



**Suppliers of Quality Organically  
Grown Produce  
March 2019**

Organic Certification GB-Org-02

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**Tel/Fax 01787 279021**

**e-mail: [waldenorganics@btinternet.com](mailto:waldenorganics@btinternet.com)**

### **Ordering**

To order simply select from the list below and **e-mail**, **text** or **phone** your order through. Orders must be received by 3pm the day before your delivery.

Fruit and Vegetables are priced by the kilo, pack size or each. When you order produce priced by the kilo, rather than specifying weight you can specify the quantity you require e.g. 4 apples, 1 chilli pepper etc. There are no minimum restrictions.

### **Delivery**

Usual delivery day is **Thursday morning**.

**There is no delivery charge.**

### **Payment**

Invoices will be sent to your home address. Payment is strictly 7 days. Cheque, cash or BACS. Sort Code 40-40-45 Account Number 51093533. Cheques payable to 'Walden Organics'.

### **Bulk Purchase**

The majority of items are available in larger quantities/pack sizes. e.g., 2 or 5 kilo bags of rice, rolled oats, 5 litre washing up liquid etc. Please do ask.

### **Organic Certification**

All produce sold to our customers is certified by the Soil Association or organic equivalent as recognised by the EU.

It is Walden Organics policy to sell only food items free from *Genetically Modified Organisms* and to buy locally whenever possible. No plastic packaging on Fruit & vegetables



| PRODUCT                                   | ORIGIN      | PRICE | UNIT      | COMMENT                      |
|---|-------------|-------|-----------|------------------------------|
| <b>FRESH VEGETABLES &amp; SALAD ITEMS</b> |             |       |           |                              |
| Artichokes - Jerusalem                    | UK          | 4.15  | Per Kilo  |                              |
| Aloe Vera Leaf                            | Spain       | 4.45  | Per Kilo  | Single leaves approx 500g    |
| Asparagus                                 | Spain       | 8.20  | 250g pack | New                          |
| Aubergines                                | Spain       | 4.25  | Per kilo  |                              |
| Beans - Broad                             | Spain       | 6.80  | Per Kilo  | New                          |
| Beans - French                            | Egypt       | 3.30  | 210g pack |                              |
| Beetroot - Pre-Pack                       | Holland     | 1.45  | 250g pack | Cooked                       |
| Beetroot                                  | UK          | 2.20  | Per kilo  |                              |
| Beetroot- Golden Globe                    | UK          | 2.55  | Per Kilo  |                              |
| Beetroot - Bunched                        | Spain       | 3.50  | Bunch     | New                          |
| Broccoli                                  | Spain'Italy | 4.95  | Per kilo  |                              |
| Brussel Sprouts                           | UK          | 4.65  | Per Kilo  |                              |
| Burdock Root                              | Holland     | 5.90  | Per kilo  |                              |
| Cabbage - January King                    | UK          | 1.55  | Each      | Purple & Green               |
| Cabbage - Savoy                           | UK          | 1.55  | Each      |                              |
| Cabbage - Tundra                          | UK          | 1.50  | Each      | New. Round Green             |
| Cabbage - Red                             | UK          | 2.40  | Per Kilo  |                              |
| Cabbage- White                            | UK/Holland  | 3.05  | Per kilo  |                              |
| Cabbage - Black                           | Italy       | 3.10  | 300g pack | Cavalo Nero                  |
| Cabbage - Spring Greens                   | UK          | 2.10  | 300g pack | New                          |
| Carrots                                   | UK          | 2.60  | Per Kilo  |                              |
| Carrots - Rainbow                         | Holland     | 4.45  | Per Kilo  | New. Bio-Dynamic             |
| Carrots - Bunched                         | Holland     | 3.80  | 750g      | New. Bio-Dynamic. New Season |
| Carrots - Unwashed                        | UK          | 2.15  | Per Kilo  |                              |
| Cauliflower                               | Italy       | 3.30  | Each      |                              |
| Celeriac                                  | Various     | 3.05  | Per Kilo  |                              |
| Celery                                    | Spain       | 3.10  | Each      | Naked                        |
| Chard - Rainbow                           | Italy       | 2.50  | 300g pack |                              |
| Chard - Swiss                             | Italy       | 2.05  | 300g pack | New                          |
| Chicory                                   | Holland     | 8.65  | Per Kilo  | Approx 1.30 each             |
| Chinese Leaf                              | Spain       | 5.95  | Each      | New                          |
| Courgettes                                | Spain       | 3.80  | Per kilo  |                              |
| Cucumber                                  | Spain       | 2.05  | Each      | Naked                        |
| Fennel                                    | Spain       | 5.80  | Per kilo  |                              |
| Garlic - Dry                              | Spain       | 9.90  | Per kilo  | Approx 0.80 each             |
| Ginger                                    | China       | 7.65  | Per kilo  |                              |
| Horseradish                               | Austria     | 5.55  | 250g      |                              |
| Kale                                      | UK          | 1.85  | 300g pack |                              |
| Kohlrabi                                  | Spain       | 1.95  | Each      | Purple & Green               |

