

**Katoomba Street Art Walk** Beverly Place, off Waratah Street. One of the biggest open-air galleries in Australia. 40 murals painted by local and international street artists since 2015.

**Blue Mountains Organic Community Gardens** 10 Victoria Street Katoomba.

A beautiful place just to wander or walk the labyrinth!

**Blackheath General Store and Café** 249 Great

Western Highway, Blackheath Ph 47875082 Offer a range of homewares, accessories, tea, coffee, and a versatile menu that changes with the seasons. AGA concept store as well including AGA baked scones and cake of the day. Committed to recycling and composting.



**Blackheath Community Farm** 60 Thirroul Avenue, Blackheath. Community farmers meet every Sunday rain, or shine. Visitors welcome! Enquiries 0407 437 553 [www.thebigfix.org](http://www.thebigfix.org)

**Gleebooks Secondhand Blackheath** Extensive second-hand section in shop within Collier's Arcade. Ph 4787 6340. New books in main shop at beginning of Arcade.

**Mt Vic and Me Studio and Shop** 113 Great Western Highway, Mt Victoria. "Blue Mountains designed, printed in Australia a little piece of affordable art" from **Blue Mountains Socks** (you'll love the magpie ones) to Australiana, fun stuff and wicked tea towels! Oh yes! Favourites include **Attack of the 50ft Librarian** (a fabulously scary librarian with a distinctive 50s touch) to **It's Tea Time Whitlam** tea towel featuring Gough Whitlam, naturally! Or, for chook lovers, **Best In Show** and **Fat Bottomed Girls** tea towels. All designed by Mt Vic and Me, hand-sewn in the Blue Mountains.

**Mount Vic Flicks** Harley Avenue, Mt Victoria. Ph 4787 1577. Set in an old hall and exuding character, this much-loved Mountains institution shows quality films from arthouse to children's films to Metropolitan Opera screenings. Candy bar has a loyal following, with home-made cakes and slices coffee and tea served in real mugs, delicious lentil soup in the chilly months choc-topped icecreams, lollies. Download current screenings at [www.mountvicflicks.com.au](http://www.mountvicflicks.com.au)

**Mt Victoria Memorial Park** Just off the Highway in Station Street is a park with historical and social significance. A great place to stop and rest. Excellent play areas for children, with picnic tables, bubblers, tennis courts, and toilets. Expansive grassed areas. Old grottos here once housed a zoo belonging to the Imperial Hotel.

## Resources

**The Charlotte Smith Fashion Collection**

[www.thecharlottesmithfashioncollection.com](http://www.thecharlottesmithfashioncollection.com) Owned and curated with great dedication by Charlotte Smith, a Blue Mountains resident. Three hundred years of stunning fashion featuring international vintage couture. Contact Charlotte for fashion exhibitions, speaking engagements. E [charlotte@thedarnellcollection.com](mailto:charlotte@thedarnellcollection.com) Ph 0416 463 331.

**MTNS MADE** Cultural identity for the creative industries in the Blue Mountains. Find out more at [www.mtnsmade.com.au](http://www.mtnsmade.com.au) for further local fashion businesses. A Blue Mountains Economic Enterprise initiative. Ph 4782 6555.

**Blue Mountains Food Rescue** Junction 142 (behind Uniting Church) 142 Katoomba Street, Katoomba. Regular markets, preloved clothing for sale and other items. This organization collects excess food in our community from a number of Mountains businesses and redistributes to people in need. Community Lunch every Sunday (Soul Kitchen) FROM 12 midday featuring rescued food cooked with love by volunteers. Everyone welcome – and FREE. Find out how you can help by contacting Rosa on 0416 221 963 or E [rosa@earthrecoveryaustralia.com.au](mailto:rosa@earthrecoveryaustralia.com.au)

**Blue Mountains Pianola Revival Society** An initiative of Slow Food Blue Mountains, fundraising for our SMALL PRODUCER GRANT PROGRAM. See [www.slowfoodbluemountains.com.au](http://www.slowfoodbluemountains.com.au) or visit our Facebook page for further details. Held in the cooler months of May, September and November, these Soirées with Potluck Suppers focus on 'mingling and singing' around the pianola savouring regional tipples and nibbles. Come dressed in your 'unfashion/retro/vintage/art/opshop/upcycled 'finery'!

