



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

6 Eastgate Square, Pickering, N. Yorks YO18 7DP, 01751 473444

email: info@theorganicfarmshop.com

price guide 18 June - 1 July 2018

version 3

Vegetables

Avocados Spain	£1.50/£1.90/each
Beetroot cooked Holland	£1.29/pack
Beetroot loose new season Sp'n	£2.70/kg
Broad beans UK	£3.90/kg
Broccoli Italy	£5.50/kg
Butternut squash Spain	£2.99/kg
Cabbage pointed UK	£2.20/each
Cabbage red & white N'lands	£2.50/each
Carrots NEW Italy	£3.20/kg
Cauliflower Netherlands	£2.90/each
Celery Spain	£1.90/head
Chili red Holland	45p/each
Courgettes Spain	£3.90/each
Cucumber Spain	£2.20/each
Fennel Holland	£3.50/500g
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 Spain	£4.95/kg
Lettuce Batavia green/red UK	£2.20/each
Lettuce Cos UK	£2.20/each
Lettuce 'growing' *sp UK local	£2.90
Lettuce little gem UK	£1.95/2 pk
Mushrooms Chestnut UK	90p/100g
Mushrooms Portobello UK	95p/100g
Onions Holland	£1.90/kg
Onions bunched UK	£1.90/bunch
Onions red Holland	£4.50/kg
Peppers red Spain	from £1.50/each
Peppers Romano Spain	£3.70/2 pk
Potatoes New Blue Italy	£3.50/kg
Potatoes New Charlotte UK	£3.20/kg
Potatoes New Desiree Spain	£3.50/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 on vine Spain	£6.50/kg
Tumeric fresh Peru	£1.90/100g
Watercress UK	£3.60/pk

Fruit

Apples Gala Chile	£4.90/kg
Apples Pinova italy	£3.20/500g
Apricots Spain	90p/100g
Bananas DR	£2.90/kg
Blueberries Spain	£3.60/pnt
Cherries Spain	£1.80/100g
Grapefruit ruby Ige Spain	£2.20/each
Grapes red Chile	£1.20/100g
Kiwi Italy	65p /3 for £1.90
Lemons Italy	75p/each
Limes Columbia	95p/each
Medjool dates Israel	£1.90/100g
Melon Galia Spain	£3.90/each
Nectarines/Peaches Spain	£1/each
Oranges Spain	50p/each
Pears Abate Argentina	£4.50/kg
Pineapple Costa Rica	£4.50/each
Rhubarb UK	£3.90/kg
Strawberries UK	£4.50/pnt

**Fresh Organic: Beef: mince, braising steak;
Lamb mince; chicken;
bacon; smoked salmon**

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