|                          |              |       |            |                           |
|--------------------------|--------------|-------|------------|---------------------------|
| Leeks                    | UK           | 5.25  | Per kilo   |                           |
| Lettuce - Batavia - Red  | France       | 3.00  | Each       |                           |
| Lettuce - Batavia Green  | France       | 3.00  | Each       |                           |
| Lettuce - Cos            | Spain        | 2.70  | Each       |                           |
| Lettuce - Little Gem     | Spain        | 2.40  | Twin Pack  |                           |
| Lettuce - Red Oak Leaf   | France       | 3.00  | Each       |                           |
| Lettuce - Green Oak leaf | France       | 3.00  | Each       |                           |
| Lettuce - Red Flat       | France       | 3.00  | Each       | New                       |
| Radicchio                | Italy        | 9.30  | Per kilo   | Round. Approx 3.25 each   |
| Salad Packs              | Italy        | 3.60  | 100g pack  | Red & Green Lollo         |
| Rocket                   | Italy        | 2.80  | 100g pack  |                           |
| Corn Salad               | Italy        | 3.60  | 100g pack  |                           |
| Spinach - Baby           | Italy        | 3.00  | 100g pack  |                           |
| Mushrooms - Brown        | UK           | 8.90  | Per kilo   |                           |
| Mushrooms - White        | UK           | 8.75  | per kilo   |                           |
| Mushrooms - Portobello   | UK           | 10.00 | per kilo   |                           |
| Mushrooms - Shitake      | Holland      | 5.65  | 150g pack  |                           |
| Onions                   | UK           | 2.30  | Per Kilo   |                           |
| Onions - Red             | Holland      | 3.35  | Per Kilo   |                           |
| Onions - Spring          | Egypt        | 1.85  | Bunch      | New                       |
| Parsnips                 | Holland/UK   | 4.15  | Per kilo   |                           |
| Peas - Garden            | Spain        | 3.35  | 250g pack  | New                       |
| Peas - Mange Tout        | Spain        | 3.50  | 250g pack  | New                       |
| Peppers - Chilli         | Spain        | 14.05 | Per kilo   | Approx 0.30 pence each    |
| Peppers - Green          | Spain        | 5.15  | Per kilo   |                           |
| Peppers - Red            | Spain        | 6.50  | per kilo   |                           |
| Peppers - Yellow         | Spain        | 8.15  | Per kilo   |                           |
| Peppers - Romano         | Spain        | 2.95  | Pack of 2  |                           |
| Potatoes - Bakers        | UK           | 1.75  | Per kilo   |                           |
| Potatoes - Red           | UK           | 1.70  | Per kilo   | Red Cara & Manitou        |
| Potatoes - White         | UK           | 1.70  | Per Kilo   | Cara                      |
| Potatoes - Nicola.       | Italy        | 4.45  | Per kilo   | New. New Pots Bio-Dynamic |
| Potatoes - Maris Piper   | UK           | 1.95  | Per kilo   | Frying & Mashing          |
| Potatoes - Pink fur      | UK           | 3.35  | Per kilo   | New. Heritage Potatoes    |
| Apple                    |              |       |            |                           |
| Potatoes - Sweet         | Spain        | 4.95  | Per kilo   |                           |
| Shallots                 | Holland      | 11.35 | Per kilo   | Traditional               |
| Spinach                  | Italy        | 2.95  | 300g packs |                           |
| Squash - Butternut       | Spain        | 3.30  | Per kilo   |                           |
| Squash - Red Kuri        | South Africa | 5.60  | Per kilo   | New Season. Red           |