**Dawn Wigg, Dressmaker** Ph 0478 629 193 / 4782 3710 E [dawnwigg9@gmail.com](mailto:dawnwigg9@gmail.com) Alterations, one-off designs with flair and fit.

Slow Fashion Guide produced by Slow Food Blue Mountains, part of the international not-for-profit Slow Food movement. We welcome new entries, contributions and donations! Find us on Facebook.

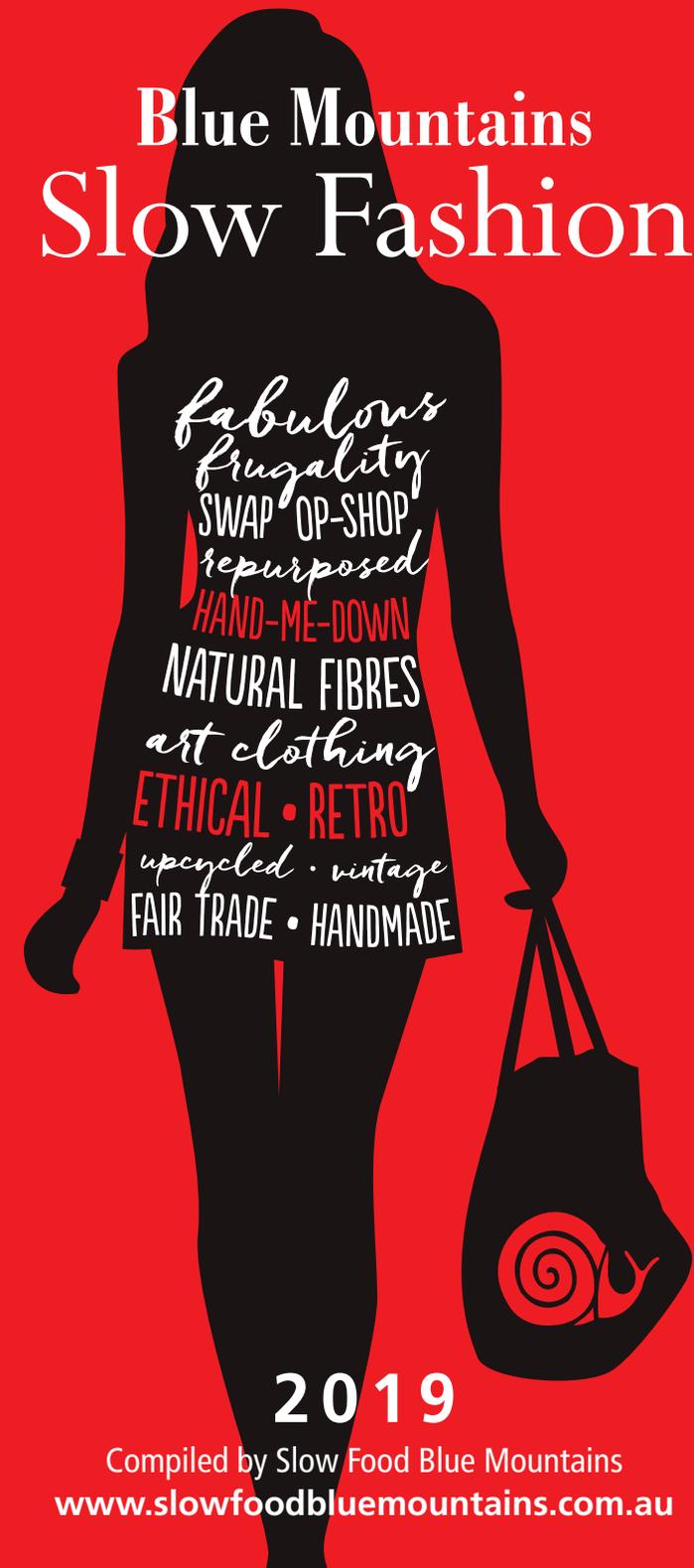


Slow Food®  
Blue Mountains



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# Blue Mountains Slow Fashion



