

Beacons Veggie Boxes Produce List Dec09/ Jan10

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Prices and Countries of Origin are for guidance only, and are subject to change from our suppliers.

All produce certified organically grown unless otherwise stated

VEGETABLES	<i>Country of Origin</i>	<i>Price</i>	SALADS	<i>Country of Origin</i>	<i>Price</i>
Aubergine	Holland/Spain	3.25per Kg	Salad	Wales	1.70 per 150g
Jerusalem Articokes	Pwll Court	2.50 per Kg	Toms	Spain	4.00 per kg
Beetroot chioggio	UK	2.00 per Kg	Cherry Toms	Spain	7.00 per Kg
Broccoli	UK	4.00 per Kg	Cucumber	Spain	1.45 each
Sprouts	Pwlllyn/Wales	3.80 per Kg	Avocado	Spain	1.10 each
Carrots	Wales	1.00 per Kg	Parsley	Pwlllyn	75p bunch
Cabbage Savoy	Wales	1.50 each	Peppers Red	Spain / Holland	6.50 per Kg
Cabbage Jan King	Wales	1.50 each			
Red Cabbage	Wales	1.40 per Kg	FRUIT	<i>Country of Origin</i>	<i>Price</i>
Winter Greens	Wales	1.40 pack	Apples	Holland	2.90 per kg
Green Kale	Pwlllyn*	1.50 per 250g	Kiwi	Spain	40p each
Red Kale	Pwlllyn*	1.50 per 250g	Pears	Holland	2.00 per Kg
Cauli	Wales	1.50 each	Clementines	Greece	3.00 per Kg
Spinach	Wales	1.70 each	Oranges	Spain	2.25 per kg
Chard	Wales	1.70 each	Lemons	Spain	2.50 per kg
Celery	Spain	1.60 each	Red G.fruit	Spain	90p each
Courgettes	Spain/Italy	3.60 per Kg	Bananas (FT)	Dom Rep	2.50 per kg
Fennel	Sapin/Italy	4.60 Per Kg			
Ginger	Peru	8.00 per kg	SPROUTING SEEDS/BEANS		
Garlic	Pwlllyn	8.00 per kg	Alfalfa	UK	1.00 per 113g
Leeks	Wales	3.00 per kg	Alfalfa/Broc	UK	1.10 per 115g
Mushrooms Chesnut	Uk	7.00 per Kg	Radish	UK	1.10 per 115g
Onions White	UK	1.40 per Kg	Chick Peas	UK	1.00 per 230g
Onions Red	UK	1.40 per Kg	Mixed Beans	UK	1.15 per 282g
Shallots	UK	3.70 per Kg			
Butter Nut Squash	France	2.30 per Kg	ORGANIC OLIVE OIL		2.20 per 250ml
Pumpkin	Wales	2.00 per Kg	EGGS		
Kolrabi	Wales	2.50 per Kg	Pwlllyn Farm/Local/Free Range*		1.20 1/2 doz
Celeriac	Wales	1.40 per Kg	SA Certified/Local/Free Range		1.65 1/2 doz
Parsnips	Wales	1.50 per kg			
Swede	Wales	0.85 per Kg	CRAI VALLEY ORGANIC PRODUCE		
Potatoes	Wales	0.90 per Kg	Please see separate price list for range of organic,		
Baking Pots	Wales	1.20 per Kg	locally produced lamb and beef.		
Sweet pots	Spain	2.30 per Kg			

STANDARD BOXES

Contents mainly local/in season when available

Individual preferences catered for

Fruit and Veg Box (Small) £12.50

Fruit and Veg Box (Medium) £20.00

Veg Box (small) £10.00

Veg Box (medium) £15.00

Lemon Cake (Full Size) £2.50
(Half Size) £1.25

CHUTNEY AND RELISH

Beetroot Relish 1.75per jar

Pickled Beetroot 1.50 per jar

Apple and Green Bean Chutney 1.75 per jar

*Grown without artificial chemicals and fertilisers, but not certified organic (FT) Fair Trade