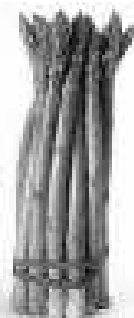




New Vegebox Web Site
Great Offers
March/April 2007
call 01736 810015



33% OFF PASTA

ALPRO SOYA 99p RRP



organic vegetables delivered fresh to your door
your box
vegebox
your choice





organic vegetables delivered fresh to your door
 your box
vegebox
 your choice



OUR ORGANIC VEGETABLE MINI-SITE IS NOW UP AND RUNNING!

Simply go to www.wholefood.net and click on the vegebox banner. From Friday morning every week you can see what's in the boxes and fruit selections for the following week. You can select your box, vary your preferences week by week and order any additional items from the menu.

MENU SYSTEM

You can add to your box or make a completely bespoke order of vegetables and fruit from the price list

NO INTERNET? NO PROBLEM

You can call and speak to Graeme or Kate on **01736 810015** during our phone in times and receive the same service

Saturday 9am - 12am

Monday 9am - 6pm

It would help us if any new orders could with us by early afternoon on Monday

Choose the Vegebox or fruitbag you want and any extras by adding the amount you wish to order in the spaces provided or simply order exactly what you want from the extras listed below. For items sold by the kilo you can specify the weight you require.

Vegebox - for week commencing Monday 5th March 2007.

	£13.50	£11.50	£9.00	£6.50	vegetables	Origin	Unit price	Extras	Unit
					Potatoes	Local	£1.00	<input type="text"/>	Kg
					Carrots	UK	£1.75	<input type="text"/>	Kg
					Onions	Holland	£2.00	<input type="text"/>	Kg
					Purple Sprouting Broccoli	Local	£1.76	<input type="text"/>	350g
					French Beans	Egypt	£1.30	<input type="text"/>	200g
					Spring Greens	Local	£1.20	<input type="text"/>	each
					Beetroot	Local	£1.20	<input type="text"/>	Kg
					Savoy Cabbage	Local	£1.20	<input type="text"/>	each
					Ginger	Dom Rep	£0.60	<input type="text"/>	100g
					Red Pepper	Israel	£1.20	<input type="text"/>	each
					Cauliflower	local	£1.20	<input type="text"/>	each
				extras	Salsic	Arg	£0.50	<input type="text"/>	each
				extras	Colenac	Local	£0.80	<input type="text"/>	each
				extras	Vine Tomatoes	Italy	£4.00	<input type="text"/>	Kg
				extras	Red Onions	Holland	£2.70	<input type="text"/>	Kg
				extras	Lettuce (Green Batavia)	France	£1.95	<input type="text"/>	each

Not in my box [State any veg you don't want here, and suggest possible replacements]

As items often vary in value it may not always be possible to do a straight swap, we will let you know if there



ORGANICO WHITE AND WHOLEWHEAT PASTA—33% OFF

Fancy a relaxing mini-break? Who doesn't? That's why Organico are offering a 2-night break in Italy. You'll visit the Cremona farm where their pasta is produced, before meeting chef Giovanni Montanari in Modena, who'll create you a 'slow-food' feast. To have a chance of winning this experience, enter the Organico Pasta Competition. All you need to do is purchase any of our Organico pasta range and send Organico your details and proof of purchase.

			Case	½ Case	⅓ Case	¼ Case	Single
WT043	Fusilli white - organic	12 x 500g	£8.01	£4.06	£2.74	£2.06	£0.69
WT126	Penne white - organic	12 x 500g	£8.01	£4.06	£2.74	£2.06	£0.69
WT136	Spaghetti white - organic	12 x 500g	£7.24	£3.67	£2.48	£1.86	£0.63
WT115	Fusilli - organic wholewheat	12 x 500g	£8.01	£4.06	£2.74	£2.06	£0.69
WT101	Penne - organic wholewheat	12 x 500g	£8.01	£4.06	£2.74	£2.06	£0.69
WT168	Spaghetti - organic wholewheat	12 x 500g	£7.24	£3.67	£2.48	£1.86	£0.63

