



**Price guide for Fruit & Veg from The Organic Food & Health Care Shop**  
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price guide 13 - 26 August 2018

version 1

**Vegetables**

Aubergine Spain	£3.99/kg
Avocados Spain	£1.50/£1.90/each
Beetroot cooked Holland	£1.29/pack
Beetroot UK local	£1.40/bunch
Broccoli UK local	£4.90/kg
Butternut squash Spain	£2.99/kg
Cabbage pointed large UK	£2.90/each
Cabbage Primo UK local	£1.90/each
Cabbage red & white N'lands	£2.60/each
Cabbage Savoy UK local	£1.20/each
Carrots bunched UK local	£2.20/bunch
Carrots washed Netherlands	£2.90/kg
Cauliflower UK local	£1.90/each
Celery Spain	£1.90/head
Courgettes UK local	£3.90/kg
Cucumber Spain	£1.50/each
Fennel Italy	£5.90/kg
French beans UK local	80p/100g
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/Spinach UK local	80p/100g
Leeks UK local	£3.90/kg
Lettuce Batavia green/red UK	£1.90/each
Lettuce Cos UK local	£1.90/each
Lettuce Little gem UK	£1.90/2 pk
Mushrooms Chestnut UK	90p/100g
Mushrooms Portobello UK	95p/100g
Onions Egypt	£1.90/kg
Onions bunched UK	£1.90/bunch
Onions red Egypt	£2.90/kg
Peppers red Spain	from £1.50/each
Peppers Romano Netherlands	£2.90/2 pk
Potatoes Marfona UK local	£1.50/kg
Potatoes Marris Peer UK	£2/kg
Potatoes New local *sp	£2.99/kg
Potatoes New UK local	tba
Sweetcorn UK	£1.50/cob
Sweet potatoes Spain/USA	£4.90/kg
Tomatoes cherry plum on vine S	99p/100g
Tomatoes UK	£2.99/kg
Tomatoes vine Netherlands	£5.90/kg
Turmeric fresh Peru	£1.90/100g
Watercress UK	£3.60/pk

**New in: Cheeky Panda bamboo toilet rolls & tooth brushes**

**Fruit**

Apples Granny Smith Arg	£4.90/kg
Apples Red Delicious Arg	£2.90/kg
Apples Royal Gala Chile	£4.90/kg
Apricots France	90p/100g
Bananas DR	£2.90/kg
Blackcurrants UK local	*sp £1.90/pnt
Blueberries Spain	£3.60/pnt
Cherries Spain	£1.50/100g
Grapefruit ruby lge SA	£1.90/each
Kiwi Golden NZ	tba
Lemons Spain	70p/each
Medjool dates Israel	£1.90/100g
Melon Piel de Sapo Sapin	£3.90/each
Nectarines/Peaches Spain	£1/each
Oranges Spain	60p/each
Pears Guyot France	£3/500g
Pineapple Costa Rica	£4.50/each
Water melon mini Spain	£4.90/each
<b>Fresh Organic: Beef: mince,</b>	<b>braising steak,</b>
<b>smoked salmon, chicken,</b>	<b>back bacon,</b>
<b>Tudor pork.</b>	
<b>Frozen Organic: Chicken:</b>	<b>breasts &amp; thighs</b>
<b>GF sausages &amp; traditional,</b>	<b>salmon</b>
<b>West Riding compost (to be</b>	<b>pre-ordered)</b>
Multipurpose 40l	£8.50
Peat alternative 40l	£7.50
Potting & container 40l	£9.30
Seed & cutting 40l	£9.30
Grow Bigs 30l	£6.80
<b>Eggs: organic med UK</b>	<b>£2.25/½ doz</b>
<b>Eggs: organic large UK</b>	<b>£2.55/½ doz</b>
<b>Eggs: from Peter's Farm</b>	<b>**£1.70/½ doz</b>
<b>Frozen organic produce:</b>	
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
<b>Dairy:</b>	
Acorn Dairy fresh milk**	£1.30 1l
Botton Village cheeses	
Cream dble	£1.90/280ml
Lye cross cheeses	£3.80/245g
<b>Botton Village:</b>	
Yoghurt (returnable jar)	£2.20

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

\*sp – spray-free

\*\* ex battery hens rescued and now fed & cared for organically at Peter's Farm