



CLASSIC
FINE FOODS

Fruit & Veg





FRUIT & VEGETABLES

SEASONAL MENU PLANNER

03
JANUARY

05
FEBRUARY

08
MARCH

10
APRIL

13
MAY

15
JUNE

18
JULY

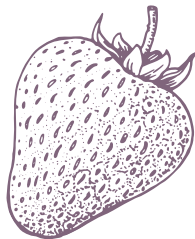
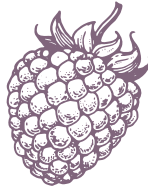
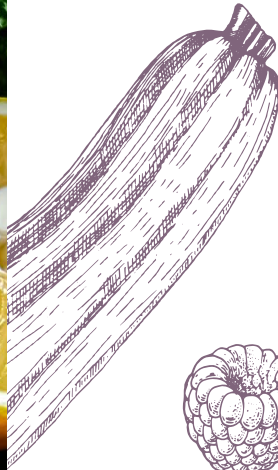
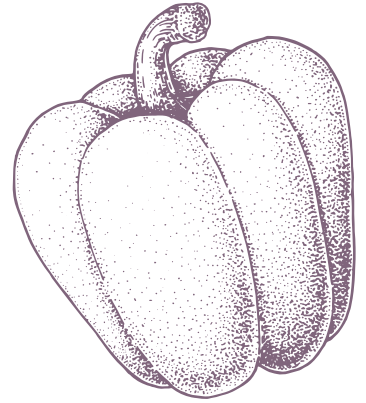
20
AUGUST

23
SEPTEMBER

25
OCTOBER

28
NOVEMBER

30
DECEMBER



- January -

| Code | Name | Country of Origin |
|--------|--------------------------------|-------------------|
| FRT156 | Apple Braeburn 1kg Mouneyrac | |
| FRT106 | Apple Fuji 1kg Mouneyrac | |
| FRT100 | Apple Royal Gala 1kg Mouneyrac | |
| FRT219 | Apple Russets 1kg | UK |
| VEG160 | Artichoke Jerusalem 1kg | |
| VEG101 | Aubergine pale (Italian) 1kg | |
| VEG113 | Beetroot candy 1kg | |
| VEG117 | Beetroot golden 1kg | |
| EXF105 | Bergamot 1kg | |
| CFF211 | Black garlic 100g | |
| VEG249 | Broccoli purple sprouting 500g | UK |
| VEG178 | Brussel sprout 1kg | UK |
| EXF104 | Buddha hand | |
| VEG252 | Cabbage January King | UK |
| VEG147 | Cabbage Savoy | UK |
| VEG102 | Carrot purple 1kg | |
| VEG134 | Carrot sand 1kg | |
| VEG121 | Carrot yellow 1kg | |
| SLD127 | Castelfranco | |
| VEG143 | Cavolo nero 500g | UK |
| VEG167 | Celeriac 1kg | UK |
| VEG180 | Chervil root 1kg | |
| FRT168 | Chestnuts fresh 1kg | |
| SLD120 | Chicory 1kg | |
| SLD119 | Chicory red 1kg | |
| VEG199 | Cima di Rapa 1kg | |
| FRT160 | Clementine leafy 1kg | |
| VEG181 | Crosnes 500g | |
| LAF100 | Flower edible Violas 8g | |
| LAF144 | Flower Nasturtium | |
| LAF149 | Flower Tagetes 9-11g | |
| VEG109 | Kale green 500g | UK |
| VEG144 | Kale red 500g | UK |
| VEG248 | Kalettes (flower sprouts) 200g | UK |
| FRT122 | Lemon leafy 1kg | |
| EXF101 | Lime finger 100g | |

