



## Product List Updated – 3<sup>RD</sup> April 2021

We are currently operating an order and collect service. If you would like to place an order please email a list of your requirements to [teamshawfruitandveg@gmail.com](mailto:teamshawfruitandveg@gmail.com) and a member of the team will reply with the next available slot. This will usually be available within 48 hours. Alternatively, if you are self-isolating and unable to collect from the gate, we can arrange a delivery for you. **Our operating procedures are changing from the 20<sup>th</sup> April onwards, please make sure and check our website for more information.** If you would like to know any prices, please call 01507 327 395 as we are buying fresh produce daily and prices do changes from day to day.

### Set Box of the Month – April 2021

£30



Full contents include

6 Medium Free Range Eggs, New Potatoes, Bunch Carrots, Sprouting Broccoli, 2 Red Onions, 1 Aubergine, 1 Courgette, 1 Pepper, 1 Fennel, 1 Garlic, 1 Rosemary, 250g Mushrooms, Cos Lettuce, 1 Cucumber, 4 Tomatoes, 1 Radish, 1 PP Beetroot, 1 Cress, 1 Avocado, 1 Mango, 4 Apples, 4 Pears, 4 Bananas, 4 Plums, Grapes, Blueberries

Wherever produce isn't available we will substitute items so that value of goods still the same.

# Set Boxes

Available to order for collection or delivery. Please allow 48 hour's notice for orders.



### Standard Box

Includes loaf of Pocklington's bread, 1 doz medium eggs, potatoes, vegetables, salad and fruit

£20.00



### Salad and Fruit Box

Includes pack of six bread buns, eggs, salad potatoes and a selection of salad and fruit

£20.00

## Stock of the Week



English Tomatoes



Oyster Mushrooms



Majorcan New Potatoes



Pasta



Mr Filbert's Olive Snacks



Green Cuisine Herbs

Full list of range at end of produce list

# Produce Lists

## Potatoes

2.5kg / 5kg / 12.5kg / 25kg

Potatoes - Marfona

Potatoes - Melody

Potatoes - Maris Piper

Potatoes – Sagitta

Potatoes- Mozart (Reds)

## Potatoes Other

Potatoes - Baking Washed

Potatoes - Salad Washed

Potatoes – Sweet

Potatoes – New Majorcan

## Onions

Onions - Cooking

Onions - Red

Onions - Spanish

Onions - Spring

Shallots – Banana & Round

## Salad

Avocado

Beetroot cooked (4)

Celery

Corn - Cooked (2)

Cucumber

Lettuce - Cos

Lettuce – Crisp

Lettuce - Iceberg

Lettuce - Flat

Lettuce - Little Gem (2)

Lettuce - Mixed Leaf Bag

Lettuce - Mixed Baby leaf

Peppers – R / Y / G

Peppers – Sweet Long Red

Radish (pack of)

Rocket 100g

Salad Cress

Spinach - Baby leaf

Tomatoes (Cherry packed)

Tomatoes (Cherry Vine Perfect)

Tomatoes (Std loose)

Tomatoes (Vine)

Tomatoes (Beef)

## Vegetables

Aubergine

Baby Corn

Beansprouts

Beetroot Raw Loose or bunch

Broccoli - Calabrese

Broccoli – Sprouting or Tender stem

Butternut Squash

Cabbage (Spring)

Cabbage (Hispi Pointed)

Cabbage (Hard Red & White)

Cabbage Green (Savoy or Tundra)

Carrots - (Bunch)

Carrots - (Washed)

Cauliflower

Celeriac

Chillies (Green or Red)