2019

Compiled by Slow Food Blue Mountains  
[www.slowfoodbluemountains.com.au](http://www.slowfoodbluemountains.com.au)

# Why 'Slow Fashion' and what's it got to do with SLOW FOOD?

**T**WO-THIRDS OF CLOTHING IS NOW SYNTHETIC. Synthetic clothing sheds micro-plastic particles with each wash at the rate of around 2,000 particles per wash. Via waste water, these end up in the ocean. When mass-produced clothing is so cheap, it becomes 'easy' to throw out and buy new again, rather than repair and value. A huge amount of 'waste' clothing ends up in landfill, which means less land for growing food and sustaining local communities. 'Waste' is permeating our planet – from simple everyday items that do not work or last, right through to clothing, containing synthetic materials. All this waste ends up 'somewhere'. The SLOW CLOTHING MANIFESTO offers a solution...



## Slow Clothing Manifesto

Compiled by Jane Milburn, Brisbane agricultural scientist and communicator

**Think** – Make thoughtful, kind, informed choices

**Natural** – Treasure natural fibres from nature and limit synthetics

**Unique** – Be creative original, cultivate individual style, UNFOLLOW

**Quality** – Buy well once, reduce, value remains as price is forgotten

**Make** – Embrace home sewing as a life skill **JUST LIKE HOME COOKING**

**Local** – Support local makers, those with good stories and **FAIR TRADE**

**Care** – Mend, patch, sort, sponge, **WASH LESS**, use cold water, **LINE DRY**

**Adapt** – Refashion, eco-dye, create new from old to suit yourself

**Relove** – Enjoy vintage, exchange, opshops and swaps

**Salvage** – Donate, rag, weave, recycle or compost

“Cultivating and caring for the environment, to demonstrate our love of the Earth, will be the hallmark of this moment in history, the most important responsibility for us all.”

Carlo Petrini, Founder, Slow Food International



THE BLUE MOUNTAINS doesn't have high fashion houses like Milan and Paris, but there is a local 'couture' – an individual, edgy style influenced by the wealth of textile artists, designers and other 'creatives' who live here.

“It's not seasonal, where items are grabbed because they're trendy for the moment and then discarded,” says Dressmaker Dawn Wigg.

“It's more a brooding, deep-seated creative individualism, where people make statements with their style, allowing experimentation with colour – clothing becomes a DRAMA.”

## Some local businesses to support...

Charity and Op Shops scattered throughout the Blue Mountains offer a huge variety of preloved clothing

### Charity Shop in Focus:

#### Steven Walter Boutique Op Shop

Supporting life saving research into a cure for childhood cancer. 150 Bathurst Street, Katoomba. Clothing jewellery accessories, shoes, handbags antiques, furniture and homewares.

**Foothills Eco Store** Ross Street, Glenbrook. Ph 0417 273 658.

Australian made/sustainable focus in recycled clothing, including designer and vintage as well as fair trade and local artisan works.

**Hazelbrook Cottage Antiques** 33 Railway Parade, Hazelbrook Ph 0415 257 289. Vintage hats, Victorian women's clothing.

### Quidditas General Store

199 Leura Mall, Leura. Ph 4709 4000. Ethically sourced scarves, throws, blankets, clothing and jewellery. Stocks the largest selection of handcrafted Sophie Digard scarves, bags and hats in Australia.

**Gifts N Things** 134A The Mall, Leura. Ph 4784 3832. Stocks scarves and clothing in natural fibres such as silk, 100% cotton, wool and cashmere.

**Mrs Peel** 166 The Mall, Leura. Ph 4784 3065. Vintage clothing for men and women, quirky jewellery and accessories.

**Renomé** Located in the cottage, Leura car park. Ph 0421 608 855. Recycled, vintage, retro and designer clothing, shoes and accessories.

**Australian Alpaca Barn** Shop 201 The Mall, Leura. Ph 02 4784 2435. A variety of knitwear made from alpaca fibre, and an extensive range of yarn.

