

GREENER GREENS CATALOGUE
WEEK COMMENCING 28th MAY 2017

PRODUCT	Organic	Biodynamic	UNIT	PRICE £	GROWER LOCATION
VEGETABLES					
Artichokes Jerusalem White	O	BD	400gm	1.87	Local
Asparagus (discounted price, limited availability)	O		each	3.98	Local
Aubergine	O		350gm	1.75	Spain
Beans French	O		200gm	2.33	Spain
Beans Broad	O	BD	400gm	3.07	Local
Beans Flat Helda	O		300gm	2.63	Spain
Beetroot Cooked Pre-Packs 500gm	O		each	1.30	Holland
Beetroot Loose	O	BD	500gm	1.11	Local
Beetroot Golden Globe	O		500gm	1.25	UK
Beetroot Chioggia	O		500gm	1.10	UK
Broccoli	O		400gm	2.60	Italy
Cabbage Red	O		700gm	2.37	UK
Cabbage White	O		700gm	4.38	Holland
Cabbage Pointed Sweetheart	O		each	3.38	Spain
Carrots Washed	O	BD	kg	3.12	Local
Carrots Dirty	O	BD	kg	2.54	Local
Carrots Juicing	O	BD	kg	2.08	Local
Cauliflower	O		each	4.38	Italy
Celery	O		each	2.98	Spain
Chard Swiss	O	BD	250gm	3.25	Local
Chicory	O		200gm	2.00	Holland
Chinese Leaf	O		each	7.50	Spain
Courgette	O		400gm	1.63	Spain
Cucumber Mini Ridge	O		250gm	1.41	Spain
Cucumber Large	O		each	1.52	Spain
Daikon Mooli (an Asian cuisine staple, use in salads, cole slaws, roast or pickle)	O		500gm	2.64	France
Fennel	O		300gm	1.64	Spain
Garlic Wild	O	BD	each	1.51	Local
Garlic Dry	O		100gm	1.14	Spain
Ginger	O		200gm	1.62	Peru
Kale Green Pre-Packs	O		each	2.76	UK
Kale Russian Pre-Packs	O		each	2.28	UK
Kholrabi Green	O		each	1.68	Spain
Leeks	O		500gm	1.82	Local
Lettuce Little Gem Twin Pack	O		each	2.50	UK
Lettuce Batavia Red	O		each	2.50	UK
Lettuce Batavia Green	O	BD	each	2.60	Local
Lettuce Cos	O		each	2.50	UK
Lettuce Red Oakleaf	O		each	2.50	UK
Rocket	O		50gm	1.62	Italy
Salad Loose Oriental Mix	O		100gm	2.88	Italy
Salad Punnets Corn Salad	O		each	4.50	Italy
Mange Tout	O	BD	125gm	2.20	Local
Mushrooms Brown	O		250gm	2.05	Local
Mushrooms Portobello	O		250gm	2.25	Local
Mushrooms White	O		250gm	1.83	Local
Mushroom Shiitake (discounted price, limited availability)	O		100gm	2.24	Holland
Onions Red	O		500gm	1.56	Egypt
Spring onion	O		each	3.20	Italy
Onions Brown	O		kg	2.50	Egypt
Peppers Chilli Jalapeno	O		100gm	2.75	Holland
Chilli Peppers Red	O		100gm	1.74	Spain
Pepper Red Romano	O		each	4.76	Holland
Pepper Green	O		200gm	1.26	Spain
Pepper Red	O		200gm	1.40	Spain
Pepper Yellow	O		200gm	1.40	Spain
Potatoes Colleen (New)	O		500gm	1.20	UK
Potatoes Bakers Washed	O		kg	1.38	UK
Potatoes Charlotte (salad potato: fresh taste, good hot or cold)	O		kg	2.70	UK
Potatoes Jersey Royals (salad potato: small, excellent taste, good hot or cold)	O		kg	4.60	UK
Potatoes Cara (excellent flavour, good boiled, mashed & baked)	O	BD	kg	1.96	Local
Potatoes Red Rudolph	O	BD	500gm	0.98	Local
Potatoes Sweet Purple	O		500gm	3.85	Italy
Potatoes Sweet	O		500gm	2.62	Honduras
Radish Red	O		each	2.64	Italy
Shallots	O		200gm	1.50	Holland
Spinach Perpetual Pre-Packs	O		each	2.76	UK
Spinach Loose	O		250gm	2.37	France
Salad Punnets Baby Spinach	O		each	3.76	Italy
Squash Butternut	O		700gm	2.03	South Africa
Squash Red Kuri	O		kg	6.50	Morocco
Sweetcorn Fresh	O		each	2.76	Morocco
Tomatoes Classic	O		500gm	2.44	Spain
Tomatoes Cherry On The Vine	O		300gm	2.77	Italy
Tomatoes Cherry Pre-Packs 250gm	O		each	2.10	Spain
Tomatoes Cherry Roma Noire	O		500gm	6.05	Spain
Tomatoes On The Vine	O		500gm	2.56	Spain
Turmeric "Orange Inside" Fresh - by sea transport	O		100gm	1.93	Peru
Turnips	O		500gm	2.97	France
Watercress Flow Pack 100gm	O		each	3.40	UK