Courgette - Green

Fennel

Fine Beans 150g

Garlic

Ginger

Kale

Lemongrass

Leeks

Mangetout 150g

Mushroom - Oyster

Mushroom - Chestnut

Mushroom - Flat

Mushroom - Portobello

Mushroom - White Cup

Parsnips

Pak Choi

Rhubarb Outdoor Local

Sugarsnap 150g

Swede

## Eggs

Free Range - Medium

Free Range - Large

Free Range - Extra Large

Standard - Medium

Standard – Large

Duck Eggs

## Fresh Herbs

Basil - 25g Packet

Chives - 25g Packet

Coriander – Bunch

Dill – 25g Packet

Oregano – 25g Packet

Parsley - Curly Leaf - Bunch

Parsley - Flat leaf - Bunch

Rosemary - 25g Packet

Sage - 25g Packet

Thyme - 25g Packet

## Fruit

Banana

Apples - Bramley

Apples - Royal Gala

Apples - Pink Lady

Apples - Granny Smith

Apples - Golden Delicious

Apples - Braeburn

Blueberries

Grapes Black / Red

Grapes Green

Kiwifruit

Lemons

Limes

Melon – Honeydew

Melon – Galia

Melon - Water

Pear (Conference)

Pineapples

Plums

Grapefruit (Ruby)

Grapefruit (Yellow)

Nadorcotts (Easy Peel)

Orange - Medium

Orange – Large

Oranges - Blood

Raspberries

Strawberries

## Dried Fruits

Medjoul Dates £9.00 kg

Persian Dates £2.35

Tray dates £0.60

Dried Figs £1.50

### **Nuts in Shell**

Californian Walnuts £4.75kg  
Brazil Nuts £12.50  
Hazelnuts £8.80  
Monkey Nuts £9.00  
Mixed Nuts £9.00

### **Bakery**

Myers Plum bread

### **Pocklington's**

See a full selection available from Pocklington's on our Retail Collections & Home Delivery Page.

### **Shropshire Spice Mixes**

Jambalaya  
Goan Curry  
Swahili Curry  
Stroganoff

### **Sipton Mill Organic Flour**

Sipton Mill White  
Sipton Mill Three Malts & Sunflower  
Sipton Mill White Spelt  
Sipton Mill Wholemeal  
Sipton Mill Seeded White

### **Wessex Mill Flour**

Wessex Mill Tomato & Garlic  
Wessex Mill Six Seed (1.5kg)  
Wessex Mill Self Raising (1.5kg)  
Wessex Mill French Bread Flour (1.5kg)  
Wessex Mill Plain Flour (1.5kg)  
Wessex Mill Strong White Bread Flour  
Wessex Mill Wholemeal Bread Flour  
Wessex Mill Pasta & Pizza Flour  
Allinson Easy Bake Yeast £1.49

### **Shropshire Spice Stuffing**

Wholemeal Parsley, Thyme & Lemon  
White Sage & Roast Onion  
Bread Sauce  
Wholemeal Sage & Roast Onion

### **Kallo Stock Cubes £1.90**

Organic Beef  
Organic Chicken  
Organic Vegetable

### **Condiments**

Colman's Mustard  
Hellman's Mayo  
Hellman's Light Mayo  
Heinz Salad Cream  
Heinz Ketchup  
HP Sauce  
Mary Berry Salad Dressing  
Mary Berry Caesar Dressing  
Greek Salad Dressing 250ml - £3.45  
Sliced Beetroot

### **Mr Organics**

Passata £1.70  
Chick Peas £1.30  
Butter Beans £1.15  
Chopped Tomatoes £1.15  
Lentils £1.20  
Red Kidney Beans £1.20  
Pasta Sauce – Bolognese £2.50  
Pasta Sauce – Arrabbiata £2.50  
Pesto £3.85  
Mr Organics Porcini Tortellini £4.30  
Mr Organics Vegetable Tortellini £4.30

### **Saints & Sinners**

#### **Jams £3.65**

#### **Chutney £3.95**

Jam - Victoria Plum Jam  
Jam - Winter Spiced Plum  
Jam – Raspberry & Gin  
Jam – Strawberry Jam  
Scrumpy Marmalade  
Topsy St Clements Marmalade  
Chutney - Ploughmans  
Chutney - Onion  
Chutney - Piccalilli  
Chutney - Tomato & Apple  
Chutney - Apple, Date & Ginger  
Chutney - Beetroot  
Cranberry Sauce £3.50  
Redcurrant Jelly £3.25

#### **Tiptree**

Old Times Marmalade  
No Peel Marmalade  
Lemon Curd  
Strawberry Conserve  
Hot Gooseberry Chutney

