



**Price guide for Fruit & Veg from The Organic Food & Health Care Shop**  
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price guide 4 - 17 December 2017

version 3

**Vegetables**

Artichokes Jerusalem UK	£3.90/kg
Aubergines Spain	£3.90/kg
Avocados Spain	£1.50/£1.90/each
Beetroot cooked Holland	£1.20/pack
Beetroot UK local	£1.90/kg
Broccoli Spain	£5.50/kg
Butternut squash France	£2.99/kg
Cabbage savoy UK local	£1.50/each
Cabbage red UK local	£1.90/each
Cabbage white Holland	£1.90/each
Carrots rainbow washed UK	£2.25/kg
Carrots unwashed UK local	£1.50/kg
Cauliflowers white France	£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	£4.90/kg
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, cor'nder, p'sley	£2.90/pk
Leeks UK local	£3.90/kg
Lettuce green batavia France	£2.50/each
Lettuce little gem Spain	£2.90/2 pack
Mushrooms Chestnut UK	90p/100g
Mushrooms Portobello UK	95p/100g
Onions UK	£1.90/kg
Onions red Holland	£2.80/kg
Parsnips unwashed UK local	£1.80/kg
Peppers red Spain	from £1.50/each
Peppers Romano Spain	£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
Red Kale UK local	79p/100g
Spinach Netherlands	£3.90/bag
Sprouts UK local	£2.99/kg
Squashes mixed UK	£2.90/kg
Swedes UK local	£1.50/each
Sweet potatoes Spain	£3.90/kg
Tomatoes cherry Spain	£2.50/pn't
Tomatoes vine Holland	£5.90/kg
Tumeric fresh Peru	£1.90/100g

**Fruit**

Apples Bramley UK	£2.99/kg
Apples Gala It/Fr small	£3.90/kg
Apples Jonagold UK	£3.90/kg
Apples Regal Prince UK Ige	£3.90/kg
Bananas DR	£2.90/kg
Blueberries Arg.	£4.90/pnt
Clementines Spain	£4.50/kg
Cranberries fresh Canada	£2.95/100g
Grapefruit ruby Spain	£1.50/each
Grapes red seedless Italy	99p/100g
Kiwi Italy	65p /3 for £1.90
Lemons Spain	50p/each
Limes Mexico	70p/each
Mango Spain	£2.90/each
Medjool dates Israel	£1.90/100g
Oranges Spain extra Ige	£1.20/each
Pears Comice Holland	£5.50/kg
Pineapple Costa Rica	£4.50/each
Quince Spain *on offer*	£5.90/kg
Seville oranges Spain	£3.80/kg
Organic cane sugar 3kg	
Walnuts in shells France	£1.20/100g

**Fresh organic: Beef: mince, braising steak, Salmon: fresh & smoked, bacon**

**\*\*Coconut Oil \*\* on offer! £12.99/ 1 litre**

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

<b>Eggs: organic med UK</b>	<b>£2.20/½ doz</b>
<b>Eggs: organic large UK</b>	<b>£2.50/½ doz</b>

**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
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**\*\*Bread & milk please pre-order**

\*sp – spray-free