



Product List Updated – 13th March 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. 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 – March 2021

We're springing into March, yay! This month we've put in baby washed potatoes, spring greens, mint and more for you to make a lovely Sunday roast together with a selection of salad and fruit. There's a little packet of Grandma Wild's biscuits for a treat too. Any mint left over, well, that's good for mojito's!

£30



Full contents include

6 Med FR Eggs, Grandma Wild's Biscuits, 1.5kg Baby Washed Potatoes, 1 PP Mint, 2 Red Onions, 1 Celeriac, 1 BN Squash, 1 Spring Greens, 750g Carrots, 1 Swede, 2 Parsnips, 1 Broccoli, 1 PP Fine Beans, 1 Little Gem, 4 Tomatoes, 1 Cucumbers, 1 Peppers, 1 Spring Onions, 1 Celery, 1 Red Grapefruit, Grapes, 4 Plums, 4 Bananas, 4 Apples, 4 Pears, 4 Nadorcotts, 1 Pineapple

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



Pocklington's Hamper

1 Large steak & ale pie, 1 x 2 sausage rolls, 1 Traditional Plumbread, 1b Pork Pie, 1 Small Farmhouse Sliced, 1 Small Multiseed Sliced, 1 x 4 Hot Cross Brioche, 1 x 6 White Rolls, 1 x 6 Brown Rolls & 1 Lemon Sponge

£23.99



Pocklington's Vegan Hamper

1 Vegetable Quiche, 2 Veg Balti Pies, 2 x Vegan Sausage Rolls, 1 x 4 Strawberry Tarts, 1 x 4 Viennese Mince Pies, 1 Traditional Plumbread, 1 Small Farmhouse Sliced, 1 Small Multiseed sliced, 1 Pack Teacakes and 2 Apple Puffs

£23.99

Stock of the Week



Miss Perfect CV £7.50kg



Sweet Potatoes £2.00kg



Lincolnshire Celeriac £1.30



Tiptree Hot Gooseberry Chutney



Fusilli Pasta £1.40



Garlic or Pesto Bruschette £1

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 Israeli

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 / Or

Peppers – Sweet Long Red

Radish (pack of)

Rocket 100g

Salad Cress

Spinach - Baby leaf 100g

Tomatoes (Cherry packed)

Tomatoes (Cherry Vine Perfect)

Tomatoes (Std loose)

Tomatoes (Vine)

Tomatoes (Beef)

Vegetables

Aubergine

Baby Corn

Beansprouts

Beetroot Raw Loose

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

Cavelo Nero

Celeriac

Chillies (Green or Red)

Courgette

Fennel

Fine Beans 150g

Garlic

Ginger

Kale

Lemongrass

Leeks

Mangetout 150g

Mushroom - Chestnut

Mushroom - Flat

Mushroom - Portobello

Mushroom - White Cup

Parsnips

Pak Choi

Rhubarb Yorkshire

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 - Coxes (UK)

Apples - Royal Gala

Apples - Pink Lady

Apples - Granny Smith

Apples - Golden Delicious

Apples - Braeburn

Blueberries

Dragon fruit - £5

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

Rhubarb Yorkshire Triangle

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

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 – Basil £2.50
Pasta Sauce – Arrabbiata £2.50
Pesto £3.85
Mr Organics Vegetable Tortellini £4.30
Mr Organics Porcini Tortellini £4.30

Saints & Sinners

Jams £3.65

Chutney £3.95

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

Kallo Stock Cubes £1.90

Organic Beef
Organic Chicken
Organic Vegetable

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 Onion 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
Sharwoods Sweet & Sour £1.99
Amoy Light Soy Sauce £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

Cooking Ingredients Continued...

