



Price guide for Fruit & Veg from The Organic Food & Health Care Shop
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price guide 23 October - 5 November 2017

version 1

Vegetables

Avocados Spain	£1.50/£1.90/each
Beetroot cooked Holland	£1.20/pack
Beetroot UK local	£1.90/kg
Broccoli UK	£4.90/kg
Butternut squash France	£2.99/kg
Cabbage savoy UK local	£1.50/each
Cabbage white UK local lge	£1.50/each
Carrots rainbow washed UK	£2.25/kg
Carrots unwashed UK local	£1.50/kg
Cauliflowers white UK	£2.90/each
Cavalo Nero UK local	£1.50/bag
Celeriac UK local	£1.50/each
Celery UK	£1.90/head
Chili red Holland	45p/each
Courgettes Spain	tba
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, parsley	£2.90/pk
Leeks UK local	£3.90/kg
Lettuce cos UK	£2.30/each
Lettuce red batavia France	£2.90/each
Mushrooms Chestnut UK	90p/100g
Mushrooms Portobello UK	95p/100g
Onions UK	£1.90/kg
Onions red Holland	£2.80/kg
Parsnips washed UK	£2.90/kg
Peppers red Spain	from £1.50/each
Peppers Romano Holland	£3.90/2 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
Pumpkins small & medium UK	£1.90/£2.90
Red Kale UK local	79p/100g
Romanesco cauliflowers UK	£2.90/each
Squashes mixed UK	£2.90/kg
Swedes UK local	£1.50/each
Sweet potatoes Spain	£3.90/kg
Tomatoes cherry on vine Spain	99p/100g
Tomatoes vine Holland	£5.90/kg
Tumeric fresh India	£1.90/100g

Fruit

Apples Bramley UK	£2.99/kg
Apples Cox Royal UK	£4.90/kg
Apples Royal Gala Italy	£4.90/kg
Apples Russet UK	£3.90/kg
Bananas DR	£2.90/kg
Figs France	tba
Grapefruit ruby Spain	tba
Grapes red Spain	50p/100g
Kiwi golden Italy	65p /3 for £1.90
Lemons med Spain	70p/each
Limes sml Mexico	35p/each
Mango Spain	£3.50/each
Medjool dates Israel	£1.90/100g
Melon piel de sapo Spain	£3.50/each
Oranges Spain lge	90p/each
Pears Comice Holland	£5.50/kg
Pineapple Costa Rica	£4.50/each
Plums Italy	£4.99/kg
Quince Spain *on offer*	£5.90/kg

Fresh organic: Chicken: whole, breasts, thigh fillets, mince, livers

Frozen: beef mince & braising steak

****If you want a particular meat/fish Let us know on the Monday morning****

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