| <i>Code</i> | <i>Name</i> | <i>Country of Origin</i> |
|-------------|--|--------------------------|
| FRT164 | Lychees 1kg | |
| FRT108 | Mango ripe on tree (Avion) 1kg | |
| VEG253 | Monks beard 500g | |
| MUS110 | Mushrooms Chanterelle grey 500g | |
| MUS111 | Mushrooms Chanterelle yellow 500g | |
| MUS109 | Mushrooms Pied de Mouton (hedgehog) 500g | |
| VEG115 | Onion Roscoff 1kg | |
| FRT192 | Oranges blood 1kg | |
| VEG182 | Parsley root 1kg | |
| VEG168 | Parsnips 1kg | UK |
| FRT123 | Pear Comice 1kg Mouneyrac | |
| FRT194 | Pear Conference 1kg | UK |
| FRT166 | Pear passe crassane 1kg Mouneyrac | |
| FRT167 | Pear Williams 1kg Mouneyrac | |
| VEG200 | Pepper Padron 500g | |
| FRT143 | Pineapple sun ripened | |
| FRT119 | Pineapple Victoria | |
| FRT203 | Pomegranate | |
| POT101 | Potato Pink Fir 1kg | |
| POT106 | Potato Ratte 1kg | |
| VEG234 | Pumpkin Muscade de Provence 1kg | |
| VEG198 | Puntarelle 1kg | |
| FRT165 | Quince 1kg | |
| SLD160 | Radicchio pink 1kg | |
| VEG155 | Rainbow chard 500g | UK |
| FRT223 | Rhubarb Yorkshire 1kg | UK |
| VEG190 | Salsify 1kg | |
| EXF109 | Sharon (Persimmon) 1kg | |
| VEG247 | Sprout tops 1kg | UK |
| VEG189 | Squash Potimarron (red) 1kg | |
| VEG241 | Swede 1kg | UK |
| VEG179 | Swiss chard 1kg | |
| SLD144 | Treviso 1kg | |
| SLD135 | Treviso wild (Tardivo) 500g | |
| VEG185 | Turnip 1kg | UK |
| VEG177 | Turnip golden 1kg | |
| SLD106 | Watercress bunch | UK |

MANY MORE PRODUCTS AVAILABLE. CONTACT US

- February -

| Code | Name | Country of Origin |
|--------|--|-------------------|
| FRT156 | Apple Braeburn 1kg Mouneyrac | |
| FRT106 | Apple Fuji 1kg Mouneyrac | |
| FRT100 | Apple Royal Gala 1kg Mouneyrac | |
| FRT219 | Apple Russets 1kg | UK |
| VEG160 | Artichoke Jerusalem 1kg | |
| VEG101 | Aubergine pale (Italian) 1kg | |
| VEG113 | Beetroot candy 1kg | |
| VEG117 | Beetroot golden 1kg | |
| EXF105 | Bergamot 1kg | |
| CFF211 | Black garlic 100g | |
| VEG149 | Cabbage Spring UK 1kg | UK |
| VEG134 | Carrot sand 1kg | |
| SLD127 | Castelfranco | |
| VEG143 | Cavolo nero 500g | UK |
| VEG167 | Celeriac 1kg | UK |
| VEG180 | Chervil root 1kg | |
| SLD120 | Chicory 1kg | |
| SLD119 | Chicory red 1kg | |
| VEG199 | Cima di Rapa 1kg | |
| FRT161 | Clementine 1kg | |
| LAF100 | Flower edible Violas 8g | UK |
| VEG109 | Kale green 500g | UK |
| VEG144 | Kale red 500g | UK |
| VEG248 | Kalettes (flower sprouts) 200g | UK |
| EXF101 | Lime finger 100g | |
| FRT164 | Lychees 1kg | |
| FRT108 | Mango ripe on tree (Avion) 1kg | |
| VEG253 | Monks beard 500g | |
| MUS110 | Mushrooms Chanterelle grey 500g | |
| MUS111 | Mushrooms Chanterelle yellow 500g | |
| MUS118 | Mushrooms Morels 500g | |
| MUS109 | Mushrooms Pied de Mouton (hedgehog) 500g | |

