

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

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price guide 16 - 29 July 2018

version 2

Vegetables

Aubergine Spain	£3.99/kg
Avocados Spain	£1.50/£1.90/each
Beetroot cooked Holland	£1.29/pack
Beetroot UK local	£1.40/bunch
Broad beans UK	£2.90/kg
Broccoli UK	£5.50/kg
Butternut squash Spain	£2.99/kg
Cabbage pointed UK	£2.20/each
Cabbage red & white N'lands	£2.60/each
Cabbage Savoy UK	£2.20/each
Carrots NEW Italy	£3.20/kg
Cauliflower Netherlands	£2.90/each
Celery Spain	£1.90/head
Chili red Holland	45p/each
Courgettes UK/Spain	£3.90/kg
Cucumber Spain	£2.20/each
Fennel Italy	£5.90/kg
French beans UK	£2.90/pk
Garlic dried Spain	£1.20/100g
Ginger root fresh Peru/China	£1.20/100g
Herbs fresh mint, cor'nder, p'sley	£2.90/pk
Kohl Rabi UK local	£1.20/each
Leeks Spain	£4.95/kg
Lettuce Batavia green/red UK	£1.60/each
Lettuce little gem UK	£1.95/2 pk
Mushrooms Chestnut UK	90p/100g
Mushrooms Portobello UK	95p/100g
Onions Egypt	£1.90/kg
Onions bunched UK	£1.90/bunch
Onions red Egypt	£2.90/kg
Peppers red Spain	from £1.50/each
Peppers Romano Greece	£3.60/2 pk
Potatoes New local *sp	£2.99/kg
Potatoes New Charlotte UK	£3.20/kg
Potatoes washed baking UK	£1.25/kg
Spring greens UK	£1.90/bag
Sweet potatoes Spain/USA	£4.90/kg
Tomatoes cherry plum on vine S	99p/100g
Tomatoes UK	£2.99/kg
Turmeric fresh Peru	£1.90/100g
Watercress UK	£3.60/pk

Fruit

Apples Fuji USA	£4.90/kg
Apples Granny Smith Arg	£4.90/kg
Apples Royal Gala Chile	£4.90/kg
Apricots Spain	79p/100g
Bananas DR	£2.90/kg
Blueberries Spain	£3.60/pnt
Cherries Spain	£1.80/100g
Grapefruit ruby lge Spain	£1.90/each
Kiwi Italy	65p /3 for £1.90
Lemons Italy	75p/each
Medjool dates Israel	£1.90/100g
Melon Piel de Sapo Sapin	£3.90/each
Nectarines/Peaches Spain	£1/each
Oranges Spain	50p/each
Pineapple Costa Rica	£4.50/each
Strawberries/Rasps UK l'cal	*sp £2.50/pnt
Water melon mini Spain	£4.90/each

Fresh Organic: Beef mince,	bacon,
Fresh & smoked salmon	
Frozen Organic: Chicken:	breasts & thighs
GF sausages & traditional	
West Riding compost (to be	pre-ordered)
Multipurpose 40l	£8.50
Peat alternative 40l	£7.50
Potting & container 40l	£9.30
Seed & cutting 40l	£9.30
Grow Bigs 30l	£6.80
Eggs: organic med UK	£2.25/½ doz
Eggs: organic large UK	£2.55/½ doz
Eggs: from Peter's Farm	**£1.70/½ 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**	£1.30 1l
Botton Village cheeses	
Cream dble	£1.90/280ml
Lye cross cheeses	£3.80/245g
Botton Village:	
Yoghurt (returnable jar)	£2.20
**Bread & milk please	pre-order

New in: Cheeky Panda bamboo toilet rolls & tooth brushes

*sp – spray-free

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