PLAMIL - 15% OFF

Plamil's vegan organic chocolate spreads, winners of the Veg News 'Grandest Guilty Indulgence' award, are an absolute must. Using Plamil's knowledge of producing quality chocolate, these premium chocolate spreads have a full rich chocolate taste. Impossible to resist, served with a knife, spoon or brush, enjoyment is only limited by imagination! We sell two varieties, all made without hydrogenated fats.



GH005	Chocolate Spread Orange - og	dairy free	275g	£1.61
GH004	Chocolate Spread Plain - og	dairy free	275g	£1.62



BELVOIR - 16.7% OFF

Belvoir Cordials are a range of premium refreshing drinks made from freshly pressed fruits, hand picked elderflowers and freshly cooked spices, with nothing else added except a bit of good old-fashioned know-how, to give you that real homemade taste.

Belvoir Presses are a blend of the freshest fruits, flowers, spices and lightly sparkling Belvoir Spring Water. They make a deliciously different, natural alternative to the traditional soft drink offer. All Belvoir products

JU156	Organic Blackcurrant Cordial	6 x 500ml
JU042	Organic Blueberry Cordial	6 x 500ml
JU197	Organic Cranberry Cordial	6 x 500ml
JU275	Organic Elderflower Cordial	6 x 500ml
JU276	Organic Ginger Cordial	6 x 500ml
JU291	Spiced Winter Berries Cordial	6 x 70cl
JU674	Elderflower Presse	12 x 750ml
JU792	Elderflower Presse - OG	12 x 750ml
JU813	Ginger Beer - OG	12 x 750ml

Case	½ Case	⅓ Case	¼ Case	Single
£17.39	£8.80	£5.95	£4.46	£3.01
£17.39	£8.80	£5.95	£4.46	£3.01
£17.39	£8.80	£5.95	£4.46	£3.01
£17.39	£8.80	£5.95	£4.46	£3.01
£17.39	£8.80	£5.95	£4.46	£3.01
£16.94	£8.58	£5.79	£4.35	£1.47
£17.92	£9.08	£6.13	£4.60	£1.55
£20.78	£10.52	£7.11	£5.33	£1.80
£19.84	£10.05	£6.79	£5.09	£1.72



HARROGATE SPA - 15% off

Harrogate Spa, the original British spa water, was first discovered by Queen Elizabeth's physician in 1551. The water has been internationally renowned for its high quality ever since. The brand was re-launched in May 2002 and today is bottled in a new, purpose built, factory that has received the EFSIS highest level accreditation, reflecting the best quality standards and work practices within the industry. Harrogate Spa Water Ltd is a successful, privately owned company and was recently ranked in the Top 10 UK Bottled Water Brands. The sparkling water has been voted the "Best in the World" at a recent international water tasting.

WA012	Spring Water - sparkling	24 x 500ml
WA010	Spring Water - still	24 x 500ml

Case	½ Case	⅓ Case	¼ Case	Single
£8.70	£4.41	£2.98	£2.23	£0.38
£8.70	£4.41	£2.98	£2.23	£0.38

ECOVER WASHING UP LIQUID

15% DISCOUNT



HJ031 Washing Up Liquid Camomile/Marigold 12 x 1l
HJ888 Washing Up Liquid - Vegan—Lemon/Aloe Vera 12 x 1l

Case	½ Case	⅓ Case	¼ Case	Single
£18.81	£9.53	£6.43	£4.83	£1.63
£18.81	£9.53	£6.43	£4.83	£1.63



SOAPODS - 10% OFF

Soapods are an effective, natural and environmentally friendly way to wash your laundry. Soapods are cheaper – you can save up to 50% compared to other washing products. Soapods are nuts native to India and Nepal, where they have been used for centuries as a washing detergent. Soapods reduce colour fading and also act as a fabric softener. They are easy to use; just put a few nuts in the bag provided and toss into your washing machine. Soapods are re-useable – the same shells can be used for 3 washes. Organic and biodegradable, Soapods are a sustainable, renewable primary product.