| Code | Name | Country of Origin |
|--|-----------------------------------|-------------------|
| VEG146 | Onion Grelot bunch | |
| VEG115 | Onion Roscoff 1kg | |
| FRT192 | Oranges blood 1kg | |
| VEG182 | Parsley root 1kg | |
| VEG168 | Parsnips 1kg | UK |
| FRT123 | Pear Comice 1kg Mouneyrac | |
| FRT194 | Pear Conference 1kg | UK |
| FRT166 | Pear Passe Crassane 1kg Mouneyrac | |
| FRT167 | Pear Williams 1kg Mouneyrac | |
| VEG200 | Pepper Padron 500g | |
| FRT143 | Pineapple sun ripened | |
| FRT119 | Pineapple Victoria | |
| SLD159 | Pissenlit (Dandelion) 1kg | |
| FRT203 | Pomegranate | |
| POT101 | Potato Pink Fir 1kg | |
| POT106 | Potato Ratte 1kg | |
| VEG198 | Puntarelle 1kg | |
| FRT165 | Quince 1kg | |
| SLD160 | Radicchio pink 1kg | |
| FRT223 | Rhubarb Yorkshire 1kg | UK |
| VEG190 | Salsify 1kg | |
| EXF109 | Sharon (Persimmon) 1kg | |
| VEG189 | Squash Potimarron (red) 1kg | |
| VEG241 | Swede 1kg | UK |
| VEG179 | Swiss chard 1kg | |
| TMT135 | Tomato marmande raf 500g | |
| SLD144 | Trevise 1kg | |
| SLD135 | Trevise wild (Tardivo) 500g | |
| VEG185 | Turnip 1kg | UK |
| VEG177 | Turnip golden 1kg | |
| SLD106 | Watercress bunch | UK |
| MANY MORE PRODUCTS AVAILABLE. CONTACT US | | |



Beginning in 2009 with two chefs growing micro herbs for the restaurants they worked in, Nurtured in Norfolk has expanded massively, now offering a wide range of 280 products, from edible flowers to micro herbs. As ex-chefs themselves, the co-founders understand the need for quality and consistency in the flavour and appearance of their plant-based garnishes.

All of their products are grown on a natural soil base with minimal pesticides and picked by hand to ensure only the freshest and highest quality produce is chosen.



Norfolk, UK



- March -

| Code | Name | Country of Origin |
|--------|--|-------------------|
| FRT106 | Apple Fuji 1kg Mouneyrac | |
| FRT100 | Apple Royal Gala 1kg Mouneyrac | |
| VEG175 | Artichoke Globe | |
| VEG160 | Artichoke Jerusalem 1kg | |
| VEG105 | Asparagus green Wye Valley UK 500g | UK |
| VEG206 | Asparagus white medium French 16/22 500g | |
| VEG101 | Aubergine pale (Italian) 1kg | |
| VEG113 | Beetroot candy 1kg | |
| VEG117 | Beetroot golden 1kg | |
| EXF105 | Bergamot 1kg | |
| CFF211 | Black garlic 100g | |
| VEG137 | Broad beans 1kg | |
| VEG249 | Broccoli purple sprouting 500g | UK |
| VEG149 | Cabbage Spring UK 1kg | UK |
| SLD127 | Castelfranco | |
| VEG167 | Celeriac 1kg | UK |
| VEG199 | Cima di Rapa 1kg | |
| FRT161 | Clementine 1kg | |
| LAF101 | Flowerborage 10g | UK |
| LAF135 | Flower chive 15g | UK |
| LAF100 | Flower edible Violas 8g | UK |
| FRT130 | Fraise des bois 100g | |
| FRT204 | Fraise des bois white 100g | |
| FRT108 | Mango ripe on tree (Avion) 1kg | |
| SLD112 | Mixed salad leaf 500g | |
| VEG253 | Monks beard 500g | |
| MUS108 | Mushrooms black Trompette 500g | |