|                        |          |      |           |   |
|------------------------|----------|------|-----------|---|
| Swede                  | UK       | 2.30 | Per Kilo  |   |
| Tomatoes               | Spain    | 3.80 | Per kilo  | Classic   |
| Tomatoes - On Vine     | Spain    | 6.20 | Per kilo  |   |
| Tomatoes - Cherry Vine | Spain    | 1.75 | 250g pack |   |
| Tomatoes - Cherry Plum | Spain    | 2.85 | 250g Pack | New   |
| Turmeric               | Brazil   | 3.80 | 250g      | Orange inside   |
| Watercress             | UK       | 2.75 | 100g pack |   |
| <b>FRESH SPROUTS</b>   |          |      |           |   |
| Alfalfa Sprouts        | UK       | 1.90 | 100g Pack |   |
| Mixed Sprouts          | UK       | 1.90 | 227g Pack |   |
| Mung Shoots            | UK       | 1.90 | 227g pack |   |
| Red Clover Sprouts     | UK       | 2.05 | 227g pack | Contains all the different plant oestrogens. Especially beneficial for women. |
| Wheatgrass             | UK       | 8.50 | Tray      |   |
| <b>FRESH HERBS</b>     |          |      |           |   |
| Basil                  | Various  | 3.30 | 50g Pack  |   |
| Bay Leaves             | UK       | 2.70 | 20g pack  |   |
| Chives                 | Various  | 3.30 | 50g pack  |   |
| Coriander              | UK       | 2.70 | 50g pack  |   |
| Dill                   | UK       | 2.70 | 50g pack  |   |
| Lemongrass             | Thailand | 3.80 | 50g pack  |   |
| Mint                   | UK       | 2.70 | 50g pack  |   |
| Oregano                | Various  | 3.30 | 50g pack  |   |
| Parsley Flat & Curly   | UK       | 2.70 | 50g pack  |   |
| Rosemary               | UK       | 2.70 | 50g pack  |   |
| Sage                   | UK       | 2.70 | 50g pack  |   |
| Tarragon               | Various  | 3.30 | 50g Pack  |   |
| Thyme                  | UK       | 2.70 | 50g pack  |   |
| <b>FRESH FRUIT</b>     |          |      |           |   |
| Apples - Braeburn      | UK       | 4.40 | Per Kilo  | New   |
| Apples - Fuji          | Italy    | 3.95 | Per Kilo  | New   |
| Apples - Granny Smiths | Italy    | 4.20 | Per kilo  |   |
| Apples - Red Pippin    | UK       | 4.40 | Per kilo  |   |
| Apples - Royal Gala    | UK       | 4.40 | Per kilo  |   |
| Apples - Spartan       | UK       | 4.40 | Per Kilo  |   |
| Avocado - Hass         | Spain    | 1.60 | Each      |   |
| Bananas                | Dom Rep  | 2.95 | per kilo  | Fair Trade  |
| Blueberries            | Chile    | 3.60 | 125g pack |   |
| Clementines            | Spain    | 4.15 | Per kilo  | Nardocott   |
| Dates - Medjoul        | Israel   | 5.10 | 250g pack | Non- disputed territory   |
| Grapefruit - Pink      | Spain    | 3.55 | Per Kilo  | Star Ruby.  |

