



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

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price guide 12 - 25 February 2018

version 4

Vegetables

Artichokes Jerusalem UK	£3.99/kg
Avocados Spain	£1.50/£1.90/each
Beetroot cooked Holland	£1.20/pack
Beetroot red/golden UK	£1.90/kg
Broccoli Spain	£4.50/kg
Butternut squash Spain	£2.99/kg
Cabbage red & white UK	£1.90/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
Chard rainbow Spain	79p/100g
Chili red Holland	45p/each
Courgettes round Spain	£1.50/each
Cucumber Spain	£1.90/each
Fennel Italy	£4.50/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	79p/100g
Kalettes UK	55p/100g
Kohlrabi Spain	£1.90/each
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
Peppers red Spain	from £1.50/each
Peppers Romano Spain	£2.90/2 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 NEW Nicola Italy	£2.90/kg
Potatoes washed baking UK	£1.25/kg
Squashes mixed UK	£2.90/kg
Swedes UK local	£1.50/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 Bramley UK	£2.99/kg
Apples Cripps Pink UK	£4.50/kg
Apples Russet UK	£4.50/kg
Apples Spartan UK	£4.50/kg
Bananas DR	£2.90/kg
Blueberries Chile	£4.50/pnt
Clementines Morocco	£4.50/kg
Cranberries frozen Canada	£2.95/100g
Grapefruit ruby SA	99p/each
Grapes black SA	£1.20/100g
Kiwi Italy	65p /3 for £1.90
Lemons Spain	50p/each
Medjool dates Israel	£1.90/100g
Oranges blood Sicily	£2.90/kg
Pears Conference Holland	£2/each (large)
Pineapple Costa Rica	£4.50/each
Seville oranges Spain ** last	box** £3.80/kg
Organic cane sugar 3kg	
Walnuts in shells France	£1.20/100g

Organic fresh Beef: mince,
bacon, cooked ham,
Smoked salmon,

braising steak,
chicken
Tudor pork

Frozen: Chicken: breasts,

thighs. 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