

Fresh Fruit and Vegetables				Out of Stock
Our fruit and vegetables come in daily - so stock changes frequently				
Veggie Box \$25 (specify if you want potatoes if available)				
Fruit Box \$25 (specify if you want bananas if available)				
Mixed Box \$30				
Our boxes are generous, and best value for money!				
We have a wide variety of great vegetables at the moment from salad mix, to pumpkins - so your box will be a veritable joy!				
Please note you can indicate preferences, but we cannot promise availability *please specify allergies or intolerances in your email order.				
You can also order fruit and vegetables by item, but it won't be the same value for money as our boxes!				
Prices are indicative only and may change Note: all items listed below are subject to availability please let us know if you have an alternative if your chosen item isn't in stock				
IF ORDERING FROM BELOW, PLEASE SPECIFY, WEIGHT OR NUMBERS e.g. 6 apples; 500gms salad mix; 2 kumera; 2kg juicing carrots				
FRUIT				
Bananas	per bunch	\$4.00	/kg	
Apples (both red and Granny Smith varieties)	per item	\$5.20	/kg	
Pears	per item	\$4.50	/kg	
Kiwifruit (green and gold)	per item	\$5.25	/kg	(gold dearer)
Mandarins	per item	\$9.00	/kg	
Oranges	per item	\$6.00	/kg	
Feijoas	per item	\$8.00	/kg	
VEGETABLES				
Avocadoes (large Hass)	per item	\$5.60		
Salad mix (availability fluctuates daily)	per weight	\$3.00	/100g	
Kale	per weight	\$2.40	/100g	
Spinach/spinach beet	per weight	\$2.25	/100g	
Parsley	per bunch	\$3.00	bunch	
Silver beet	per weight	\$1.28	/100g	X
Pak Choi (like bok choi)	per bunch	\$4.00	bunch	
Leeks	per item	\$1.60		
Pumpkins (3 varieties: butternut, crown, sunshine)	per item	\$3.30 - \$4.50/kg	(we do quarters as well as whole)	
Garlic (NZ)	per weight	\$4.80	/100g	
Onions (brown)	per weight	\$7.80	/kg	
Beetroot (heritage varieties)	per weight or item	\$6.40	/kg	
Capsicums (variety of colours - availability dependent)	per item	\$14.40	/kg	
Radishes	per bunch	\$4.50	bunch	

Carrots - bunched	per bunch	\$4.60		
Carrots - table	per weight	\$6.40	/kg	
Carrots - juicing	per weight	\$3.20	/kg	
Bunched parsley	per item	\$3.00		
Cabbage	per item	\$3.50/kg		(we do halves as well as whole)
Cauliflower	per item	\$6.00	/kg	
Broccoli	per item	\$12.00	/kg	X
Celery	per weight	\$1.65	/100g	X
Kumara (gold and red)	per weight	\$10.90	/kg	
Potatoes (Agria and Desiree)	per weight	\$4.80	/kg	
Ginger (medium - large pieces)	per piece	\$2.12	/100g	
Turmeric	per piece	\$1.80	/100g	
LOCAL NUTS				
Walnuts	per weight	\$1.50	/100g	
Hazelnuts	per weight	\$0.99	/100g	
*both in shell as they keep much better				