### **Cooking Ingredients**

Aspall White Wine Vinegar £1.75  
Aspall Red Wine Vinegar £1.75  
Table Vinegar £1.29  
Skidbrooke Cider Vinegar £1.35  
Balsamic Vinegar £3.65  
Maldon Sea Salt £2.95  
Table Salt 59p  
Rapeseed Oil 500ml - £4.50  
Sunflower Oil 500ml 99p  
& 1 ltr £1.89  
Vegetable Oil - 1 ltr £1.69  
Extra Virgin Olive Oil 250ml £2.49  
Olive Oil 250ml £2.49  
Goose Fat £3.25  
Cornflour 90p  
Coconut Milk 85p  
Blue Dragon Sweet Chilli Sauce £2.79  
Colmans Parsley Sauce 75p  
Colmans Cheddar Cheese Sauce 75p  
Colmans White Sauce 75p  
Colmans Chilli Con Carne 89p  
Colmans Beef Casserole 89p  
Shepherds Pie Mix 99p  
Pulled Pork Gourmet Sauce Mix £1.50  
Sharwoods Bean & Red Pepper Sauce  
Amoy Light Soy Sauce £1.59  
Lea & Perrins £1.59  
Garlic Puree £1.25  
Garlic Paste £1.20  
Tomato Puree £1.00  
Beef Atora £2.39  
Paxo Stuffing £1.00  
Bisto Beef Granuals £1.69  
Bisto Chicken Granuals £1.69  
Beef Oxo Cubes £1.69  
Chicken Oxo Cubes £1.69  
Pearl Cous Cous £1.80  
Uncle Bens Long Grain Rice £1.55  
Spaghetti Pasta £1.40  
Fuselli Pasta £1.40

### **Slightly Different Sauces**

Tikka Masala £3.95

## Baking

Granulated Sugar 1kg 99p  
Caster Sugar 1kg £1.99  
Demerara Sugar 500g £1.00  
Light Brown Sugar 500g £1.39  
Icing Sugar £1.09  
Bournville Cocoa £1.99  
Cad Drinking Chocolate £1.99  
Cad Instant Drinking Choc £2.50  
Ground Almonds £2.99

## Tinned Products

Heinz Baked Beans 95p  
Tins Marrowfat Peas 79p  
Mushy Peas 79p  
Heinz Mushroom Soup £1.09  
Heinz Chicken Soup £1.00  
Heinz Tomato Soup 95p  
Heinz Vegetable Soup £1.09  
Princes Corned Beef £3.19  
Princes Ham £1.79

## Free & Easy Organic Tins

Lentil & Red Pepper Soup NEW  
Carrot & Coconut £2  
Pea & Mint £2  
Butternut Squash & Ginger £2  
Broccoli & Kale £2  
Three Bean Chilli £2.40  
Sweet Potato, Coconut & Kale Curry  
£2.40

## Other

Semi Skimmed Milk Long Life £1  
Local Honey £3.80

## Mezze - All £1.25

Green Olives – Pitted  
Green Olives- Stuffed with Pimento  
Roasted Red Peppers  
Sliced Jalapenos – Red  
Jalapeño & Olive Salad  
Sundried Tomatoes  
Whole Gherkins  
Capers

## Maretti Bruschette

Garlic £1  
Pesto £1

## Sweet Store Cupboard

Tins Ambrosia Custard £1.09  
Tins Ambrosia Rice Pudding £1.09  
Caramel Carnation  
Condensed Milk £1.99  
Evaporated Milk 170g 89p  
Nestle Extra Thick Cream 99p  
Fruit Cocktail £1.69  
Pear Halves £1.49  
Pineapple Slices  
Birds Custard Powder £1.59  
Hartleys Jellies; Raspberry 79p  
Blancmange/Strawberry/Chocolate 35p  
4 Meringue Nests £2.75

## Cheeseboard

Nairns Cheese Oat Cakes £1.85  
Nairns Oat Rough Cakes £1.50  
Carr's Selection Box £4.25

## Mrs Darlingtons

Creamed Horseradish Sauce £2.10  
Mint Sauce £2.10  
Tartare Sauce £2.10  
French Mustard - £2.60  
Bramley Apple Sauce £2.45  
Pickled Onions £3.30

