



Down to Earth

West Street, Midhurst, West Sussex GU29 9NQ

Tel / Fax 01730 815133

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Organic Veg boxes.

We offer fixed price boxes of seasonal organic produce, for any value from £10, in multiples of £5.

You can choose to have all vegetables, vegetables + salad, vegetables + fruit, or all three.

We try to include as much local produce as possible, so boxes contents will change with the seasons.

If you collect the box we give you 10% more produce than you pay for.

NAME.....ADDRESS.....

TELEPHONE.....COLLECTION /DELIVERY.....

Total value of box required £..... Include vegetables/salad/fruit* (*delete as appropriate)

On the list below, tell us any items that you don't like, so we will exclude them (X)

VEGETABLES	SALADS & HERBS	FRUIT
Asparagus	Avocado	Apples –eating/cooking*
Aubergines	Beansprouts/Seedsprouts*	Apricots
Beans broad/green/runner*	Beetroot – raw/cooked	Bananas
Broccoli - calabrese/sprouting*	Celery	Black/redcurrants
Cabbage – green/red/white*	Chinese leaf	Blueberries
Carrots	Cucumbers	Cherries
Cauliflower	Fennel	Chestnuts
Celeriac	Herbs.....	Clementines/satsumas
Chard/spinach*	Lettuce	Figs
Courgettes	Mixed salad leaves	Grapes
Kale	Onions –spring	Grapefruit
Leeks	Peppers – green	Kiwi
Marrow/summer squash*	Peppers – red/yellow/orange	Lemon
Mushrooms	Radishes	Limes
Onions – white/red*	Rocket	Mango
Parsnips	Tarragon	Melon/watermelon*
Peas	Tomatoes	Nectarines/peaches*
Pumpkin/squash*	Tomatoes – round/vine	Oranges
Potatoes – new/old*	Watercress/salad cress*	Pears
Spring greens	Salad - other.....	Pineapple
Sweetcorn	Chillis	Plums
Swede	Garlic	Raspberries
Sweet potatoes	Ginger	Rhubarb
Turnips/kohlrabi*		Strawberries
Veg – other.....	Eggs - addition to box price	Fruit – other.....

We are also very happy to add grocery and other items to your box, such as eggs, at shop price. Please note these on the reverse if you want them regularly or phone through any additions as required.

We can also prepare boxes to individual order. You can use this form to list what you want.

Boxes are prepared on Thursdays and can be collected from 3pm, or delivered locally.

All produce included will be Soil Association Certified Organic unless otherwise stated.