**Little Wing Clothing Boutique** Shop 1, 201 The Mall, Leura. Ph 4784 1004. Mostly Australian labels and designers, natural fibres. Women's and children's clothing.

**The Nook** Upstairs, top end of Leura at 133 Leura Mall. Ph 4784 2917. Promotes local creatives. Wide variety of clothing, textile and fibre art, plus hand knitted products, hand felted hats.

**With Max and Me** 142 The Mall, Leura. Ph 4784 1644. Locally-made jewellery, hand-dyed, hand-knitted knitwear, strong focus on Australian artisans and designers. Upcycling and recycling evident in the mix of products available.

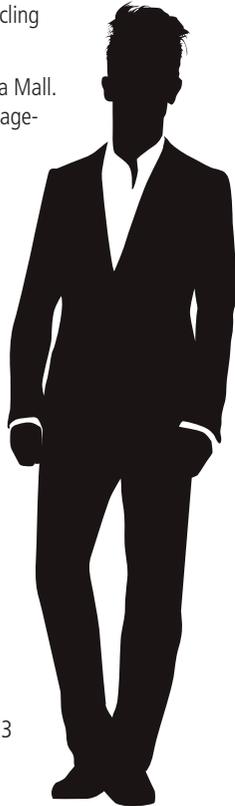
**Leura Vintage** Shop 9, The Strand Arcade, 178 Leura Mall. Ph 4784 3333. Men's and women's vintage, and vintage-inspired fashion.

**Christine's Millinery** Studio 1, 182 Katoomba Street, Katoomba, Rex Livingston Art + Object Gallery. Christine specialises in unique handcrafted hats and headwear for men and women. E christinesmillinery@gmail.com

**Kent+Lane** 187 Katoomba Street Katoomba. Ph 4782 1487. Men's and women's quality clothing. Natural fibres, Australian-made socks, wool, bamboo, cotton. Brightly-coloured Egyptian cotton shirts, excellent labels including yarra trail and slade.

**Omnia** 44 Katoomba Street, Katoomba. Ph 0404 632 177. 'A little bit of everywhere.' Clothing from local artisans and also far and wide. Unique creations without the artifact of mass production.

**Uplift Fair Trade Shop** 81-83, Town Centre Arcade, Katoomba Street, Katoomba Ph 0425 436 423 Also contact for Change Threads, fair-trade certified supplier of school and business uniforms,



t-shirts and polo shirts, conference bags. Clothing and handcrafts with fascinating stories! Ask the friendly staff for more details.

**Ravir Boutique** 38 Govetts Leap Road, Blackheath Ph 4787 5045. A great range of natural clothing in styles that have a distinctive edge and cater for men too, whether it's a shirt made of bamboo or hemp, chunky wool sweaters, socks, gloves or hemp baggies.

**Born in the Blue Mountains** 22B Govetts Leap Road, Blackheath. Ph 4787 8324. Women's fashion in sizes 8-24. Natural fibres include cotton, linen, silk. Mostly Australian labels.

**Victory Theatre** 19-21 Govetts Leap Road, Blackheath Ph 4787 6002. Variety of preloved clothing in a number of the market-style stalls inside.

*'We can wait to buy an item that steals our hearts, is beautifully made and thereby invest in quality that will last beyond next season.'*

## Feeling creative?

**Post Office Patchwork** 33 Ross Street, Glenbrook. Ph 4739 9555. Classes, supplies and gifts.

**Picklemouse Corner** 1/152 Megalong Street, Leura. Ph 4784 2854. Patchwork and quilting supplies, handmade crafts and gifts. Also famous for homemade fudge.

**Katoomba Fabrics and Curtains** 34 Katoomba Street, Katoomba. Ph 4782 4343. Variety of fabrics and biggest selection of haberdashery in the Blue Mountains.

**The Granny Square** 55-57 Waratah Street Katoomba. Ph 8020 4725. Knitting, crochet and needlecraft supplies and classes.

**The Stitching Post** 100 Lurline Street, Katoomba. Ph 4782 5809. One of Australia's largest patchwork and needlework stores. Linen and threads also located here.

