

Price guide for Fruit and Vegetables from The Organic Farm Shop

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version 5

Vegetables

Aubergines Holland	£4.90/kg
Avocados Mexico	£1.50/each
Beetroot cooked Holland	£1.90/500g
Broccoli Spain	£3.90/kg
Cabbage red UK	£1.60/kg
Carrots washed varios	£1.90/kg
Celeriac washed UK	£1.50/kg
Celery Spain	£1.70/head
Chillis Ige Israel	40p/each
Courgettes Spain	£2.90/kg
Cucumbers UK	£1.20/each
Fennel Italy	£3.50/kg
Garlic Dried Spain	99p/100g
Ginger Root Peru/China	90p/100g
Lettuce Batavia/ curly Gatwick UK	£1.50
Mushrooms white UK	75p/100g
Onions UK local/ Holland	£1.20/kg
Onions red Argentina	£3.90/kg
Pak Choi UK	£1.20/pk
Peppers green Spain	£4.90/kg
Peppers red Spain	£4.90/kg
Peppers red romano UK	£2.90/2 pk
Potatoes new Maris Peer UK	£2.60/kg
Potatoes Milva UK local	70p/kg
12.5kg sack	£6.50
Red chilli peppers Holland	tba
Spring greens UK	£1.50/500g
Squash Butternut SA	£2.90/kg
Swede UK local	£1.20/kg
Sweet potatoes USA	£4.20/kg
Tomatoes cherry Spain	£1.60/punnet

Fresh organic pork and products

West Riding Organic Composts

Bread - also olive, granary

Locally made wholemeal loaf Ige	£2.49/800g
Locally made wholemeal loaf sml	£1.49/400g
Organic sourdough rye bread	£2.20/400g

focaccia, buns

	£2.49/800g
	£1.49/400g
	£2.20/400g

Fruit

Apples:

Coxes New Zealand	£3.50/kg
Fiesta UK	£2.80/kg
Fuji Italy	£3.50/kg
Gala SA	£2.80/kg
Bananas DR	£2.30/kg
Grapefruit ruby France	90p/each
Kiwis Italy	4 for £1
Lemons Spain	35p/each
Mango Burkino Faso	£1.50/each
Oranges Spain	£1.90/kg
Pears Beurré Bosc SA	£3.20/kg

Bottom Village Creamery:

Dale End Cheddar cheese
Yoghurt 500g £1.50

Quark £1.79

Organic Free Range Eggs:

Medium/ Large UK local £3.60/£3.70/doz

Chilled:

Clear spot Tofu plain	£1.79/280g
Sea cakes Tofu	£1.89/190g

Frozen produce:

Beans	£1.45/450g
Peas	£2.49/450g
Sweetcorn	£2.59/450g
Spinach	£1.49/450g
Mixed vegetables	£2.25/450g
Mixed berries	£3.29/450g
Clives vegetarian GF pies	£2.89/each
Cannelloni with spinach	£4.49/400g

Locally made:

Aduki bean crumble £3.15

Dairy:

Acorn Dairy Fresh Milk	£1.10/litre
Cream	£1.60/284ml
Butter	£1.99/250g

Organic Free Range Eggs:

Gouda cow's cheese Hol	£15.50/kg
Lye cross cheeses	£2.99/245g
Rachels Yogurts plain/ flav	£1.39/£1.70 450g