|                    |               |      |            |                    |
|--------------------|---------------|------|------------|--------------------|
| Grapes - White     | South Africa  | 2.90 | 250g pack  | Thompson Seedless  |
| Grapes - Black     | South Africa  | 5.15 | 400 g pack | New. Arra Seedless |
| Kiwi Fruit         | Italy         | 3.95 | Per kilo   |                    |
| Lemons             | Italy/Spain   | 3.70 | Per kilo   | Primafiore/Fino    |
| Limes              | Brazil/Mexico | 7.80 | Per kilo   |                    |
| Mangoes            | Peru          | 2.00 | Each       | Kent               |
| Oranges - Large    | Various       | 3.35 | Per Kilo   |                    |
| Oranges - Medium   | Spain         | 3.30 | Per Kilo   |                    |
| Oranges - Blood    | Italy         | 3.95 | Per Kilo   | New. Moroc         |
| Passion Fruit      | Colombia      | 6.25 | 250g       | Purple             |
| Pears - Conference | Holland       | 4.95 | Per Kilo   |                    |
| Pears - Williams   | Argentina     | 4.65 | Per kilo   | New                |
| Pineapples         | Cote D'Ivoire | 3.35 | Each       |                    |
| Pomegranate        | Greece        | 3.25 | Each       |                    |
| Stawberries        | Spain         | 5.45 | 250 g      |                    |

## EGGS

|       |    |      |         |  |
|-------|----|------|---------|--|
| Large | UK | 3.15 | ½ dozen |  |
|-------|----|------|---------|--|

## TOFU & OTHER PRODUCTS (CHILLED CABINET)

|                        |              |      |           |                            |
|------------------------|--------------|------|-----------|----------------------------|
| *Soya Spread           | Pure         | 2.09 | 500g Tub  | VEGAN. Dairy & Gluten free |
| *Cheezly 'Cheddar'     | Cheezly      | 2.19 | 190g pack | VEGAN                      |
| Fresh- Mushroom Pies   | Clive's      | 2.99 | Each      | VEGAN                      |
| Fresh Houmous          | San Amvrosia | 2.59 | 170g Pot  | VEGAN                      |
| Tofu - Smoked          | Taifun       | 3.79 | 200g Pack | VEGAN                      |
| Herb Sausage           | Taifun       | 4.39 | 300g pack | VEGAN                      |
| Wieners (Frankfurters) | Taifun       | 5.19 | 300g Pack | VEGAN                      |

## DAIRY PRODUCTS

|                          |                       |      |           |            |
|--------------------------|-----------------------|------|-----------|------------|
| Butter - Unsalted        | Montsurais            | 2.99 | 250g Pack | Vegetarian |
| Cheddar Cheese - Mature  | Lye Cross             | 3.49 | 245g pack | Vegetarian |
| Cheddar - Smoked         | Greens of Glast       | 4.35 | 250g pack | Vegetarian |
| Double Gloucester Cheese | Greens Of Glastonbury | 3.95 | 250g pack | Vegetarian |
| Mozzarella - Cheese      | Oma                   | 2.29 | 125g pack | Vegetarian |

## RICE, GRAINS, PULSES & SEEDS

|                        |          |      |           |       |
|------------------------|----------|------|-----------|-------|
| Rice - Arborio - White | Infinity | 2.60 | 500g Pack | Vegan |
| Basmati Rice           | Infinity | 1.95 | 500g Pack | Vegan |
| Rice - Basmati, White  | Infinity | 2.30 | 500g Pack | Vegan |
| Red Split Lentils      | Infinity | 1.99 | 500g Pack | Vegan |
| Pumpkin Seeds          | Infinity | 1.80 | 250g pack | Vegan |
| Sunflower Seeds        | Infinity | 1.70 | 500g pack | Vegan |