SOAPODS	HJ854	Soapods - Soap Nuts	190g	£4.27
SOAPODS	HJ853	Soapods - Soap Nuts	500g	£8.95
SOAPODS	HJ852	Soapods - Soap Nuts	1kg	£17.05

EARTH FRIENDLY BABY - 10% OFF

Try this best-selling mild and gentle natural baby care range – everything you need including bodywashes, bubblebaths, creams and biodegradable wipes. The range has won several prestigious awards, has a loyal following amongst mums, and offers great value for



		each
DY535	Eco Baby Wipes	72pack £2.60
DY531	Calendula Daily Care Cream	113g £4.95
DY537	Red Clover Nappy Care Cream	113g £4.95
DY522	Organic Chamomile Bubble Bath	370ml £5.30
DY524	Organic Lavender Bubble Bath	370ml £5.18
DY545	Organic Chamomile Shampoo & Bodywash	251ml £3.50
DY558	Organic Lavender Shampoo & Bodywash	251ml £3.50

MERIDIAN FRUIT SPREADS—15% OFF

Meridian's Organic Fruit Spreads are only sweetened by Organic Apple Juice and the fruits themselves, and so have only half the calories of a traditional jam. This is why they have a softer set than a jam, which allows them to be spread more easily on bread, cakes, pancakes, or spooned into a plain yoghurt to taste and colour.



			Case	½ Case	⅓ Case	Single
JS018	Apricot Spread - organic	6 x 284g	£7.70	£3.90	£2.63	£1.33
JS245	Raspberry Spread - organic	6 x 284g	£7.70	£3.90	£2.63	£1.33
JS017	Seville Orange Spread -organic	6 x 284g	£7.70	£3.90	£2.63	£1.33
JS021	Strawberry Spread - organic	6 x 284g	£7.70	£3.90	£2.63	£1.33
JS100	Wild Blueberry - organic	6 x 284g	£7.70	£3.90	£2.63	£1.33

ST DALFOUR - 10% OFF

St Dalfour Rhapsodie de Fruit is produced to a traditional French recipe, which captures the delicious natural taste of fresh fruit. St Dalfour has no added sugar and is made using natural ingredients only. There are no preservatives, colourings or additives. It is the use of fruit juice concentrate rather than added sugar, which really brings out the flavour of the fruits. St Dalfour is gently cooked in special pots to preserve the flavour, texture and aroma of the fruit perpetuating the tradition from which it comes.

			Case	½ Case	⅓ Case	Single
JS062	Blackcurrant Spread	6 x 284g	£7.96	£4.03	£2.72	£1.38
JS068	Fig Spread	6 x 284g	£7.96	£4.03	£2.72	£1.38
JS067	Four Fruits Spread	6 x 284g	£7.96	£4.03	£2.72	£1.38
JS066	Mirabelle Plum Spread	6 x 284g	£7.96	£4.03	£2.72	£1.38
JS120	Orange and Ginger Spread	6 x 284g	£7.96	£4.03	£2.72	£1.38
JS050	Strawberry Spread	6 x 284g	£7.96	£4.03	£2.72	£1.38
JS220	Pineapple & Mango	6 x 284g	£7.96	£4.03	£2.72	£1.38



NATURES PATH - 15% OFF

Founded in 1985, Nature's Path Foods operates its headquarters in Richmond, B.C., Canada. The family owned company believes just as eating wholesome organic food helps to make healthy bodies, organic farming helps make healthy soil and a healthy planet. Their farmland is a thin layer of living earth blanketing the planet and needs to be nurtured and renewed continually. Organic farming practises enrich the soil and improve a farms biodiversity, resulting in less soil erosion and more drought resistant farmland. It was Hippocrates who suggested that we let food be our medicine and medicine be our food. Nothing can replace the richness and complexity of nutrients found in a varied diet of fresh, organic whole foods, and Nature's Path organic breakfast cereals are a great way to get started, every day.



