

# BEACONS VEGGIE BOXES



Local and organic produce delivered to your door

Veggie Box Options: Our Veg Boxes come in five standard sizes - £10 veg; £13.50 fruit and veg; £15 Veg; £20 fruit and veg and £25 fruit and veg.

Contents vary with the seasons and we will always try to provide a good mix of produce, which will be organic and/or local. Some of our locally grown produce is not organically certified, but you can be sure it has been grown without artificial chemicals, and in a way that cares for the land and its wildlife.

You can let us know what you ALWAYS want, and what you NEVER want, or any other specific requests and we will make sure the veggie box meets your personal requirements.

## Current Veggie Box Contents

In JANUARY and FEBRUARY our veggie boxes will contain a selection of the following fruits and vegetables: artichokes, aubergines, spinach, celery, courgettes, fennel, garlic, leeks, chestnut mushrooms, onions, butternuts or other squash/pumpkins; beetroots, carrots, celeriac, parsnip, swede, broccoli, sprouts, caulis, red cabbage, January King cabbage, Savoy Cabbage, kale, potatoes (red, white and baking), vine tomatoes, cherry tomatoes, salad bags, winter greens, peppers, apples, bananas, clementines, kiwis, pears, lemons and oranges. As an extra we can currently supply Seville oranges for marmalade!

## Optional Extras

Eggs: Half a dozen Local and Free Range £1.40

Half a dozen Local, Free Range and Organic £1.65

We can also supply the full range of Caroline's Real Bread Company loaves; however please note that for anything more exotic than wholemeal, white and granary we require a minimum of four loaves per variety. Please contact us if you would like price details.

## Example of Typical Veggie Box Contents



£10 veg box



£15 veg box



£13.50 fruit and veg

£20 fruit and veg



For more information please contact

Theresa and Ian on 01874 636785

Or email [info@beaconsveggieboxes.co.uk](mailto:info@beaconsveggieboxes.co.uk)

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