

## Beacons Veggie Boxes Produce List June 09

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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

<i>VEGETABLES</i>	<i>Country of Origin</i>	<i>Price</i>
Spring greens	Penpont	1.50 per bag
Cabbage	Penpont	1.40 each
Rhubarb	Pwll Court	3.00 per kg
New Potatoes	Pembroke	1.65 per kg
Potatoes	Wales	1.00 per kg
Cauli	Wales/UK	1.50 each
Asparagus	UK	2.50 per 250g
Chestnut Mushrooms	UK	1.75 per 250g
Leeks	Holland	4.50 per kg
Onions	Holland	1.65 per kg
Carrots	Spain	1.75 per kg
Peppers Red/Yellow	Spain	5.50 per kg
Aubergine	Spain	4.50 per kg
Courgettes	Spain	3.00 per kg
Celery	Spain	1.85 each
Broccoli	Spain	4.00 per kg
Fennel	Spain	5.00 per kg
Sweet pots	USA	4.65 per kg
Ginger	China	7.00 per kg
Garlic	France	6.50 per kg

<i>FRUIT</i>	<i>Country of Origin</i>	<i>Price</i>
Apples	USA/Argentina	2.60 per kg
Kiwi	Italy	40p each
Pears	Argentina	2.80 per kg
Oranges	Spain	2.45 per kg
Lemons	Spain	2.90 per kg
Red G.fruit	Spain	90p each
Bananas (FT)	Dom Rep	2.50 per kg

### **STANDARD BOXES**

Contents mainly local/in season when available

Individual preferences catered for

**Fruit and Veg Box (Sml) £12.50**

**Fruit and Veg Box (Medium) £20.00**

**Veg Box (sml) £10.00**

**Veg Box (medium) £15.00**

<i>SALADS</i>	<i>Country of Origin</i>	<i>Price</i>
Salad	Penpont	1.70 per 150g
Toms (vine)	Spain	5.80 per kg
Lettuce	Pwll Court	1.20 each
Cherry Toms	Holland	5.40 per kg
Avocado	Mexico/Spain	1.00 each

### **SPROUTING SEEDS/BEANS**

Alfalfa	UK	1.00 per 113g
Alfalfa/Broc	UK	1.10 per 115g
Radish	UK	1.10 per 115g
Chick Peas	UK	1.00 per 230g
Mixed Beans	UK	1.15 per 282g

**ORGANIC OLIVE OIL** 2.20 per 250ml

### **CHUTNEY AND RELISH**

**Beetroot Relish** 1.75per jar

### **EGGS**

Pwllyn Farm/Local/Free Range\* 1.20 1/2 doz

SA Certified/Local/Free Range 1.65 1/2 doz

### **CRAI VALLEY ORGANIC PRODUCE**

Please see separate price list for range of organic, locally produced lamb and beef.

### **JUICE**

Apple 2.60 per 75cl

Apple and Pear 2.90 per 75cl

### **CAKE OF THE MONTH - Pwll Court**

Lemon Cake (Full Size) £2.50

(Half Size) £1.25

### **FRESH HERBS**

Rosemary

Coriander Variety of sources

Parsley all local

Dill prices vary according

Thyme to supplier

Oregano check availability

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