

R·O·O·T·S F·R·U·I·T·S & F·L·O·W·E·R·S

NON-ORGANIC BOXES

ONE PERSON:

POTATOES (UK), ONION, BANANAS, GARLIC, FRESH PEAS (UK), MINT BUNCH, RED CHILLI, NECTARINE, PEACH, LEMON, AND CUCUMBER.

TWO PERSON:

POTATOES (UK), ONION, BANANAS, GARLIC, FRESH PEAS (UK), MINT BUNCH, RED CHILLI, NECTARINE, PEACH, LITTLE GEM (UK), HISPI CABBAGE, AND CUCUMBER.

FOUR PERSON:

POTATOES (UK), ONION, BANANAS, GARLIC, FRESH PEAS (UK), MINT BUNCH, RED CHILLI, NECTARINE, PEACH, LITTLE GEM (UK), HISPI CABBAGE, LEMONS, KALE (UK), PINK GRAPEFRUIT, COURGETTES, RED PEPPERS, AND CUCUMBER.

ROOTS NO FRUITS:

POTATOES (UK), ONION, GARLIC, FRESH PEAS (UK), MINT BUNCH, RED CHILLI, LITTLE GEM (UK), HISPI CABBAGE, AND CUCUMBER.

MEDITERRANEAN:

POTATOES (UK), ONION, RED ONION, AUBERGINE, COURGETTES, LITTLE GEM (UK), FRESH PEAS (UK), RED CHILLIES, MINT BUNCH, GARLIC, KALE (UK), NECTARINES, PEACHES, AND LEMON.

FRUITS NO ROOTS:

BANANAS, NECTARINES, PEACHES, CLEMENTINES, PINK GRAPEFRUIT, AND BLUEBERRIES.

ORIENTAL:

PAK CHOI, SYBOES, SWEET POTATO, FRESH PEAS (UK), MINT, CUCUMBER, NECTARINES, RED CHILLI, GARLIC, LEMON, AND ENOKI MUSHROOM.

ORGANIC BOXES

ONE PERSON:

POTATOES (UK), CARROTS (UK), RED ONION, ONION, POINTED CABBAGE (UK), KOHLRABI (UK), COS LETTUCE (UK), PARSLEY, CLEMENTINES, APPLES, AND BANANAS.

TWO PERSON:

POTATOES (UK), CARROTS (UK), RED ONION, ONION, POINTED CABBAGE (UK), KOHLRABI (UK), COS LETTUCE (UK), PARSLEY, AUBERGINE (UK), PURPLE SPROUTING BROCCOLI (UK), GRAPES, LEMON, CLEMENTINES, APPLES, AND BANANAS.

ROOTS NO FRUITS:

POTATOES (UK), CARROTS (UK), RED ONION, ONION, POINTED CABBAGE (UK), KOHLRABI (UK), COS LETTUCE (UK), PARSLEY, AND AUBERGINE (UK).

FRUITS NO ROOTS:

BANANAS, GRAPES, BLUEBERRIES, APPLES, CLEMENTINES, AND CHERRIES.

MEDITERRANEAN:

POTATOES (UK), CARROTS (UK), RED ONION, ONION, KOHLRABI (UK), COS LETTUCE (UK), PARSLEY, AUBERGINE (UK), PURPLE SPROUTING BROCCOLI (UK), LEMON, CLEMENTINES, AND AVOCADO.