



Price guide for Fruit & Veg from The Organic Food & Health Care Shop

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price guide 21 May- 3 June 2018

version 1

Vegetables

Asparagus UK per ½ b'ch/ b'ch	£2.80/ ½ / £5.50
Aubergine Spain	£6.90/kg
Avocados Spain	£1.50/£1.90/each
Beetroot cooked Holland	£1.29/pack
Beetroot loose new season Sp'n	£2.70/kg
Broccoli Spain	£4.90/kg
Butternut squash Spain	£2.99/kg
Cabbage red & white N'lands	£2.50/each
Carrots NEW Italy	£3.20/kg
Celery UK	£1.90/head
Chili red Holland	45p/each
Courgettes Spain	£3.90/each
Cucumber Spain	£2.20/each
Fennel Spain	£4.95/kg
Garlic dried Spain	£1.20/100g
Ginger root fresh Peru/China	£1.20/100g
Herbs fresh mint, cor'nder, p'sley	£2.90/pk
Kale Spain	99p/100g
Leeks UK	£3.90/kg
Lettuce Batavia UK	£2.50/each
Lettuce little gem UK	£1.95/2 pk
Mushrooms Chestnut UK	90p/100g
Mushrooms Portobello UK	95p/100g
Onions UK	£1.90/kg
Onions red Holland	£4.50/kg
Peppers red Spain	from £1.50/each
Peppers Romano Spain	£3.70/2 pk
Potatoes Jersey Royal NEW	£3.75/500g
Potatoes Marfona UK local	£1.20/kg or £9.99/12 ½ kg
Potatoes washed baking UK	£1.25/kg
Spinach UK	£2.50/bag
Spring Greens UK	£2.20/bag
Sweet potatoes Spain/USA	£4.90/kg
Tomatoes cherry plum on vine N	£2.90/p'nt
Tomatoes plum on vine N'lands	large £4.50/500g
Tumeric fresh Peru	£1.90/100g
Watercress UK	£3.60/pk

Fruit

Apples Fuji Italy	£5.50/kg
Apples Gala USA	£4.90/kg
Bananas DR	£2.90/kg
Blueberries Spain	£4.90/pnt
Cherries Spain	£1.80/100g
Grapefruit ruby Ige Spain	£2.20/each
Grapes red Chile	£1.20/100g
Kiwi Italy	65p /3 for £1.90
Lemons Sicilian Italy	tba
Limes Spain	65p/each
Medjool dates Israel	£1.90/100g
Nectarines Spain	£1/each
Oranges Spain	50p/each
Peaches flat Spain	tba
Pears *Abate* Argentina	£5.50/kg
Pineapple Costa Rica	£4.50/each
Water Melon Spain Ige	£2.50/½ /£4.90/e'h

Fresh Organic: Beef: mince,

Lamb chops; bacon,

Frozen Organic: chicken

salmon, sausages (gf)

West Riding compost (to be

Multipurpose 40l

Peat alternative 40l

Potting & container 40l

Seed & cutting 40l

Grow Bigs 30l

Eggs: organic med UK

Eggs: organic large UK

Eggs: from Peter's Farm

Frozen organic produce:

Beans/Spinach

Blueberries & raspberries

Chips (family bag £4.59)

Clives vegetarian GF pies

Sweet corn

Peas

Dairy:

Acorn Dairy fresh milk**

Botton Village cheeses

Cream dble

Lye cross cheeses

Botton Village:

Yoghurt (returnable jar)

**Bread & milk please

**braising steak;
smoked salmon.
breasts & thighs;**

pre-ordered)

£8.50
£7.50
£9.30
£9.30
£6.80

£2.25/½ doz

£2.55/½ doz

**£1.70/½ doz

£2.20/450g
£3.59/300g
£2.99/each
£2.69/450g
£2.69/450g

£1.30 1l
£1.90/280ml
£3.80/245g

£2.20

pre-order

*sp – spray-free

** ex battery hens rescued and now fed & cared for organically at Peter's Farm