554

Opening hours:

Monday to Friday 7 am – 5 pm

Saturday and Sunday 8 am – 5 pm