

Beacons Veggie Boxes Produce List March 08

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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>
Green Kale*	Pwlllyn Farm	1.50 per 250g	Salad Pack	Wales	1.70 per 120g
Red Russian Kale*	Pwlllyn Farm	1.50 per 250g	Lettuce	France	1.25 each
Leeks*	Pwll Court/Wales	1.75 per 500g	Cucumber	France	1.60 each
Artichokes*	Pwll Court	1.00 per 500g	Tomatoes	Spain	2.50 per 500g
Cabbage	Wales	1.50 each	Cherry Toms	Spain	1.50 per 250g
Carrots	Wales	1.00 per kg	Radish	Holland	1.25 per bunch
Savoy Cabbage	Wales	1.50 each	Spring Onions	Holland	1.25 per bunch
Cauliflower	Wales	1.50 each	Avocado	Mexico/Spain	1.00 each
Winter Greens	Wales	1.50 per bag			
Turnip	Borders	1.90 per kg			
Swede	Borders	1.40 per kg			
Parsnips	Borders	1.00 per 500g			
Chestnut Mushrooms	UK	1.65 per 250g			
Beetroot	UK	1.50 per kg			
Potato bakers	UK	1.40 per kg			
Potato white/red	UK	1.10 per kg			
Broccoli	Italy	1.75 per 500g			
Butternut Squash	France	2.10 per kg			
Courgettes	Spain	2.25 per 500g			
Garlic	Spain	1.75 per 250g			
Green Peppers	Spain	2.25 per 500g			
Celeriac	Holland	1.95 per kg			
Onions	Holland	1.60 per kg			
Red Cabbage	Holland	1.40 per kg			
Celery	Holland	1.65 each			
Sweet Potato	Egypt	1.50 per 500g			
Ginger	China	1.50 per 250g			
Red Peppers	Morocco	2.50 per 500g			

FRUIT	<i>Country of Origin</i>	<i>Price</i>
Apples	Holland	1.35 per 500g
Kiwi	Italy	35p each
Pears	Italy	1.50 per 500g
Oranges	Italy	1.20 per 500g
Lemons	Spain	1.40 per 500g
Red G.fruit	Spain	75p each
Bananas (FT)	Dom Rep	2.30 per kg

STANDARD BOXES

Contents mainly local/in season when available

Individual preferences catered for

Fruit and Veg Box (sml)	£12.50	Veg Box (sml)	£10.00
Fruit and Veg Box (Medium)	£20.00	Veg Box (Medium)	£15.00

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

EGGS

Pwlllyn Farm/Local/Free Range*	1.20 1/2 doz
SA Certified/Local/Free Range	1.55 1/2 doz
Duck Eggs Pwlllyn Farm	1.40 1/2 doz

FRUIT JUICE

Apple	2.50 per 75 cl
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CRAI VALLEY ORGANIC PRODUCE

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

CAKE OF THE MONTH - Pwll Court

Carrot and (Full Size)	£2.50
Walnut Cake (Half Size)	£1.25

CHUTNEY AND RELISH

Beetroot Relish	£1.75
Pickled Beetroot	£1.00
Tomato Chutney	£1.75

FRESH HERBS

Rosemary* Pwll Court Farm	70p per 30g
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*Grown without artificial chemicals and fertilisers, but not certified organic (FT) Fair Trade