

Core Fresh Produce Listing

Sometimes fresh produce can go through periods of short supply, so while we endeavour to stock everything on this list according to its season, there may be times we don't have it in stock. Likewise, if produce isn't up to our high standards, we'll reject it and provide an alternative. Seasons listed are approximate & there are many other short-season items that are available throughout the year. If there's something you want, please ask! We might be able to get it specially, or it might already be in stock as a special. Packet/pun net weights can vary depending upon country of origin, so not all are listed.

Some items are available all year round but from different countries of origin throughout the year.

Potatoes

New potatoes	Loose kg	All year round
Washed new potatoes	Loose kg	All year round
Washed baking potatoes	Loose kg	All year round
Local Wilja potatoes	2.5kg	August–April
Local Wilja potatoes	6.36kg	October–April
Local Wilja potatoes	25kg	October–April
Maris Piper potatoes	2.5kg	August–April
King Edward potatoes	2.5kg	August–April
Cyprus Potatoes	2.5kg	Dec–Oct
Washed all round potatoes	2kg	All year round
Sweet potatoes	Loose kg	All year round

Root Vegetables & Brassicas

Onions	Loose kg	All year round
Red Onions	Loose kg	All year round
Cauliflower	Each	All year round
Shallots	Loose kg	Multi-seasonal
Fresh beetroot	Bunched	Multi-seasonal
Broccoli	Loose kg	All year round
White cabbage	Each	All year round
Primo summer cabbage	Each	Multi-seasonal
Spring cabbage	Each	Multi-seasonal
Savoy cabbage	Each	Multi-seasonal
Red cabbage	Each	Multi-seasonal
Carrots	Loose kg	All year round
Bunched Carrots	Each	Multi-seasonal
Courgettes	Loose kg	All year round
Leeks	Loose kg	All year round
Parsnips	Loose kg	Sept– May
Swede	Loose kg	All year round

Other Vegetables

Asparagus	Bunch	All year round
Aubergine	Each	All year round
Avocado	Each	All year round
Green beans	Loose kg	All year round
Butternut squash	Loose kg	All year round
Mixed variety squash	Loose kg	Sept–Dec
Baby Corn	Pack	All year round
Fresh Corn on the Cob	Each	Aug–Sept
Long Life Corn on the Cob	Pack of 2	All year round
Fennel	Loose kg	All year round
Mange Tout	Pack	All year round
Breakfast Mushroom	Loose kg	All year round
Loose Mushrooms	Loose kg	All year round
Portobello Mushroom Lrg	Loose kg	All year round
Green Curly Kale	Various	Multi-seasonal
Red Curly Kale	Various	Multi-seasonal
Black Cavolo Nero Kale	Various	Multi-seasonal
Pak Choi	Loose kg	All year round
Sugar Snap Pea	Loose	All year round

Salads & Tomatoes

Cooked beetroot	Loose kg	All year round
Celery	Each	All year round
Chillies (R,G)	Loose kg	All year round
Cress	Each	All year round
Cucumber (& 1/2)	Each	All year round
Garlic	Loose kg	All year round
Ginger	Loose kg	All year round

Salads & Tomatoes continued

Mixed baby leaf salad	Pun net	All year round
Rocket salad	Pun net	All year round
Mixed crunch salad	Bag	All year round
Iceberg lettuce	Each	All year round
Little Gem Lettuce	Pack of 2	All year round
Radish	Bunch	April–October
Spinach	Bag	All year round
Spring Onion	Bunch	All year round
Cherry Vine Tomato	Loose kg	All year round
Vine Tomato	Loose kg	All year round
Loose tomato	Loose kg	All year round
Heritage Tomato	Loose kg	May–October
Watercress	Bunch	All year round
Local Special Lettuce	Each	April–October
Bell Peppers (R,G,Y)	Loose kg	All year round
Sweet Chilli Pepper	Each	All year round

Apples, Pears & Citrus

Braeburn apple	Loose kg	All year round
Bramley apple	Loose kg	All year round
Granny Smith apple	Loose kg	All year round
Golden Delicious apple	Loose kg	All year round
Pink Lady apple	Loose kg	All year round
Red Delicious apple	Loose kg	All year round
Royal Gala apple	Loose kg	All year round
Cox apple	Loose kg	Multi-seasonal
English Special Variety apple	Loose kg	Sept–Dec
Conference pear	Loose kg	All year round
William pear	Loose kg	Multi-seasonal
Forelle blush pear	Loose kg	Multi-seasonal
Large Orange	Each	All year round
Satsuma	Each	Sept–April
Clementine	Each	October–April
Minneola	Each	October–April
Lemon	Each	All year round
Lime	Each	All year round
White Grapefruit	Each	All year round
Ruby Grapefruit	Each	All year round

Other Fruits

Banana	Loose kg	All year round
Kiwi fruit	Each	All year round
Pineapple	Each	All year round
Apricot	Loose kg	Multi-seasonal
Cherries	Loose kg	Multi-seasonal
Black/red Grapes	Loose kg	All year round
Green/white Grapes	Loose kg	All year round
Honeydew melon	Each	All year round
Galia Melon	Each	Multi-seasonal
Cantaloupe Melon	Each	Multi-seasonal
Watermelon (& 1/4)	Each	Multi-seasonal
Nectarine	Each	June–October
Peach	Each	June–October
Plum	Loose kg	All year round
Specialist Plum Varieties	Loose kg	August–Oct
Loose Medjoul Dates	Loose kg	September–May

Berries

Strawberries	Pun net	All year round
Raspberries	Pun net	All year round
Blueberries	Pun net	All year round
Blackberries	Pun net	All year round

Fresh Herbs

Basil	25g pack	All year round
Bay Leaf	25g pack	All year round
Chives	25g pack	All year round
Dill	25g pack	All year round
Mint	25g pack	All year round
Oregano	25g pack	All year round
Rosemary	25g pack	All year round
Sage	25g pack	All year round
Tarragon	25g pack	All year round
Thyme	25g pack	All year round
Coriander	Bunch	All year round

Eggs

Barn eggs are from hens kept inside, in large room cages and are not housed in 'batteries' as they were traditionally. Free range eggs are from hens in large barns who are free to wander in and outside during the day.

Eggs are all sold in half dozens (6s)

We stock:

- Barn small (pullet)
- Barn Large (also available on tray)
- Barn Extra Large (also available on tray)
- Free Range Medium
- Free Range Large
- Free Range Extra Large
- Duck Eggs

Delivery

On personal shopping lists selected by you, we charge £2.99 packing & delivery on top of your order value. Simple and honest pricing that means you get what you pay for with no hidden costs.

Seasonal Surprise Boxes

We also offer seasonal surprise boxes in two sizes, £13 & £20 including delivery. We pack in these a terrific mix of good value seasonal produce. These are particularly popular with new customers and offer a good starter selection.

