


**FRUIT & VEGETABLES:**

Raw Foods	Size	Price	Quantity
Sprouted Linseed Crackers. Black and golden sesame, sunflower and pumpkin seeds	50g	€6.75	
Freshly cut organic wheatgrass	50g	€8.10	
Dried organic wheatgrass	5g	€6.75	
Freshly cut organic sweet pea greens	50g	€3.00	
Dried organic dulse sea weed	50g	€10.50	

*Requires 2 weeks notice for sprouting & growing please*

**FRUIT:**

	Price	Quantity
<b>Apples</b>		
Gala		
Fuji		
Pink Lady		
Golden Delicious		
Granny Smith		
<b>Pears</b>		
Conference		
Comice		
<b>Quinces</b>		
<b>Oranges</b>		
Eating		
Juice		
<b>Clementines</b>		
<b>Lemons</b>		
<b>Limes</b>		
<b>Grape Fruits</b>		
Pink		
Yellow		
<b>Kumquats</b>		
<b>Plums</b>		
Black		
Red		
Yellow		
Green Gages		



**FRUIT & VEGETABLES:**

	Price	Quantity
<b>Bananas</b>		
Canarian		
Plantain		
Baby		
<b>Grapes</b>		
Green		
Red		
<b>Peaches</b>		
Yellow Flesh		
White Flesh		
<b>Nectarines</b>		
<b>Apricots</b>		
<b>Cherries</b>		
<b>Kiwi Fruit</b>		
<b>Lychees</b>		
<b>Pineapples</b>		
African		
Baby		
<b>Passion Fruits</b>		
<b>Avocado Pears</b>		
<b>Mangoes</b>		
<b>Papaya</b>		
<b>Custard Apples</b>		
<b>Strawberries</b>		
<b>Raspberries</b>		
<b>Blackberries</b>		
<b>Blueberries</b>		
<b>Blackcurrants</b>		
<b>Redcurrants</b>		
<b>Physalis</b>		
<b>Fig Fresh</b>		
<b>Pomegranates</b>		
<b>Sharon Fruit</b>		
<b>Melons</b>		
Galia		
Cantaloupe		
Honeydew		



**FRUIT & VEGETABLES:**

	Price	Quantity
<b>Melons</b> <i>continued</i>		
Green Skin		
<b>Watermelon</b>		
<b>Guayaba</b>		
<b>Rambutan</b>		
<b>Mangostan</b>		
<b>Coconut</b>		
Whole		
Ground		

**VEGETABLES:**

	Price	Quantity
<b>Potatoes</b>		
Baking (Parmentine)		
Baby (New)		
Sweet White		
Sweet Orange		
<b>Jerusalem Artichokes</b>		
<b>Onions</b>		
Brown		
White		
Red		
Spring		
Shallot		
<b>Garlics</b>		
Loose		
Short String		
Peeled		
<b>Tomatoes</b>		
Salad		
On the Vine		
Rafa		
Roma		
Cherry Yellow		
Cherry Red		
Cherry on the Vine		



**FRUIT & VEGETABLES:**

	Price	Quantity
<b>Peppers</b>		
Green Bell		
Red Bell		
Yellow Bell		
White Long		
Green Long		
Padron		
Baby Red		
Baby Green		
Baby Yellow		
<b>Chillis</b>		
Hot Green		
Hot Red		
Birdseye		
Scotch Bonnet		
<b>Salads</b>		
Romain		
Baby Romain		
Butter Round		
Curly Endive		
Cos		
Lollo Rosso		
Oak Leaf		
Green Leaves		
Lambs Lettuce		
Watercress		
Iceberg		
Endives		
Rocket		
Radicchio		
Bean Sprouts		
Sakura		
Alfalfa		
Mezclum		
Belgium Endive Yellow		
Belgium Endive Red		



**FRUIT & VEGETABLES:**

	Price	Quantity
<b>Mushrooms</b>		
Button		
Oyster		
Chanterelle		
Shitake		
Cepes		
Trompette		
Enoki		
Portobello		
<b>Asparagus</b>		
Green		
White		
Baby		
<b>Radish</b>		
Round		
Daikon		
Big Pink		
<b>Celeriac</b>		
<b>Celery</b>		
White		
Leaves		
<b>Carrots</b>		
Loose		
Bunches		
Baby		
<b>Parsnips</b>		
<b>Turnips</b>		
Long		
Baby		
<b>Leeks</b>		
Big		
Baby		
<b>Beetroots</b>		
Raw		
Cooked		
Baby		



**FRUIT & VEGETABLES:**

	Price	Quantity
<b>Fennel</b>		
Bulbs		
Baby		
<b>Sweetcorn</b>		
Raw		
Cooked		
Baby		
<b>Cucumbers</b>		
Spanish		
Telegraph		
<b>Courgettes</b>		
Light		
Dark		
Baby with Flower		
Baby without Flower		
<b>Flowers</b>		
Courgette		
Edible		
<b>Pumpkin</b>		
Long		
Butter Nut		
Squash		
<b>Aubergines</b>		
Purple		
Baby		
<b>Spinach</b>		
Local Bunches		
Washed		
<b>Beans</b>		
French Medium		
French Thin		
Flat Runner		
<b>Peas</b>		
<b>Snow Peas</b>		
<b>Monge Tout</b>		
<b>Broad Beans</b>		



**FRUIT & VEGETABLES:**

	Price	Quantity
<b>Artichokes</b>		
Green		
Purple		
Baby		
<b>Cauliflowers</b>		
White		
Green		
Baby		
<b>Broccoli</b>		
<b>Brussel Sprouts</b>		
<b>Cabbage</b>		
White		
Green		
Red		
Chinese Leaves		
Bokchoy		
<b>Rhubarb</b>		

**HERBS:**

	Price	Quantity
Flat Parsley		
Curly Parsley		
Mint		
Peppermint		
Marjoram		
Oregano		
Tarragon		
Basil		
Dill		
Fennel		
Coriander		
Chives		
Rosemary		
Sage		
Chervil		
Sorrel		


**FRUIT & VEGETABLES:**

	Price	Quantity
<b>Herbs</b> <i>continued</i>		
Lemongrass		
Laurel/Bay Leaves		
Thyme		
Ginger		
Galangal		

**MICROHERBS:**

	Size	Price	Quantity
Lemon Cress	16 x Tubs	market price	
Mustard Cress	16 x Tubs	market price	
Shiso Cress	16 x Tubs	market price	
Tahoon Cress	16 x Tubs	market price	
Sakura Cress	16 x Tubs	market price	
Mixed Sakura Cress	16 x Tubs	market price	

**SPROUTS:**

	Size	Price	Quantity
Onion Sprouts	250g	market price	
Lentil Sprouts	250g	market price	
Soya Sprouts	1Kg	market price	
Mixed Sprouts	5 x 200g	market price	

**FLOWERS:**

	Size	Price	Quantity
Zucchini Flowers		€20.00	
Lavender Blossoms		€25.00	

**FRESH TRUFFLES:**

	Size	Price	Quantity
White (Available in October)		market price	
Black (Available from May)		market price	

**DRIED:**

	Size	Price	Quantity
Saffron	5g	€22.00	