| <b>NUTS</b>                              |                  |       |                   |   |
|--|------------------|-------|-------------------|---|
| Almonds - Whole                          | Infinity         | 3.98  | 250g pack         | Vegan   |
| Brazils                                  | Infinity         | 5.79  | 250g pack         | Fair trade. Vegan                             |
| Cashew Nuts                              | Infinity         | 5.89  | 250g pack         | Vegan   |
| Walnut Pieces                            | Crazy Jack       | 1.99  | 1000g pack        | Vegan   |
| <b>DRIED FRUITS</b>                      |                  |       |                   |   |
| Apricots                                 | Infinity Foods   | 3.25  | 500g pack         | Vegan   |
| Figs                                     | Infinity Foods   | 3.10  | 250g pack         | Vegan   |
| Raisins                                  | Infinity         | 2.75  | 500g pack         | Vegan   |
| <b>CEREALS AND FLAKES</b>                |                  |       |                   |   |
| Rolled Oats                              | Infinity         | 2.52  | Kilo Pack         | Vegan   |
| Jumbo Oats                               | Infinity         | 2.52  | Kilo pack         | Vegan   |
| Choco Coconut Crunchy Granola            | Biona            | 3.99  | 375g pack         |   |
| Wild Berry Crispy Granola                | Biona            | 4.99  | 375g pack         | Rasp, Strawbs, Blue etc                       |
| Deluxe Muesli                            | Infinity         | 4.65  | Kilo Pack         | Vegan   |
| <b>FLOURS</b>                            |                  |       |                   |   |
| Flour, Plain - White                     | Doves            | 1.40  | 1 k bag           | Vegan   |
| <b>SNACKS - BREADS, CRISPS</b>           |                  |       |                   |   |
| Pitta Bread - Wholemeal                  | Newbury Phillips | 1.59  | 420g pack         | Packs of 8. Vegan                             |
| Tortilla Wraps                           | Amaizin'         | 2.25  | Pack of 6         | Vegan   |
| Rye Crispbread                           | Clearspring      | 1.29  | 200g Pack         | Vegan.High in Fibre. No added yeast. Low Fat. |
| <b>COFFEE &amp; TEA</b>                  |                  |       |                   |   |
| *Hot Chocolate                           | Clipper          | 10.20 | Kilo Tub          | Fair-Trade.                                   |
| Coffee - Instant.                        | Mount Hagen      | 5.89  | 100g jar          | Fair Trade. Vegan                             |
| Coffee - Filter. Roast & Ground          | Equal Exchange   | 4.89  | 227g Pack         | Fair Trade .Vegan.Women Farmer's Coffee       |
| Teabags                                  | Ridgeways        | 2.79  | 80 bags           | Fair Trade. Vegan                             |
| Tea - Assam Loose                        | Clipper          | 2.55  | 125g pack         | Fair Trade. Vegan                             |
| Peppermint Teabags                       | Essential        | 1.49  | 20 Bags           | Demeter.Fair Trade. Vegan                     |
| Camomile Teabags                         | Essential        | 1.49  | 20 bags           | DEMETER.F/T. VEGAN                            |
| Green Teabags                            | Qui Herbal       | 1.69  | 25 Bags           | Vegan   |
| <b>SOYA &amp; OTHER NON-DAIRY DRINKS</b> |                  |       |                   |   |
| *Soya Drink - Fresh                      | Alpro            | 1.98  | Litre             | Vegan. Calcium, Vitamins B12,B2,D             |
| <b>SPRING WATER</b>                      |                  |       |                   |   |
| *Mineral Water - Still                   | Belu             | 1.19  | 75cl glass bottle | (v).Vegan                                     |

## FAVOURITES IN CANS/PASTA SAUCES/SOUPS ETC... ALL VEGAN

|  |           |      |           |                                     |
|--|-----------|------|-----------|-------------------------------------|
| Adzuki Beans                             | Biona     | 1.15 | 400g can  | Vegan                               |
| Black Beans                              | Biona     | 1.15 | 400g can  | Vegan                               |
| Butter Beans                             | Biona     | 1.19 | 400g Can  | Vegan                               |
| Cannellini Beans                         | Biona     | 1.15 | 400g can  | Vegan                               |
| Chilli Beans                             | Biona     | 1.29 | 395g Can  | Vegan.                              |
| Chick Peas in Filtered Water             | Biona     | 1.19 | 400g Can  | Vegan                               |
| Giant Baked Butter Beans                 | Biona     | 1.69 | 239g Can  | Vegan.                              |
| Lentils - Green                          | Biona     | 1.19 | 400g can  | Vegan                               |
| Red Kidney Bean in Filtered Water        | Biona     | 1.19 | 400g Can  | Vegan                               |
| Mixed Beans (Cannelini/Red Kidney/Pinto) | Biona     | 1.19 | 400g Can  | Vegan                               |
| Pinto Beans                              | Biona     | 1.19 | 400g Can  | Vegan                               |
| Baked Beans                              | Biona     | 1.25 | 420g Can  | Vegan                               |
| Chopped Tomatoes                         | Biona     | 1.05 | 400g Can  | Vegan                               |
| Whole Cherry Tomatoes                    | Biona     | 1.39 | 400g can  | Vegan                               |
| Tomato Puree                             | Biona     | 1.45 | 200g Jar  | Vegan                               |
| Sundried Tomato Paste                    | Mani      | 3.49 | 180g Jar  | Fair -trade. Great for pasta. Vegan |
| Passata                                  | Biona     | 1.59 | 680 g Jar | Vegan                               |
| Soup - Vegetable & Tomato                | Essential | 2.95 | 680g Jar  | Vegan                               |
| Soup - Mushroom                          | Essential | 1.00 | 680g Jar  | Vegetarian. REDUCED                 |
| Soup - Tuscan Bean                       | Suma      | 0.50 | 400g Can  | Vegan. REDUCED                      |