			Case	½ Case	⅓ Case	¼ Case	Single
MX547	Crispy Rice - organic	12 x 284g	£24.68	£12.50	£8.44	£6.33	£2.14
MX821	Heritage Oaty Bites	12 x 375g	£24.68	£12.50	£8.44	£6.33	£2.14
MX889	Heritage Flakes - organic	12 x 375g	£24.68	£12.50	£8.44	£6.33	£2.14
MX885	Mesa Sunrise - organic	12 x 300g	£24.68	£12.50	£8.44	£6.33	£2.14
MX884	Millet Rice Flakes - organic	12 x 375g	£24.68	£12.50	£8.44	£6.33	£2.14
MX281	Spelt Flakes	12 x 354g	£24.68	£12.50	£8.44	£6.33	£2.14



OATLEY - 15% OFF

Turn those healthier life promises into reality with the convenience of Oatley.. Our daily diet should include 18-24g of fibre, but most people consume well below that. A glass of Oatley could give you a rapid fibre boost and it can be used on cereal or in cooking. It's dairy free and has a well balanced composition of protein, fat and carbohydrates...it's also very tasty! So get your oats the easy way.

OATLEY JU377 Oat Drink - Classic 12 x 1l

Case	½ Case	⅓ Case	¼ Case	Single
£15.11	£7.65	£5.17	£3.88	£1.31

ALPRO SOYA BLUE & ORANGE PACKS 99p rrp

Great offer on Alpro's best selling Dairy free alternatives to Milk Sweetened (blue pack) and Alpro soya Dairy free alternative to Milk Unsweetened (orange pack). Use the following special codes:

SY800 Soya Milk + Calcium & Apple BLUE
12 x 1l Case £11.28 Single 0.99 GV

SY750 Soya Milk + calcium & vitamins ORANGE
12 x 1l Case £11.28 Single 0.99 GV

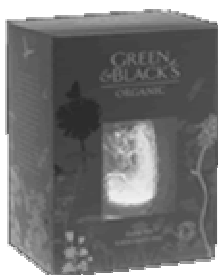


WHOLE EARTH—10% OFF
BAKED BEANS & TOMATO KETCHUP



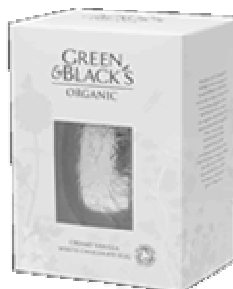
VF161 Baked Beans - organic 12 x 420g
 KJ451 Tomato Ketchup - organic 12 x 340g

Case	½ Case	⅓ Case	¼ Case	Single
£9.65	£4.88	£3.30	£2.47	£0.84
£15.08	£7.63	£5.16	£3.87	£1.31



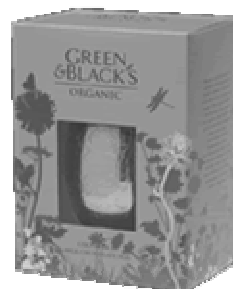
**GREEN & BLACK'S
 EASTER EGGS**

RRP £2.99
OUR PRICE £2.75



KB064 Dark Chocolate Easter Egg - og
 KB060 Maya Gold Easter Egg
 KB050 Milk Chocolate Easter Egg
 KB059 White Chocolate Easter Eggs

110g	£2.75
110g	£2.75
110g	£2.75
110g	£2.75



CHANGE OF DELIVERY DAY

For Penzance and West Penwith delivery is now on a Friday rather than Wednesday

CONTACT US

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