



Price guide for Fruit & Veg from The Organic Food & Health Care Shop
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price guide 9 - 22 October 2017

version 4

Vegetables

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| Avocados Spain | £1.50/£1.90/each |
| Beetroot cooked Holland | £1.20/pack |
| Beetroot UK local | £1.90/kg |
| Broccoli UK | £4.90/kg |
| Butternut squash France | £2.99/kg |
| Cabbage savoy UK local | £1.50/each |
| Cabbage white UK local lge | £1.50/each |
| Cabbage white UK sml | £1/each |
| Carrots rainbow washed UK | £2.25/kg |
| Carrots unwashed UK local | £1.50/kg |
| Cauliflowers white UK | £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 | tba |
| Cucumber Spain | £1.90/each |
| Fennel UK | £4.95/kg |
| Garlic dried Spain | £1.20/100g |
| Ginger root fresh Peru/China | £1.20/100g |
| Herbs fresh mint, parsley | £2.90/pk |
| Leeks UK local | £3.90/kg |
| Lettuce UK local | £1.50/each |
| Lettuce red batavia France | £2.90/each |
| Mushrooms Chestnut UK | 90p/100g |
| Mushrooms Portobello UK | 95p/100g |
| Onions UK | £1.90/kg |
| Onions red Holland | £2.80/kg |
| Parsnips washed UK | £2.90/kg |
| Peppers red Italy | £1.99/each |
| Peppers Romano Holland | £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 |
| Pumpkins small & medium UK | £1.90/£2.90 |
| Red Kale UK local | 79p/100g |
| Romanesco cauliflowers UK | £2.90/each |
| Squashes mixed UK | £2.90/kg |
| Swedes UK local | £1.50/each |
| Sweet potatoes Spain | £3.90/kg |
| Tomatoes cherry on vine Spain | 99p/100g |
| Tomatoes vine Holland | £5.90/kg |
| Tumeric fresh India | £1.90/100g |

Fruit

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| Apples Bramley UK | £2.99/kg |
| Apples Cox Royal UK | £4.90/kg |
| Apples Royal Gala Italy | £4.90/kg |
| Apples Russet UK | £3.90/kg |
| Bananas DR | £2.90/kg |
| Grapefruit ruby S.A. | 90p/each |
| Grapes red Italy | 99p/100g |
| Kiwi Chile | 3 for £1.60 |
| Kiwi golden Italy | 65p /3 for £1.90 |
| Lemons med Spain | 70p/each |
| Limes sml Mexico | 35p/each |
| Mango Spain | £3.50/each |
| Medjool dates Israel | £1.90/100g |
| Melon piel de sapo Spain | £3.50/each |
| Oranges SA lge | 90p/each |
| Pears Comice Holland | £5.50/kg |
| Pineapple Costa Rica | £4.50/each |
| Plums Italy | £4.99/kg |
| Quince Spain | £6.90/kg |

Fresh organic: beef: mince, smoked salmon, chicken: Cooked ham, bacon,

braising steak, breast & thighs, gammon joints

Frozen: salmon, whole Lamb: mince & chops,

chicken, pig's liver

****If you want a particular Let us know on the Monday**

meat/fish morning**

Eggs: organic med UK £2.20/½ doz

Eggs: organic large UK £2.50/½ doz

Frozen organic produce:

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| 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:

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| 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