



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

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version 5

### Vegetables

Artichokes red jerusalem UK	£3.90/kg
Aubergine Spain	£6.90/kg
Avocados Spain	£1.50/£1.90/each
Beetroot cooked Holland	£1.29/pack
Beetroot red UK	£1.90/kg
Broccoli Spain	£4.50/kg
Butternut squash Spain	£2.99/kg
Cabbage red & white N'lands	£2.50/each
Cabbage savoy UK	£1.90/each
Carrots unwashed UK local	£1.50/kg
Carrots washed UK	£2.25/kg
Cauliflowers white Italy	£2.90/each
Celeriac UK	£2.50/each
Celery UK	£1.90/head
Chili red Holland	45p/each
Courgettes Spain	£4.50/each
Cucumber Spain	£2.20/each
Fennel Spain	£4.95/kg
French Beans Kenya	£2.90/250g pnt
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 local	£3.90/kg
Lettuce little gem UK	£1.90/2 pack
Mushrooms Chestnut UK	90p/100g
Mushrooms Portobello UK	95p/100g
Onions UK	£1.90/kg
Onions red Holland	£2.80/kg
Parsnips *sp washed UK	£2.20/kg
Peppers red Spain	from £1.50/each
Peppers Romano Spain	£3.20/2 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 NEW Nicola Italy	£2.90/kg
Potatoes washed baking UK	£1.25/kg
Spinach Italy	99p/100g
Squashes mixed UK	£2.90/kg
Squash red kuru Morocco	approx £3.99/each
Sweet potatoes Spain	£4.60/kg
Tomatoes cherry on vine Spain	88p/100g
Tomatoes vine Spain	£5.90/kg
Tumeric fresh Peru	£1.90/100g
Watercress UK	£3.60/pk

### Fruit

Apples Braeburn Italy	£4.50/kg
Apples Cripps Pink UK	£4.50/kg
Apples Jonagold Italy	£4.50/kg
Bananas DR	£2.90/kg
Blueberries Spain	£4.50/pnt
Clementines Morocco	£1.65/for 4
Grapefruit ruby Spain	£1 - £1.90/each
Grapes black SA	£1.20/100g
Kiwi Italy	65p /3 for £1.90
Lemons Spain	50p/each
Limes Spain	tba
Medjool dates Israel	£1.90/100g
Oranges med. Spain	65p/each
Oranges Blood Italy	£2.99/kg
Pineapple Costa Rica	£4.50/each
Walnuts in shells France	£1.20/100g

**Organic fresh Beef: mince, stewing steak, Smoked salmon, c'ked ham & bacon. Chicken:breasts & thighs**

**Frozen: Chicken: breasts, sausages, Lamb & Pork. Salmon.**

**\*\*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