Chicken Oxo Cubes £1.69
Pearl Cous Cous £1.80
Uncle Bens Basmati Rice £1.99
Uncle Bens Long Grain Rice £1.55
Spaghetti Pasta £1.40
Fuselli Pasta £1.40

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
Baking Powder £1.00
Ground Almonds £2.99

Tinned Products

Heinz Baked Beans 95p
Tins Marrowfat Peas 79p
Mushy Peas 79p
Garden Peas 99p
Green Giant Sweetcorn 165g 80p
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
Tuna Chunks in Brine £1.99
Tuna Chunks in Sunflower Oil £1.99

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
Chickpea & Bean Tagine £2.40

Slightly Different Sauces

Tikka Masala £3.95

Other

Semi Skimmed Milk Long Life £1
Local Honey £3.80
Whole Earth Peanut Butter £3.85

Maretti Bruschette

Garlic £1
Pesto £1

Mezze - All £1.25

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

Sweet Store Cupboard

Tins Ambrosia Custard £1.09
Tins Ambrosia Rice Pudding £1.09
Caramel Carnation
Condensed Milk £1.99
Evaporated Milk 170g 89p
& 410g £1.09
Nestle Extra Thick Cream 99p
Fruit Cocktail £1.69
Pear Halves £1.49
Peach Halves £1.49
Birds Custard Powder £1.59
Hartleys Jellies; Strawberry or Orange 79p
Blancmange/Strawberry/Chocolate 35p
4 Meringue Nests £2.75

Cheeseboard

Nairns Cheese Oat Cakes £1.85
Nairns Oat Rough Cakes £1.45
Jacobs Cream Crackers £1.39
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
Nescafe Unsweetened Cappuccino £2.50

Other Drink

Fentimans Tonic Water 500ml £2.29
Fentimans DNB 275ml £1.60
Fentimans Rose Lemonade 275ml £1.85
Diet Coke 500ml £1
2ltr Irn Bru
1.75lt Coke
1.75lt Diet Coke
2ltr DNB £1
2ltr Diet Lemonade Barr's £1
2ltr Schwepps Lemonade £1.49

Robinsons Cordials

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

330ml Cans 65p

Coke
Diet Coke
Pepsi
Pepsi Max
Dr Pepper
Sprite

Belvoir Fruit Farms Drinks

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

Nuts/Snacks

Nisha Salted Peanuts £1
Nisha Roasted Peanuts £1
Cheese Savouries £1.65

Hider Nuts

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

£1 Bags of Sweets

Liquorice Mix
Chocolate Peanuts
Chocolate Raisins
Dolly Mix
Gummy Mix
Wine Gums
Midget Gems
Fruit Pastilles
Jelly Babies
Assorted Toffee
Mint Imperials
Jargonelle Pears

Naughty Corner

Dairy Milk £1.00
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
Smarties 2 for £1
Mars Bars 65p
Freddos 25p
Milky Bars 25p
Bounty 60p
Milky Way 25p
Mini Marshmallow £2.75
Mrs Crimbles Big Choc Macaroons

Jakemans £1.40 100g

Throat & Chest
Soothing Menthol
Cherry Mentol
Honey & Lemon

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

Cereals

Country Products Porridge Oats £4.40
850g
Deliciously Ella Bircher Muesli £4.75
500g
Weetabix £2.99
Jordan's Country Crisp Strawberry £2.69

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 Rich Tea
McVites Milk Chocolate Digestives
McVites Hob Nobs
Broken Variety Biscuits (Red Bag)
Broken Jaffa Cakes (Blue Bag)
Broken Chocolate Biscuits (Purple Bag)

Cake

Grandma Wild Lemon Drizzle
Grandma Wild Stem Ginger
Grandma Wild Farmhouse

Tubs of Vinegar

5ltr Malt 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

Grandma Wilds Biscuit Tins

Clearance - All now £1.00!!

Still remaining;
Christmas Pug
Robin with Postbox
Triangular Christmas Tree



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)

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
Medium Food Bags £1.00
Black Bin Liners £1
Swing Bin Liners £1
Pedal Bin Liners £1

Heating!

Nets of Logs
Red Nets of Sticks
Small bag of Sticks
20kg Smokeless Briquettes
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

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