



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

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version 3

### Vegetables

Asparagus Italy per ½ b'ch/ b'ch	£3.50/ ½ / £6.30
Aubergine Spain	£6.90/kg
Avocados Spain	£1.50/£1.90/each
Beetroot cooked Holland	£1.29/pack
Beetroot loose new season Sp'n	£2.70/kg
Broccoli Spain	£4.90/kg
Butternut squash Spain	£2.99/kg
Cabbage red & white N'lands	£2.50/each
Carrots unwashed UK local	£1.50/kg
Carrots washed UK	£2.25/kg
Cauliflowers Italy	£2.90/each
Celeriac UK	£2.50/each
Celery UK	£1.90/head
Chili red Holland	45p/each
Courgettes Spain	£4.50/each
Cucumber Spain	£2.20/each
Fennel Spain	£4.95/kg
French Beans Kenya	£2.90/250g pnt
Garlic fresh Egypt	£1.40/100g
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 Spain	99p/100g
Kalettes UK	99p/100g
Leeks UK local	£3.90/kg
Lettuce flat UK	£1.90/each
Mushrooms Chestnut UK	90p/100g
Mushrooms Portobello UK	95p/100g
Onions UK	£1.90/kg
Onions red Holland	£4.50/kg
Pak Choi UK	£2.30/each
Parsnips *sp washed UK	£2.20/kg
Peppers red Spain	from £1.50/each
Peppers Romano Spain	£3.70/2 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 NEW Spunta Italy	£2.90/kg
Potatoes washed baking UK	£1.25/kg
Radishes France *wonderful!*	£3.90/bunch
Spinach Italy	99p/100g
Spring greens UK	£2.30/each
Sweet potatoes Spain/USA	£4.90/kg
Tomatoes cherry on vine Spain	88p/100g
Tomatoes vine Spain	£5.90/kg
Tumeric fresh Peru	£1.90/100g
Watercress UK	£3.60/pk

### Fruit

Apples Braeburn Italy	£5.50/kg
Apples Ida red Italy	£5.50/kg
Apples Jonagold France	£5.50/kg
Bananas DR	£2.90/kg
Blueberries Spain	£4.90/pnt
Clementines Morocco	£4.95/kg/ £1.65/4
Grapefruit ruby Ige Spain	£2.20/each
Grapes black seedless SA	£1.20/100g
Kiwi Italy	65p /3 for £1.90
Lemons Spain	50p/each
Limes Spain	65p/each
Medjool dates Israel	£1.90/100g
Oranges med. Spain	65p/each
Pears *Abate* Argentina	£5.90/kg
Pineapple Costa Rica	£4.50/each
Walnuts in shells France	£1.20/100g

**Organic: salmon: fresh & smoked**

**Frozen Organic: Salmon, chicken, sausages, beef joints.**

\*Abate\* like Conference

**Eggs: organic med UK** £2.20/½ doz

**Eggs: organic large UK** £2.50/½ 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**

\*sp – spray-free