## Alvingham Coffee 250g £4.50

Ground Coffee  
Coffee Beans

## Hot Drinks

Yorkshire Tea £2.99  
PG Tips £2.65  
Peppermint £2.19  
Nescafe Coffee 230g £3.80  
Kenco Decaf 100g £3.79  
Unsweetened Cappuccino £2.50

## Robinsons Cordials

Summer Fruits £1.49  
Orange & Pineapple £1.49  
Apple & Blackcurrant £1.49  
Orange £1.65

## Belvoir Fruit Farms Drinks

Elderflower Presse £3.25  
Raspberry & Lemon £4.95  
Elderflower Cordial £4.95  
Blueberry & Blackcurrant cordial £4.95

## Other Drink

2ltr Diet Lemonade Barr's £1  
2ltr Schwepps Lemonade £1.49  
330ml Cans Coke 65p

## Nuts/Snacks

Nisha Roasted Peanuts £1

## Hider Nuts

Almond Kernels  
Fruit & Nut Mix  
Brazil Nuts  
Walnut Halves  
Milk Chocolate Peanuts  
Cashew Nuts Salted

## Big Bags Crisps - £1.45

Bacon Tasty 150g  
Party Mix - Jalapeno & Sour Cream 125g  
Party Mix - Salt & Vinegar  
Onion Rings  
Cheese Balls

## Pipers Crisps

Sea Salt 40g & 150g  
Cheddar & Onion 40g  
Salt & Vinegar 40g & 150g  
Black Pepper 40g  
Wild Thyme & Rosemary 40g  
Beef 40g  
Jalapeno & Dill 40g  
Sweet Chilli 40g

## Jakemans £1.40 100g

Throat & Chest  
Soothing Menthol  
Cherry Mentol  
Honey & Lemon

**£1 Bags of Sweets**

Liquorice Mix  
 Chocolate Peanuts  
 Chocolate Raisins  
 Dolly Mix  
 Wine Gums  
 Midget Gems  
 Fruit Pastilles  
 Assorted Toffee  
 Mint Imperials  
 Jargonelle Pears  
 Mint Humbugs  
 Cinder Toffee

**Naughty Corner**

Dairy Milk Fruit & Nut £1.00  
 Dairy Milk Chop Nut £1.00  
 Dairy Milk Caramel £1.00  
 Dairy Milk Medley £1.00  
 Bournville 100g £2.29  
 Green & Blacks Dark 80% £2.45  
 Daim Bars 75p  
 Snickers 65p  
 Mars Bars 65p  
 Mrs Crimbles Big Choc Macaroons

**Cereals**

Country Products Porridge Oats £4.40  
 850g  
 Deliciously Ella Bircher Muesli £4.75  
 500g

**Cake**

Grandma Wild Lemon Drizzle  
 Grandma Wild Stem Ginger  
 Grandma Wild Cherry Bakewell

**Biscuits**

Grandma Wilds Ginger Crunchies  
 Grandma Wilds Fruit & Lemon  
 Crunchies  
 Grandma Wilds Chocolate Chip  
 Grandma Wild Giant Rhubarb Crumble  
 Grandma Wilds Stem Ginger & Lemon  
 Giant Cookie  
 Grandma Wilds Shortbread Biscuits  
 Grandma Wilds Double Choc Chip Giant  
 Cookies  
 McVites Digestives  
 McVites Milk Chocolate Digestives  
 McVites Hob Nobs  
 Broken Variety Biscuits (Red Bag)  
 Broken Chocolate Biscuits (Purple Bag)

**Tubs of Vinegar**

5ltr Malt Vinegar  
 5ltr Spiced Vinegar  
  
 5ltr Distilled Malt Vinegar (White)  
 5ltr Non-Brewed Condiment  
 2.5ltr Distilled Malt (White)  
 2.5ltr Malt Vinegar  
 2.5ltr Malt Vinegar Spiced  
 2.5ltr Red Wine Vinegar  
 2.5ltr English Cider Vinegar

**Bargain Box**

Peanut Butter 10p  
 (Out of Date November 2020)  
  
 Oyster Sauce 10p  
 (Out of Date August 2020)  
  
 Tubs of Sweets "Mushrooms" 10p  
 Strawberry Flavoured Gums  
 (Out of Date January 2021)  
  
