



**Suppliers of Quality Organically
Grown Produce
September 2024**

Organic Certification GB-02

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Ordering

To order simply select from the list below and e-mail, text or phone your order through.

Fruit and Vegetables are priced by the kilo, pack size or each.

Delivery

Thursday pm. Please have your order in By Early Tuesday Afternoon at the latest.

There is no delivery charge

Payment

Invoices E-mailed out at weekend. Payment is strictly 7 days. BACS preferred or cash.
Sort Code 40-40-45 Account Number 51093533

Organic Certification

All produce sold to our customers is certified by the Soil Association, Organic Farmers & Growers, or EU organic equivalent.

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

PRODUCT	ORIGIN	PRICE	UNIT	COMMENT
FRESH VEGETABLES & SALAD ITEMS				
Aubergines	UK	2.80	Each	Minimum 250g
Beans - Broad	UK	3.75	500g Pack	
Beans - French	UK	3.75	250g Pack	
Beetroot - Cooked	Netherlands	1.75	250g Pack	Pre-packed
Beetroot	UK	3.95	Per Kilo	
Broccoli	UK	2.95	Each	
Broccoli - Purple Sprouting	UK	4.45	250g Pack	
Broccoli - Tenderstem	UK	5.95	250g Pack	
Cabbage - Pointed Green	UK	3.15	Each	
Cabbage - Cavolo Nero	UK	3.95	Each	
Cabbage - Red	UK	3.95	Each	
Cabbage - White	UK	3.95	Each	
Carrots	UK	3.95	Per Kilo	New Season
Carrots - Bunched	UK	3.95	500g Bunch	
Cauliflower	UK	4.25	Each	
Celery	UK	2.95	Each	
Chard - Rainbow	UK	3.95	300g pack	
Courgettes	UK	8.85	Kilo	
Cucumber	NLD/Spain	3.00	Each	
Fennel	UK	3.00	Each	Min 250g
Garlic - Dry	Spain	0.90	Each	
Ginger	Peru	1.95	Each	Approximately 100g
Kale	UK	3.95	300g Pack	
Kohlrabi - Purple	UK	2.95	Each	
Leeks	UK	8.85	Kilo	
Lettuce - Batavia	UK	3.75	Each	Red & Green
Lettuce - Cos	UK	3.75	Each	
Lettuce - Little Gem	UK	3.95	Twin Pack	
Lettuce - Oakleaf	UK	3.75	Each	Red & Green
Baby leaf Salad Pack	UK	3.95	200g pack	
Rocket	Italy	3.30	90g pack	
Spinach - Baby	UK	3.75	100g pack	
Mushrooms - Brown	UK	3.15	200g pack	
Mushrooms - White	UK	2.80	200g Pack	
Mushrooms - Portobello	UK	3.15	200g Pack	New Size
Mushrooms - Shiitake	Holland	5.95	200g Pack	
Mushrooms - Oyster	Holland	3.75	125g Pack	
Onions	Netherlands	4.75	Per Kilo	
Onions - Red	NLD/Egypt	4.95	Per Kilo	

PRODUCT	ORIGIN	PRICE	UNIT	COMMENT
Onions - Spring	UK	2.75	Each	
Pak-choi	UK	3.70	Each	
Peppers - Chilli	Spain	0.50	Each	Red
Peppers - Green	Spain	1.80	Each	Min 150g
Peppers - Red	Spain	2.40	Each	Min 150g
Peppers - Yellow	Spain	2.50	Each	Min 150g
Peppers - Romano	Spain	4.40	Pack of 2	Long, sweet and red
Potatoes - Baking	UK	3.05	Pack of 4	Marfona
Potatoes - New	UK	3.95	Per Kilo	Charlotte
Potatoes - Sweet	Spain	7.90	Per Kilo	
Radish - Bunched	UK	2.95	Bunch	
Shallots	France	2.95	300g Pack	Violette
Squash - Butternut	Spain	4.30	Each	
Squash - Hokkaido Green	UK	5.95	Each	New
Squash - Red Kuri	UK	5.95	Each	New
Sweetcorn	UK	1.50	Each	
Tomatoes - Classic	UK	7.20	Kilo	New
Tomatoes - Vine	UK	10.35	Kilo	Isle of Wight
Tomatoes - Cherry Vine	UK	3.75	250g Pack	Isle of Wight
Turmeric	Peru	2.95	100g Pack	
Water Cress	UK	3.75	80g pack	
FRESH SPROUTS				
Alfalfa Sprouts	UK	2.85	100g Pack	
Mixed Sprouts	UK	2.95	200g Pack	
FRESH HERBS				
Basil	UK	1.95	Pack	
Bay Leaves	UK	1.95	Pack	
Chives	UK	1.95	Pack	
Coriander	UK	1.95	Pack	
Lemongrass	Thailand	3.75	Pack	
Mint	UK	1.95	Pack	
Parsley Flat	UK	1.95	Pack	
Parsley - Curly	UK	1.95	Pack	
Rosemary	UK	1.95	Pack	
Sage	UK	1.95	Pack	
Thyme	UK	1.95	Pack	
FRESH FRUIT				
Apples - Julia	UK	8.95	Pack of 8-10	Approx 1.50 Kilo NEW
Apples - Bramley Cookers	UK	5.95	Kilo	New
Avocado - Hass	Kenya/Peru	2.25	Each	
Bananas	Dom Rep	2.90	Pack of 6	Fair Trade
Blueberries	Spain	4.25	125g Pack	

