

neighbourhood

Profiling and supporting our favourite local businesses across the East

Produced by Local East in partnership with local businesses



MARKETS

KINGSMORE MEATS

Joel Houghton finds the term “artisan butcher” an odd moniker because in his view, cutting and preparing meats in the traditional way, and getting his produce directly from farms, is simply the way it should be done.

But so lost are the arts of traditional butchery to most Australians, that doing things the way they should be done has propelled Joel into the realms of the artisan.

“It is sad that we have lost touch with what we have been eating,” Joel laments. “There are really two types of customers. There are shoppers who shop completely budget minded. Then you have the customers who put money aside and say, ‘I want to make sure my family eats well. I’m prepared to pay \$30 on a chicken rather than \$13 on a chicken. That’s what I’m going to do.’”

A butcher from the age of 14, Joel has developed long-term relationships with his farmer-suppliers to sell only the best and

most ethically raised meat and poultry.

He has two outlets – at Plumer Rd, Rose Bay, and the Cannery, Rosebery – and a thriving trade at Cambridge Markets EQ every Wednesday and Saturday.

He finds selling his meats, and his fairly newly added take-home meals and pies, at the market a great experience because he gets to educate consumers about the work that goes into making outstanding wholesome meats.

“Our meat is all very clean, good produce, organic, organically processed, grass raised and grass finished and it costs more to make that,” he says. “We also have a nose-to-tail philosophy and always have. Nothing of the animal is wasted.”

In an age of mass-produced meat and animal products, it is reassuring to know old-fashioned butchers like Joel still exist, offering a thoughtful alternative to what’s on offer on supermarket shelves.

Cambridge Markets EQ
Wednesdays and Saturdays 8am-2pm
cambridgemarketseq.com.au
Kingsmore Meats
kingsmoremeats.com.au



WORKSHOPS

CICADA & CO

If you’re looking for a fun school holiday activity, book your little creative into a class at Cicada & Co in Bellevue Hill, while you discover the cafes in the village at the top end of Bellevue Road. The school holiday program has a variety of activities hosted by local artist Bronte Goodieson, craft extraordinaire Gena Ben and art educator Samantha Relihan.

Also take the time to discover the treasure trove inside Cicada & Co. Owners Rachel and Anna have curated a fabulous gift selection, with something for all ages in this hidden gem. Find many products designed in Australia and most locally sourced. Rachel and Anna can explain the backstory of every item. Cicada & Co stocks the luxurious Salus Body range, locally hand-poured LoobyLou candles, Louvelle luxury wear and so many more Aussie brands.

Anna and Rachel are also passionate about supporting a number of charities and giving back to both the environment and community. Check out their social media feed @cicada.co for more information on October’s charity Got a Pen?

Shop 2a, 19 - 21 Bellevue Road, Bellevue Hill. cicadaco.com.au

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