 Colmans Onion Sauce Packet 35p  
 (Out of Date March 2021)  
  
 Gummy Mix 400g 25p  
 (Out of Date October 2020)  
  
 Jelly Babies 50p  
 (Out of Date 28/02/2021)  
  
 Dr Pepper 330ml 20p  
 (Out of Date Dec 2020)  
  
 Irn Bru 2ltr Bottle 50p  
 (Out of Date Jan 2021)  
  
 DNB 2ltr Bottle 50p  
 (Short Date May 2021)  
  
 Diet Coke 500ml Bottle 50p  
 (Out of Date Feb 2021)  
  
 Mini Marshmallows 50p  
 (Out of Date March 2021)

**Bird Feed**

1.6kg Bird Seed  
20kg Bird Seed  
1.6kg Bird Nuts  
20kg Bird Nuts  
1kg Sunflower Hearts (Grey)  
1kg Sunflower Seeds (Black)  
1kg Nyjer Seed  
400g Mealworms  
1 x 6 Fat Balls  
1 x 50 Fat Balls  
Fat Feasts

**Paper Products**

1 x 4 Toilet Roll  
1 x 4 Kitchen Roll  
1 x 9 Toilet Roll  
1 Individual Kitchen Roll

**Disposables**

Large Kitchen Foil £1.39  
Small Kitchen Foil £1.00  
Baking Parchment £1.49  
Cling Film £1.00  
Black Bin Liners £1  
Swing Bin Liners £1  
Pedal Bin Liners £1

**Heating!**

Red Nets of Sticks  
Small bag of Sticks  
10kg Smokeless Briquettes  
Firelighters 95p

**Green Cuisine Herbs & Spices 75p**

Barbeque Seasoning Mix  
Basil  
Bay Leaves  
Bouquet Garni  
Cajun Spices  
Caraway Seed  
Cardamon Ground  
Cardamon Whole  
Cayenne Pepper  
Celery Salt  
Celery Seed  
Chervil  
Chicken Seasoning  
Chillies Crushed  
Chillies Ground  
Chillies Whole  
Chinese Five Spice  
Cinnamon Ground  
Cinnamon Sticks  
Cloves Ground  
Cloves Whole  
Coarse Sea Salt  
Coriander Ground  
Coriander Seed  
Cumin Ground  
Cumin Seed  
Curry Powder Hot  
Curry Leaves  
Curry Powder Mild  
Dill Leaves  
Dill Seed  
Fajita Seasoning  
Fennel Seed  
Fenugreek Ground  
Fenugreek Leaves  
Fenugreek Seed  
Garam Masala  
Garlic Chips  
Garlic Salt  
Ginger Ground  
Herbs de Provence  
Himalayan Rock Salt  
Juniper Berries  
Korma Mix  
Lime Leaves  
Marjoram  
Mint  
Mixed Herbs

Mixed Spice  
Mustard Seed Black  
Mustard Seed Yellow  
Nutmeg Ground  
Nutmeg Whole  
Onion Seed  
Oregano  
Paprika  
Paprika Smoked  
Parsley  
Pepper Coarse Ground Black  
Pepper Cracked Black  
Pepper Ground Black  
Pepper Ground White  
Peppercorns Black  
Pickling Spice  
Poppy Seeds  
Rosemary  
Sage  
Sesame Seed  
Star Anise  
Tagine  
Tarragon  
Thyme  
Tikka Masala  
Turmeric

# Humax Compost 2021

## **75 ltr Tub & Basket (30% fibregro)**

10 x 75ltr £64.80

3 x 75ltr £20.00

1 x 75ltr £6.75

## **75ltr Decorative Bark**

3 x 75ltr £16.50

1 x 75ltr £5.75

## **60 litre Original Mix**

10 x 60ltr £57.00

3 x 60ltr £18.00

1 x 60ltr £6.50

## **40 litre Multipurpose 30% Fibregro**

10 x 40ltr £38.00

3 x 40ltr £12.00

1 x 40ltr £4.50

## **27 litre Grow Bag 30% Fibregro**

10 x 27ltr £32.00

3 x 27ltr £10.50

1 x 27ltr £3.75