PRODUCT	ORIGIN	PRICE	UNIT	COMMENT
Clementines	South Africa	2.95	500g pack	
Dates	USA	4.95	150g Pack	Medjool
Grapefruit - Red	South Africa	1.95	Each	Star- Ruby
Kiwi Fruit	Italy	2.75	Pack of 4	
Lemons	South Africa	1.20	Each	
Limes	Colombia	0.75	Each	
Mango	Spain	3.95	Each	Osteen
Melon - Galia	Spain	3.95	Each	Small
Melon - Water	Spain	3.95	Each	Mini
Melon - Honeydew	Spain	3.95	Each	Yellow. Large
Nectarines	Spain	4.95	Pack of 4	
Oranges	South Africa	5.95	Per Kilo	
Peaches	Spain	4.95	Pack of 4	
Pears - Conference	UK	8.25	Kilo	New
Plums	UK	4.25	500g Pack	Victoria
Prickly Pears	Spain	2.25	Each	New
Raspberries	UK	3.95	125g Pack	
EGGS				
Eggs - Large	UK	4.05	$\frac{1}{2}$ dozen	
CHEESE/BUTTER				
Cheddar Cheese - Farmhouse - Mature	Lye Cross	5.95	245g pack	Vegetarian
Cheddar - Farmhouse -Mild	Lye Cross	5.65	245g pack	Vegetarian
Butter	Berkeley	4.25	250g Pack	Salted And Unsalted
RICE				
Rice - Basmati, Brown	Infinity	2.30	500g Pack	Vegan
Rice -Basmati, White	Infinity	2.75	500g Pack	Vegan
PASTA				
Penne Pasta - White	Biona	2.49	500g Pack	Vegan
Spaghetti - Wholegrain	Biona	2.39	500g Pack	Vegan
Spaghetti - White	Biona	2.49	500g Pack	Vegan
Fusilli Pasta - Wholegrain	Biona	2.39	500g Pack	Vegan
CEREALS				
Deluxe Muesli	Infinity	4.44	Kilo Pack	Vegan
COFFEE & TEA				
Coffee - Instant	Clipper	7.21	100g Jar	Fair Trade. Vegan. Everyday Rich Roast
Teabags - Everyday	Clipper	3.31	40 bags	Fair Trade. Vegan
Tea - Breakfast Tea Loose	Clipper	3.81	80g pack	Fair Trade. Vegan
Peppermint Teabags	Essential	2.45	20 Bags	Vegan
Camomile Teabags	Essential	2.45	20 Bags	Vegan
STORE CUPBOARD FAVOURITES - ALL VEGAN				

PRODUCT	ORIGIN	PRICE	UNIT	COMMENT
Baked Beans	Biona	1.69	400g Can	Vegan
Olive Oil - Extra Virgin	Infinity	10.99	500ml	Greek. Vegan
Chopped Tomatoes	Biona	1.69	400g Can	Vegan
Tomato Puree	Essential	1.59	130g Tube	Vegan. Double Concentrated
Passata	Biona	2.59	680 g Jar	Vegan
Butter Beans	Suma	1.29	400g Can	Vegan
Cannellini Beans	Biona	1.49	400g can	Vegan
Pinto Beans	Biona	1.59	400g Can	Vegan
Chickpeas	Suma	1.25	400g Can	Vegan
Flageolet Beans	Biona	1.89	400g Jar	Vegan
Red Kidney Beans	Suma	1.29	400g Can	Vegan
Mixed Beans	Suma	1.25	400g Can	Vegan. Cannellini, Red Kidney, Pinto, Chickpea
Green Lentils	Biona	1.39	400g Can	Vegan
Coconut Milk	Biona	2.29	400ml	Vegan
Tahini - Light	Sunita	3.77	280g Jar	Vegan
Tamari - Yaemon	Clearspring	3.99	150ml	Vegan. Gluten- free . Japanese. Double Strength
Balsamic Vinegar	Aspall's	3.96	350ml	Vegan
Sauerkraut	Biona	2.40	360g jar	Vegan. Demeter
Peanut Butter - Crunchy with Salt	Whole Earth	4.19	340g Jar	Vegan. Roasted Peanuts, Salt and sustainable Palm Oil
Hazelnut Chocolate Spread	Essential	4.89	400g Jar	Vegan. No Palm Oil
Natural Cane Sugar	Billington's	2.34	500g Pack	Granulated. Vegan.
Maple Syrup	Vertmont	5.25	250ml	Vegan
ECO FRIENDLY HOUSEHOLD PRODUCTS. CRUELTY FREE. PLANT BASED				
*Bathroom Cleaner	Ecover	2.69	500ml	(v) Mint & Cucumber
*Toilet Cleaner	Ecover	2.52	750 ml	(v) Pine & Mint
* Concentrated Washing powder - Non-Bio	Ecover	11.23	1.87 Kilo	(v)
*Washing Up Liquid - Vegan	Ecover	3.81	950ml	(v) No Milk Whey. Lemon & Aloe Vera
*Multi Action Spray	Ecover	2.69	500ml	(v) All Purpose Spray Cleaner
* Refuse Sacks -Recycled	Suma	2.26	Pack of 8	(v) Black Bin Liners. Strong. Recycled
*Toilet Tissue	Suma	3.39	X4 pack	(v)

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