



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

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price guide 15 - 28 January 2018

version 2

Vegetables

Artichokes Jerusalem UK	£3.99/kg
Avocados Spain	£1.50/£1.90/each
Beetroot cooked Holland	£1.20/pack
Beetroot UK local	£1.90/kg
Broccoli Spain	£5.50/kg
Butternut squash Spain	£2.99/kg
Cabbage pointed Spain	£3.60/each
Cabbage red & white UK	£1.90/each
Carrots rainbow washed UK	£2.25/kg
Carrots unwashed UK local	£1.50/kg
Cauliflowers white France	£2.50/each
Celeriac UK local	£1.50/each
Celery UK	£1.90/head
Chili red Holland	45p/each
Courgettes Spain	£5.50/kg
Cucumber Spain	£1.90/each
Fennel Italy	£5.80/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 UK	£2.90/300g bag
Leeks UK local	£3.90/kg
Lettuce green batavia France	£2.50/each
Lettuce little gem Spain	£2.90/2 pack
Mushrooms Chestnut UK	90p/100g
Mushrooms Portobello UK	95p/100g
Onions UK	£1.90/kg
Onions red Holland	£2.80/kg
Pak Choi Netherlands	£2.90/each
Parsnips unwashed UK local	£1.80/kg
Peppers red Spain	from £1.50/each
Peppers romano Spain	£2.25/2 pk
Potatoes Desiree UK local	£1.30/kg or
	£10.20/12 ½ kg
Potatoes Marfona UK local	£1.20/kg or
	£9.99/12 ½ kg
Potatoes washed baking UK	£1.25/kg
Sprouts UK local	£2.99/kg
Squashes mixed UK	£2.90/kg
Swedes UK local	£1.50/each
Sweet potatoes Spain	£4.60/kg
Tomatoes cherry Spain	£2.50/pn't
Tomatoes vine Spain	£5.90/kg
Tumeric fresh Peru	£1.90/100g

Fruit

Apples Bramley UK	£2.99/kg
Apples Gala It/Fr small	£3.90/kg
Apples Jonagold UK	£3.90/kg
Apples Red Pippin UK	£3.90/kg
Apples Spartan UK	£3.90/kg
Bananas DR	£2.90/kg
Blueberries Arg.	£4.90/pnt
Clementines Spain	£4.50/kg
Cranberries frozen Canada	£2.95/100g
Grapefruit ruby Spain	£1.50/each
Grapes black SA	£1.20/100g
Kiwi Italy	65p /3 for £1.90
Lemons Spain	50p/each
Limes Mexico	70p/each
Medjool dates Israel	£1.90/100g
Oranges Spain extra lge	£1.20/each
Oranges blood Sicily	£3.20/kg
Pears Conference Holland	£5.90/kg
Pineapple Costa Rica	£4.50/each
Seville oranges Spain	£3.80/kg
Organic cane sugar 3kg	
Walnuts in shells France	£1.20/100g

Organic fresh beef: mince, braising steak, bacon, cooked ham, Chicken: breasts & thighs

Frozen: chicken, sausages

****Coconut Oil ** on offer! £12.99/ 1 litre**

Eggs: organic med UK	£2.20/½ doz
Eggs: organic large UK	£2.50/½ doz

Frozen organic produce:

Beans/Spinach	£2.20/450g
Blueberries & raspberries	£3.59/300g
Chips (family bag £4.59)	
Clives vegetarian GF pies	£2.99/each
Sweet corn	£2.69/450g
Peas	£2.69/450g

Dairy:

Acorn Dairy fresh milk**	£1.29 1le
Botton Village cheeses	
Cream dble	90p/142ml
Lye cross cheeses	£3.80/245g

Botton Village:

Yoghurt (returnable jar) £2.20

****Bread & milk please pre-order**

*sp – spray-free