## PASTA

|                            |          |      |           |       |
|----------------------------|----------|------|-----------|-------|
| Penne Pasta - Wholegrain   | Biona    | 1.69 | 500g Pack | Vegan |
| Penne Pasta - White        | Biona    | 1.69 | 500g Pack | Vegan |
| Spaghetti - Wholegrain     | La Terra | 1.79 | 500g Pack | Vegan |
| Spaghetti - White          | Biona    | 1.69 | 500g Pack | Vegan |
| Fusilli Pasta - White      | La Terra | 2.09 | 500g Pack | Vegan |
| Fusilli Pasta - Wholegrain | Biona    | 1.69 | 500g Pack | Vegan |

## CONDIMENTS/MISCELLANEOUS FOODS/HERBS

|                       |           |      |          |   |
|-----------------------|-----------|------|----------|---|
| Bio Tamari Soya Sauce | Lima      | 3.85 | 250 ml   | Vegan   |
| Gravy Powder          | Marigold  | 2.25 | 110g     | Vegan & gluten Free. NEW  |
| Olives - Mixed        | Mani      | 3.49 | 175g Jar | Black & Green .Pitted in Olive Oil. Spicy Oregano, Sea Salt, Raw, Fermented Vegan |
| Mayonnaise - Egg Free | Biona     | 2.49 | 230g Jar | Vegan. Soya Free  |
| Peppercorns - Black   | Hambleden | 4.03 | 50g      | Ethical trade.Vegan   |



|   |                     |       |                |   |
|---|---------------------|-------|----------------|---|
|   |                     |       | <b>Grinder</b> |   |
| Sundried Tomatoes   | Mani                | 3.50  | 180g jar       | Vegan. In E.V Olive Oil   |
| Tahini - Light  | Sunita              | 3.99  | 280g Jar       | Vegan   |
| Tropical Fruit Cocktail   | Biona               | 2.99  | 400 g Can      | Vegan. NAS. Pineapple, mango, papaya, Water melon, passion fruit in Fruit Juice                     |
| Jackfruit- In Salted Water  | Biona               | 2.99  | 400g Can       | New. Vegan & Gluten free. Good source of protein & Vitamins Protein & Vitamins                      |
| Sauerkraut  | Biona               | 1.89  | 350g jar       | Vegan. Demeter  |
| Coconut Milk  | Biona               | 1.89  | 400ml          | Vegan   |
| <b>OILS/VINEGARS</b>  |                     |       |                |   |
| Olive Oil - Extra virgin  | Mani                | 7.49  | 500 ml         | Koroneiki olives. Vegan   |
| Balsamic Vinegar  | Biona               | 4.89  | 500ml          | Vegan   |
| <b>SPREADS</b>  |                     |       |                |   |
| Peanut Butter - Crunchy - With Salt   | Essential           | 2.99  | 350g Jar       | Vegan   |
| Chocolate Hazelnut Spread   | Essential           | 3.45  | 400g jar       | Fair Trade  |
| <b>SUGAR/SWEETENERS</b>   |                     |       |                |   |
| Natural Cane Sugar  | Billingtons         | 2.17  | 500g Pack      | Unrefined Granulated. Vegan   |
| Maple Syrup   | Shady Maple         | 7.49  | 250ml          | Vegan   |
| *Lavender Honea   | Plant Based Artisan | 3.00  | 230g Jar       | Vegan. Handcrafted Honey alternative. Lemon juice, Inulin, sugar, natural flowers. REDUCED. May '19 |
| <b>ORGANIC ESSENTIAL OILS</b>   |                     |       |                |   |
| Lavender Essential Oil  | Absolute Aromas     | 10.49 | 10ml           | (v) High Altitude   |
| Tea Tree Essential Oil  | Absolute Aromas     | 5.22  | 10ml           | (v)   |
| <b>ECO FRIENDLY HOUSEHOLD CLEANING PRODUCTS. CRUELTY FREE. PLANT BASED.</b> |                     |       |                |   |
| *Bathroom Cleaner   | Ecover              | 2.97  | 500ml          | (v) .Great for scum rings   |
| *Toilet Cleaner   | Ecover              | 2.03  | 750 ml         | (v) Pine Fresh  |
| * Concentrated Washing powder - Non Bio                                     | Ecover              | 14.50 | 3 kilo         | (v)   |
| *Concentrated Washing Powder - Non-Bio                                      | Ecover              | 34.92 | 7.5 kilo       | (v) large pack- pre-order. Zero Range   |
| *Laundry Liquid   | Ecover              | 6.73  | 1.5 Litres     | (v)   |
| *Delicate Washing Liquid  | Ecover              | 3.50  | 750ml          | (v) Fine fabrics & wool   |
| *Fabric Softener  | Ecover              | 2.01  | 750ml          | (v)   |