**The House of Wool** 40 Govetts Leap Road, Blackheath. Ph 0409 458 901. Hand-dyed and handspun yarn by Australian wool artists.

# Feeling peckish?

Visit one of our delicatessens for something special to cook with flair at home – or take a break at one of our region's diverse cafés and restaurants:

**Con's Continental Deli** 31 Park Street, Glenbrook. Ph 4739 8794. Huge variety of cheeses and other deli items. Excellent biscotti. Available for breakfast, coffee, vegetarian and gluten-free fare also available.

**Lyttleton Stores** C.1884, 1 Badgery Crescent, Lawson. Ph 4759 1770. Incorporating Pan Tree Produce and Organic Grocery Store. Sells own produce/Australian/local fare/artisan made craft ware. Also stocks dry goods, oils, vinegars, local raw honey. Regular workshops on permaculture and generative edible gardens and more!

**The Laughing Elephant** Shop 3, 28 Station Street, Wentworth Falls (next to Patisserie Schwarz). Ph 4757 4610. Eastern and Asian grocery specialists. Great variety of misos. Also takeaway food.

**Leura Gourmet and Café** 159 The Mall, Leura. Ph 4784 1438. A wide variety of locally-produced products, raw honey, and a café with views.

**Fish and Fowl Deli** Pioneer Place, Katoomba. Ph 4782 4106. Some free range and organic produce, cheeses, deli goods and gourmet products such as artisan icecreams, truffles, mushrooms, oils and vinegars, locally produced dips, Asian ingredients, mustards and relishes.

**Carrington Cellars and Deli** Parke Street Katoomba (behind Katoomba Street). Ph 4782 0999. An Aladdin's Cave of deli items, including extensive regional and local fare, wines representing small winemakers especially from the Blue Mountains and Western region. "Wines of the West" embassy! Also interesting beers, ciders. Regular tastings, too. Microbrewery.



**Hydro Majestic Pavilion** Medlow Bath. Ph 4782 6885. Showcasing unique food (including local raw honey) and wine from the Blue Mountains and surrounding regions housed in an interactive 'living' history space. Drop in too for coffee, sandwiches and other treats.

**Blackheath Continental Deli** 32 Govetts Leap Road Blackheath. Ph 4787 8984. Owners Ray and Robbie offer fresh homemade foods, a nice range of local and regional food items for purchase, excellent sandwiches. Gluten-free options provided and vegetarian friendly.

**Altitude Delicatessen** 20 Govetts Leap Road, Blackheath. Ph 4787 6199. Available for lunch, burgers, sandwiches, breakfast fare.

# Around the home...

Exude some 'Slow Fashion' around your home, too!

- ♥ Rather than purchasing new cushions, check out preloved cushions at your favourite op shop.
- ♥ Scour op-shops, antique shops, second hand shops, garage sales, for quality timber furniture; learn how to upholster, repair furniture at a community college, or contact a local, skilled tradesperson for assistance. Avoid mass-produced furniture and 'flatpacks' containing 'on trend' furniture which is not designed or built to last.
- ♥ Visit the Food Coop's 'Little Shop', where you can purchase good quality kitchen equipment, strong and beautifully-made woven baskets, bristle brushes and lots more! Op shops are also excellent for functional bowls, platters, kitchen utensils, cake tins, etc.



# Village secrets

Each of our villages has its own unique style and character, worth S-L-O-W-ing down to enjoy! We also have a number of delightful independent BOOKSHOPS...

**Enjoy Glenbrook Park**, right at the delightful Glenbrook shopping village. Great for children. Pop in and see at film at Glenbrook cinema just nearby.

**2blondes Café/Restaurant** Shop 3, 170 Macquarie Road, Springwood. Ph 4751 3202. A popular 'home-made treasure' offering cakes, lunches, salads — and even high tea (please book in advance). Vegetarian/vegan/gluten free also catered for. Vegan choc-mint slice is a favourite! Thoughtful touches such as fair trade coffee, local products and delightful décor.

**Brown Books** 4/125 Macquarie Road Springwood. Ph 4751 2119. Second-hand bookshop with a warm vintage feel. Unusual and collectable treasures as well as mainstream titles.