| Code | Name | Country of Origin |
|--------|-----------------------------------|-------------------|
| MUS106 | Mushrooms Cep 500g | |
| MUS110 | Mushrooms Chanterelle grey 500g | |
| MUS111 | Mushrooms Chanterelle yellow 500g | |
| MUS105 | Mushrooms Girolles small 500g | |
| MUS118 | Mushrooms Morels 500g | |
| FRT192 | Oranges blood 1kg | |
| FRT123 | Pear Comice 1kg Mouneyrac | |
| FRT166 | Pear Passe Crassane 1kg Mouneyrac | |
| FRT167 | Pear Williams 1kg Mouneyrac | |
| VEG213 | Peas in pods 1kg | |
| VEG200 | Pepper Padron 500g | |
| FRT143 | Pineapple sun ripened | |
| FRT119 | Pineapple Victoria | |
| FRT203 | Pomegranate | |
| POT108 | Potato Jersey Mids 500g | UK |
| POT112 | Potato Jersey Royal Ware UK 1kg | UK |
| POT101 | Potato Pink Fir 1kg | |
| POT106 | Potato Ratte 1kg | |
| VEG198 | Puntarelle 1kg | |
| FRT223 | Rhubarb Yorkshire 1kg | UK |
| VEG190 | Salsify 1kg | |
| FRT193 | Strawberries Gariguette 2kg | |
| VEG179 | Swiss chard 1kg | |
| SLD144 | Trevise 1kg | |
| SLD135 | Trevise wild (Tardivo) 500g | |
| LAF160 | Wild garlic 500g | UK |

MANY MORE PRODUCTS AVAILABLE. CONTACT US

- April -

| Code | Name | Country of Origin |
|--------|--|-------------------|
| VEG160 | Artichoke Jerusalem 1kg | |
| VEG262 | Asparagus green 24+ Wye Valley UK 500g | UK |
| VEG105 | Asparagus green Wye Valley UK 500g | UK |
| VEG106 | Asparagus purple Wye Valley UK 500g | UK |
| VEG206 | Asparagus white medium french 16/22 500g | |
| VEG101 | Aubergine pale (Italian) 1kg | |
| VEG125 | Beans Borlotti 1kg | |
| CFF211 | Black garlic 100g | |
| VEG137 | Broad beans 1kg | |
| VEG249 | Broccoli purple sprouting 500g | UK |
| VEG149 | Cabbage Spring UK 1kg | UK |
| SLD127 | Castelfranco | |
| VEG104 | Cauliflower | UK |
| VEG199 | Cima di Rapa 1kg | |
| VEG133 | Courgette round green 1kg | |
| VEG212 | Courgette round yellow 1kg | |
| LAF101 | Flower Borage 10g | UK |
| LAF135 | Flower Chive 15g | UK |
| LAF102 | Flower Cornflower 10g | UK |
| LAF115 | Flower edible garlic pink 40g | UK |
| LAF116 | Flower edible garlic white 40g | UK |
| LAF100 | Flower edible Violas 8g | UK |
| LAF103 | Flower mixed 10g | UK |
| FRT130 | Fraise des bois 100g | |
| FRT204 | Fraise des bois white 100g | |
| VEG138 | Garlic new season 1kg | |
| HRB107 | Lemon verbena | |
| HRB121 | Lovage 100g | UK |
| FRT129 | Mango Alphonso | |
| FRT108 | Mango ripe on tree (Avion) 1kg | |
| FRT105 | Melon Charentais | |
| SLD112 | Mixed salad leaf 500g | |
| VEG253 | Monks beard 500g | |
| MUS118 | Mushrooms Morels 500g | |



| <i>Code</i> | <i>Name</i> | <i>Country of Origin</i> |
|-------------|---------------------------------|--------------------------|
| MUS119 | Mushrooms Mousseron 500g | |
| VEG146 | Onion Grelot bunch | |
| FRT192 | Oranges blood 1kg | |
| VEG213 | Peas in pods 1kg | |
| FRT143 | Pineapple sun ripened | |
| FRT203 | Pomegranate | |
| POT108 | Potato Jersey Mids 500g | UK |
| POT112 | Potato Jersey Royal Ware UK 1kg | UK |
| FRT111 | Rhubarb Wye Valley 1kg | UK |
| HRB123 | Savory 100g | UK |
| FRT193 | Strawberries Gariguettes 2kg | |
| VEG179 | Swiss chard 1kg | |
| TMT108 | Tomato cherry vine 3kg iow | UK |
| TMT110 | Tomato classic vine 1kg iow | UK |
| TMT109 | Tomato mixed heritage 3kg iow | UK |
| SLD106 | Watercress bunch | UK |
| LAF160 | Wild garlic 500g | UK |

MANY MORE PRODUCTS AVAILABLE. CONTACT US



Based in Herefordshire, Wye Valley Produce began growing Asparagus in 2003 but has since expanded to include rhubarb, blueberries, fine beans and peas.

