

R·O·O·T·S F·R·U·I·T·S & F·L·O·W·E·R·S

NON-ORGANIC BOXES

ONE PERSON:

SWEET POTATO, ONION, CARROT BUNCH (UK), BANANAS, SPINACH BUNCH, BEEF TOMATO, PLUMS, NECTARINE, AND COURGETTE.

TWO PERSON:

SWEET POTATOES, ONIONS, CARROT BUNCH (UK), BANANAS, SPINACH BUNCH, BEEF TOMATOES, PLUMS, NECTARINES, BROCCOLI (UK), AND RED PEPPER.

FOUR PERSON:

SWEET POTATOES, ONIONS, CARROT BUNCH (UK), BANANAS, SPINACH BUNCH, BEEF TOMATOES, PLUMS, NECTARINES, BROCCOLI (UK), PEACHES, CHERRIES, CABBAGE. CORIANDER, COURGETTES, GARLIC, AND RED PEPPERS.

ROOTS NO FRUITS:

SWEET POTATOES, ONIONS, CARROT BUNCH (UK), SPINACH BUNCH, BEEF TOMATOES, BROCCOLI (UK), AND RED PEPPER.

MEDITERRANEAN:

SWEET POTATOES, ONION, RED ONION, CARROT BUNCH (UK), BEEF TOMATOES, AUBERGINE, COURGETTES, PLUMS, NECTARINES, RED PEPPER, CORIANDER, AND GARLIC.

FRUITS NO ROOTS:

BANANAS, PLUMS, NECTARINES, PEACHES, SATSUMAS, AND CHERRIES.

ORIENTAL:

PAK CHOI, SYBOES, SWEET POTATO, ENOKI MUSHROOMS, CHERRIES, CUCUMBER, FINE BEANS, AND CARROT BUNCH.

ORGANIC BOXES

ONE PERSON:

SWEET POTATOES, CARROTS, ONION BUNCH (UK), CHERRY TOMATO BRANCH (UK), BROCCOLI (UK), LITTLE GEM (UK), GARLIC, NECTARINE, PEACH, AND BANANAS.

TWO PERSON:

SWEET POTATOES, CARROTS, ONION BUNCH (UK), CHERRY TOMATO BRANCH (UK), BROCCOLI (UK), THYME (UK), LITTLE GEM (UK), WET GARLIC (UK), RED KURI SQUASH, NECTARINE, PEACH, BLUEBERRIES, AND BANANAS.

ROOTS NO FRUITS:

SWEET POTATOES, CARROTS, ONION BUNCH (UK), CHERRY TOMATO BRANCH (UK), BROCCOLI (UK), LITTLE GEM (UK), RED KURI SQUASH, AND GARLIC.

FRUITS NO ROOTS:

BANANAS, BLUEBERRIES, APRICOTS, PEACHES, NECTARINES, AND APPLES.

MEDITERRANEAN:

SWEET POTATOES, CARROTS, ONION BUNCH (UK), CHERRY TOMATO BRANCH (UK), BROCCOLI (UK), LITTLE GEM (UK), GARLIC, COURGETTES, NECTARINE, PEACH, AND BANANAS.