



Product List Updated – 10th 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 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 20th 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



Rainbow Chard



Radicchio



Majorcan New Potatoes



Pasta



Mr Filbert's Olive Snacks



20kg Wild Bird Seed

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 - 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
Topsy St Clements Marmalade
Chutney - Ploughmans
Chutney - Onion
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 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 £1.65
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
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
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

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
Whole Earth Peanut Butter £4.00

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 Schweppes 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
Green & Blacks Milk Choc £2.35
Green & Blacks Dark 80% £2.35
Daim Bars 75p
Mars Bars 65p
Mrs Crimbles Big Choc Macaroons

Cereals

Country Products Porridge Oats £4.40
850g

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 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)

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)

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
20kg 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