The light, sandy soil and south-facing slopes of the Wye Valley capture the earliest Spring sunlight and create a microclimate that is perfectly formed to produce some of the earliest, and the best, produce in the UK. It is their attention to freshness and quality, as well as the natural advantage of their location, which makes Wye Valley Produce stand out from the rest.



- May -

| Code | Name | Country of Origin |
|--------|--|-------------------|
| FRT141 | Almond fresh 1kg | |
| FRT121 | Apricot 1kg | |
| BVE100 | Artichoke baby bunch x 5 | |
| VEG262 | Asparagus green 24+ Wye Valley UK 500g | UK |
| VEG105 | Asparagus green Wye Valley UK 500g | UK |
| VEG107 | Asparagus white Wye Valley UK 500g | UK |
| VEG224 | Asparagus wild 200g | |
| VEG125 | Beans Borlotti 1kg | |
| CFF211 | Black garlic 100g | |
| VEG137 | Broad beans 1kg | |
| VEG124 | Broccoli 500g | UK |
| VEG149 | Cabbage Spring UK 1kg | UK |
| VEG104 | Cauliflower | UK |
| FRT127 | Cherries 1kg | |
| BVE110 | Courgette flower | |
| VEG118 | Courgette green 1kg | UK |
| VEG133 | Courgette round green 1kg | |
| VEG212 | Courgette round yellow 1kg | |
| SLD105 | Cucumber | UK |
| LAF101 | Flower Borage 10g | UK |
| LAF102 | Flower cornflower 10g | UK |
| LAF100 | Flower edible Violas 8g | UK |
| LAF163 | Flower Geranium 7g | UK |
| LAF103 | Flower mixed 10g | UK |
| FRT130 | Fraise des bois 100g | |
| FRT204 | Fraise des bois white 100g | |
| VEG138 | Garlic new season 1kg | |
| HRB125 | Lemon balm 100g | UK |
| HRB107 | Lemon verbena | UK |
| SLD122 | Lettuce baby gem x 2 | UK |
| HRB121 | Lovage 100g | UK |
| FRT129 | Mango Alphonso | |
| FRT108 | Mango ripe on tree (Avion) 1kg | |
| FRT105 | Melon Charentais | |
| SLD112 | Mixed salad leaf 500g | UK |

| <i>Code</i> | <i>Name</i> | <i>Country of Origin</i> |
|-------------|---------------------------------|--------------------------|
| MUS118 | Mushrooms Morels 500g | |
| MUS119 | Mushrooms Mousseron 500g | |
| MUS119 | Mushrooms Mousseron 500g | |
| FRT114 | Nectarine white | |
| FRT116 | Nectarine yellow | |
| VEG146 | Onion Grelot bunch | |
| FRT115 | Peach white | |
| FRT117 | Peach yellow | |
| VEG213 | Peas in pods 1kg | |
| FRT143 | Pineapple sun ripened | |
| FRT203 | Pomegranate | |
| POT108 | Potato Jersey Mids 500g | UK |
| POT112 | Potato Jersey Royal Ware UK 1kg | UK |
| POT113 | Potato Mids 20/30 1kg | UK |
| FRT145 | Raspberries Oakchurch 170g | UK |
| FRT111 | Rhubarb Wye Valley 1kg | UK |
| HRB123 | Savory 100g | UK |
| VEG188 | Spinach large leaf 1kg | |
| FRT193 | Strawberries Gariguette 2kg | |
| FRT112 | Strawberries Oakchurch 400g | UK |
| TMT108 | Tomato cherry vine 3kg iow | UK |
| TMT110 | Tomato classic vine 1kg iow | UK |
| TMT109 | Tomato mixed heritage 3kg iow | UK |
| SLD106 | Watercress bunch | UK |
| LAF160 | Wild garlic 500g | UK |