|                            |        |      |           |                                       |
|----------------------------|--------|------|-----------|---------------------------------------|
| *Stain Remover             | Ecover | 3.05 | 200ml     | (v)                                   |
| *Laundry Bleach            | Ecover | 2.09 | 400g Pack | (v)                                   |
| *Floor Soap                | Ecover | 3.30 | 1 Litre   | (v)                                   |
| *Limescale Remover Spray   | Ecover | 2.99 | 500ml     | (v) VEGAN                             |
| *Washing Up Liquid - Vegan | Ecover | 2.78 | 950ml     | (v) No Milk Whey. Lemon & Aloe Vera   |
| *Multi Action Spray        | Ecover | 2.97 | 500ml     | (v) All Purpose Spray Cleaner.        |
| *Dishwasher tablets        | Ecover | 6.59 | 22 x 20g  | (v) All in one                        |
| *Dishwasher Rinse Aid      | Bio- D | 3.30 | 750ml     | (v) Vegan                             |
| *Kitchen Paper Towels      | Suma   | 1.69 | Pack of 2 | (v) Re-cycled                         |
| * Refuse Sacks -Recycled   | Suma   | 1.60 | Pack of 8 | (v) Black Bin Liners. Strong.Recycled |

## ECO FRIENDLY TOILETRIES

|                                  |                 |      |          |     |
|----------------------------------|-----------------|------|----------|-----|
| *Toilet Tissue                   | Suma            | 2.15 | X4 pack  | (v) |
| *Almond Oil Soap                 | Oleanat         | 7.95 | 3 x 150g | (v) |
| *Honey Soap                      | Oleanat         | 7.95 | 3 x 150g | (v) |
| *Lavender Soap                   | Oleanat         | 7.95 | 3 x 150g | (v) |
| *Shampoo - Lavender & Geranium   | Faith In Nature | 5.50 | 400ml    | (v) |
| *Lavender & Geranium Conditioner | Faith in Nature | 5.50 | 400ml    | (v) |
| Panty Liners - Curved            | Natracare       | 2.09 | Box 30   | (v) |

\*= Eco-Friendly but not organic, (v) = vat item (included in price)

| <b>NEW PRODUCTS THIS MONTH</b>   |               |              |             |   |
|--|---------------|--------------|-------------|---|
| <b>PRODUCT</b>   | <b>ORIGIN</b> | <b>PRICE</b> | <b>UNIT</b> | <b>COMMENT</b>  |
| Jackfruit - In Salted water  | Biona         | 2.99         | 400g Can    | New. Vegan Gluten Free. Good source of Protein & Vitamins |
| Occasionally some items may not be available. In this instance we will substitute the item concerned with a similar product. If you do not want us to substitute items, please say so when placing your order .Prices are subject to change without notice |               |              |             |   |