**Turning Page Bookshop** 1/125 Macquarie Road Springwood. Ph 4751 5171. Serving the community for over 35 years. Excellent selection of both fiction and non-fiction, with a children's section and reading area.

**Springwood Community Garden** 168 Hawkesbury Road, Springwood, next to St Columbas school gates.

**Woodford Academy** 90 Great Western Highway, Woodford. National Trust classified, oldest set of buildings in the Blue Mountains. Ghost Tours and exciting exhibitions. [www.nationaltrust.org.au/places/woodford-academy](http://www.nationaltrust.org.au/places/woodford-academy)

**20 Mile Hollow Café and Local Produce** 68 Great Western highway, Woodford. Ph 4758 8058. Lots of indoor and outdoor space. Make their own cakes, jams. Cosy, casual, good for kids. Eclectic café in the heart of Woodford!

**Mid Mountains Community Gardens "Kihilla"** 5-17 Queens Road, Lawson. Auspiced by Mid Mountains Neighbourhood Centre.

**Black Cockatoo Bakery** Shop 1/1 Staples Crescent Lawson. Ph 4759 3745. Wholesale and retail artisan bakery featuring ancient, stoneground grains. Bakers Josh and Alex have a dedicated and growing following. Pastries and coffee on weekends. Not to be missed. Sourdough breads with amazing crusts/taste. Khorasan and Linseed bread highly-recommended.

**Conditorei Patisserie Schwarz** 30 Station Street, Wentworth Falls. Ph 4757 3300. Traditional German bakery. The centuries old sourdough starter, 'Corey', originates from a bakery in Germany. Wide variety of cakes, pastries, German breads, sourdough bread. A treasure trove, especially at Christmas! Lunch/morning tea/afternoon tea, coffee and tea available.

**Megalong Books** 183 Leura Mall. Ph 4784 1302. A wide variety of books about the Blue Mountains, as well as fiction and non-fiction publications and children's literature.

**Josphan's Fine Chocolates** 132 Leura Mall, Leura. Ph 4784 2031. Creator and Founder, Jodie Van Der Veldon, has been selected as a Callebaut Chocolate Hero! Ruby RBI 'chocolate for grownups' highly recommended, but really too much choice at this exquisite artisanal chocolate shop.

**Hominy Organic Sourdough Bakery** 185 Katoomba Street, Katoomba, Ph 4782 9816. Delicious, traditional and true sourdoughs with daily specialities. Bakers' cakes and pastries full of flavour and a generous owner who donates to a number of charities and community groups, including Blue Mountains Food Rescue.

**Blue Mountains Food Co-op** Hapenny Lane Katoomba (near post office) Ph 4782 5890. THE PLACE to buy good food in bulk that doesn't cost the earth. Lots of local produce, excellent selection of Australian-grown pulses, as well as nuts, seeds, fair trade chocolate and a chance to mingle with the locals! Reputed to be the largest food cooperative in the Southern Hemisphere. A Katoomba institution! Great little pop up stalls through the week by small producers, including **Cocoa Ruby's Pop Up Cake Stall** and **Robin's Seedlings**. Follow on Facebook to keep in touch!

**The Big Little Shop** Hapenny Lane, Katoomba (opposite the Food Co-op) **Ceramic Teapots by Sian Thomas** are for sale here. Made in Katoomba, Sian's ceramic kitchenware ranges from butter dishes to teapots. Sian has lived in the Blue Mountains for 20 years with her work being displayed in many galleries and exhibitions including Bathurst Regional Art Gallery and Clayworkers Gallery (Sydney). Sian is inspired by the surrounding flora and local dragonfly in her area of the Blue Mountains.

**The Little Lost Bookshop** Hapenny Lane, Shop 10, 181 Katoomba Street, Katoomba, just near the Food Coop. Unusual, eccentric, eclectic and quirky, with some great little spots for just, well, sitting and reading, perhaps this is the smallest, most fascinating bookshop in the world! Board games, stationery, and second hand books also available.

Very Katoomba!

