



## **The Veg Box**

We have sourced a local Wholesaler in York to help us provide low cost home delivered Veg Boxes.

**Delivered by bicycle to prevent adding to our "Carbon Footprint" initially to the area within the A64 / A1237 Ring Road**

The Veg Boxes comprise a selection of locally sourced vegetables suitable for individuals and families including staples such as - (Depending on the season):-

**Super Box:- £10**

**Potatoes - Jackets and Washed whites - (Approx 1kg)**

**Carrots - (Approx 1kg)**

**Parsnips - (Approx 300g)**

**Cabbage - (1 Jumbo Head)**

**Cauliflower - (1 Jumbo Head)**

**Onions - (approx 1kg)**

**Swede / Turnips - (1 or 2 depending on size & season)**

**Buster Box:- £15**

**Potatoes - Jackets and Washed whites - (Approx 1kg)**

**Carrots - (Approx 1kg)**

**Parsnips - (Approx 300g)**

**Cabbage - (1 Jumbo Head)**

**Cauliflower - (1 Jumbo Head)**

**Onions - (approx 1kg)**

**Swede / Turnips - (1 or 2 depending on size & season)**

**Courgettes - (3 or 4 depending on size)**

**Leeks - (3 or 4 depending on size)**

**Tomatoes - (6)**

**Mixed Peppers- (3 mixed)**

**Broccoli - (1 Jumbo Head)**

**Spring Onions- (1 Jumbo bunch)**

By buying in bulk from a York based wholesalers we are able to obtain the discounts usually only available to the hospitality trade. This means that a Banana sized box of vegetables will be prices starting from £10 including free delivery to your door.

We don't expect you to buy large quantities in one go, we would rather deliver to you regularly to prevent or at least reduce food wastage.

To order add your details below or call Sue & Tony on 07598 382309 ? Deliveries available 6 days a week at a time to suit you. Cash on delivery.