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PRODUCT	Organic	Biodynamic	UNIT	PRICE £	GROWER LOCATION
FRESH HERBS					
Basil 50g Pack	O		each	3.24	UK
Bay Leaves 20g Pack	O		each	1.18	Local
Chives 50g Pack	O		each	3.38	Morocco
Chives Garlic	O	BD	each	2.08	Local
Coriander	O	BD	50gm	1.30	Local
Dill 50g Pack	O		each	3.24	UK
Lemongrass 50g Pack	O		each	4.00	Uganda
Mint 50g Pack	O	BD	each	1.82	Local
Oregano 50g Pack	O		each	3.24	UK
Rosemary 50g Pack	O		each	3.24	UK
Curly Parsley	O	BD	50gm	0.83	Local
Sage 50g Pack	O		each	3.24	UK
Tarragon 50g Pack	O	BD	each	1.82	Local
Thyme 50g Pack	O	BD	each	1.82	Local
Chick Pea Sprouts 227gm	O		each	2.38	UK
Alfalfa Sprouts 100gm	O		each	2.38	UK
Alfalfa & Broccoli Sprouts 100gm	O		each	2.38	UK
Alfalfa & Radish Sprouts 100gm	O		each	2.38	UK
Alfalfa & Fenugreek Sprouts 100gm	O		each	2.38	UK
Sunflower Sprouts 100gm	O		each	2.58	UK
Sprouts Variety Pack 130gm	O		each	3.30	UK
China Rose Sprouts 100gm	O		each	2.38	UK
Mixed Sprouts 227gm	O		each	2.38	UK
Mung Sprouts 227gm	O		each	2.38	UK
Lentil Sprouts 227gm	O		each	2.38	UK
Wheatgrass tray	O		each	8.67	UK
FRUIT					
Apples Braeburn (Crisp & juicy. Pleasant slightly tart taste)	O		kg	4.46	Italy
Apples Regal Prince (Small/medium Gala apple. Crispy and aromatic)	O		kg	3.37	Local
Apples Granny Smiths (Crisp, hard & sharp green apple)	O		kg	5.26	Argentina
Apples Spartan (Small sweet apple, bright crimson skin, white flesh and a great taste)	O		kg	3.38	Local
Apples Juicers	O		kg	1.65	Various
Apples Royal Gala (Offspring of Kidd's Orange Red & Golden Delicious. Good flavour, red skin)	O		kg	3.38	Local
Apricots	O		200gm	1.57	Spain
Avocado Hass	O		200gm	1.92	Spain
Bananas Fairtrade	O		kg	2.41	Dominican Republic
Blueberries 125gm	O		each	3.09	Spain
Cherries Red (discounted price, limited availability)	O		200gm	2.15	France
Dates Medjoul	O		200gm	3.63	Israel
Grapefruit Star Ruby	O		400gm	1.15	Spain
Grapes White Prime Seedless	O		400gm	4.95	Egypt
Kiwi Fruit	O		400gm	1.89	Italy
Lemons Sicilian	O		500gm	1.62	Spain
Lemons Bergamot (more pungent & acidic yet sweeter than lemon, excellent with fish)	O		200gm	0.67	Spain
Limes	O		200gm	1.59	Spain
Mandarins	O		250gm	0.79	Spain
Mangoes Kent	O		each	1.91	Morocco
Melon Honeydew	O		each	7.94	Spain
Melon Galia	O		kg	4.17	Spain
Melons Charentais	O		kg	5.92	Spain
Watermelon Mini	O		kg	2.21	Spain
Nectarines	O		400gm	2.72	Spain
Nuts Walnuts "Dry"	O		250gm	3.11	France
Oranges Large	O		kg	3.20	Spain
Oranges Medium	O		kg	2.59	Spain
Peaches	O		500gm	3.32	Spain
Peaches Flat	O		500gm	4.42	Spain
Pears Packham	O		400gm	1.72	Argentina
Pineapples	O		each	2.21	Spain
Raspberries (discounted price, limited availability)	O		each	3.63	Spain
Rhubarb	O	BD	500gm	1.88	Local
Strawberries	O		250gm	2.50	Spain
BREAD contains organic flour with gluten					
Sourdough, white	O		800gm	3.45	Local
Surrey Bloomer, white	O		600gm	2.00	Local
White tin (sliced or unsliced*)	O		800gm	2.20	Local
Wholemeal tin (sliced or unsliced*)	O		800gm	2.25	Local
Malted grain tin (sliced or unsliced*)	O		800gm	2.35	Local
Rye with sunflower seeds**	O		650gm	2.90	Local
Spelt, white**	O		550gm	3.10	Local
Ciabatta	O		600gm	2.60	Local
Olive	O		500gm	3.45	Local
* please specify **Thursday & Friday delivery rounds only					

As our growers are all small producers, from time to time weather conditions can prevent them from being able to harvest our freshly ordered produce. In these circumstances we may have to substitute similar organic items from a wholesaler to be able to complete your order. We will always invoice the true value of the items we are sending you and prices can vary a little. If you would prefer to not receive substitutions in these situations please do let us know.

We buy direct from the best, local, small independent producers who grow using organic or biodynamic principles. These are noted as 'Local'. During the winter and early spring season Greener Greens buys selected fruit and vegetables directly from European Co-operatives which are certified as organic producers. "O" denotes organic, certified either by the Soil Association in the UK or by other certifying bodies which are recognised as an equivalent licence by the Soil Association. "BD" denotes biodynamic and the grower is Demeter certified which is recognised by the Soil Association under their equivalence rules. What is biodynamic? A BD farm will work as its own independent ecosystem - taking every part of the production (food and waste/compost) and putting it to use in another part of the farming process. Its organic - but one step further. 'Wholesaler': Whilst we support as many local growers as possible, to provide variety for our clients we have good relationships with wholesalers who we can also source organic produce from producers in the UK and internationally. All overseas produce is transported either by road or sea.