MANY MORE PRODUCTS AVAILABLE. CONTACT US

- June -

| Code | Name | Country of Origin |
|--------|-------------------------------|-------------------|
| FRT141 | Almond fresh 1kg | |
| FRT121 | Apricot 1kg | |
| BVE100 | Artichoke baby bunch x 5 | |
| VEG224 | Asparagus wild 200g | |
| VEG125 | Beans Borlotti 1kg | |
| VEG162 | Beans yellow 500g | |
| BVE106 | Beetroot baby candy bunch | UK |
| BVE104 | Beetroot baby golden bunch | UK |
| BVE105 | Beetroot baby red bunch | UK |
| VEG137 | Broad beans 1kg | |
| VEG124 | Broccoli 500g | UK |
| VEG149 | Cabbage Spring UK 1kg | UK |
| BVE101 | Carrot baby orange bunch | UK |
| BVE102 | Carrot baby purple bunch | UK |
| BVE103 | Carrot baby yellow bunch | UK |
| VEG174 | Cauliflower purple | |
| VEG173 | Cauliflower yellow | |
| FRT215 | Cherries Oakchurch jumbo 400g | UK |
| VEG140 | Corn on the cob in the husk | |
| VEG118 | Courgette green 1kg | UK |
| VEG133 | Courgette round green 1kg | |
| VEG212 | Courgette round yellow 1kg | |
| SLD105 | Cucumber | UK |
| SLD111 | Cucumber baby | |
| LAF101 | Flowerborage 10g | UK |
| LAF102 | Flower Cornflower 10g | UK |
| LAF100 | Flower edible Violas 8g | UK |
| LAF163 | Flower Geranium 7g | UK |
| LAF103 | Flower mixed 10g | UK |
| VEG138 | Garlic new season 1kg | |
| HRB125 | Lemon balm 100g | UK |
| HRB107 | Lemon verbena | UK |
| SLD122 | Lettuce baby gem x 2 | UK |
| HRB121 | Lovage 100g | UK |

| <i>Code</i> | <i>Name</i> | <i>Country of Origin</i> |
|-------------|--------------------------------|--------------------------|
| FRT129 | Mango Alphonso | |
| FRT108 | Mango ripe on tree (Avion) 1kg | |
| FRT105 | Melon Charentais | |
| SLD112 | Mixed salad leaf 500g | UK |
| MUS106 | Mushrooms Cep 500g | |
| MUS105 | Mushrooms Girolles small 500g | |
| MUS118 | Mushrooms Morels 500g | |
| MUS119 | Mushrooms Mousseron 500g | |
| FRT114 | Nectarine white | |
| FRT116 | Nectarine yellow | |
| VEG146 | Onion Grelot bunch | |
| FRT140 | Peach flat | |
| FRT115 | Peach white | |
| FRT117 | Peach yellow | |
| VEG119 | Peas UK 1kg | |
| FRT143 | Pineapple sun ripened | |
| FRT203 | Pomegranate | |
| VEG131 | Radish rainbow bunch | |
| VEG155 | Rainbow chard 500g | |
| FRT145 | Raspberries Oakchurch 170g | UK |
| FRT211 | Redcurrant 125g | |
| FRT193 | Strawberries Gariguettes 2kg | |
| FRT112 | Strawberries Oakchurch 400g | UK |
| TMT108 | Tomato cherry vine 3kg iow | UK |
| TMT110 | Tomato classic vine 1kg iow | UK |
| TMT109 | Tomato mixed heritage 3kg iow | UK |
| FRT137 | Watermelon | |

MANY MORE PRODUCTS AVAILABLE. CONTACT US



With over 15 years experience, the Tomato Stall grows a diverse range of high quality and flavourful tomato varieties. Based in the Isle of Wight, the farm has the perfect conditions to grow tomatoes, with plenty of sunlight and rich soil.

The Tomato Stall aims to grow their produce in the most natural and sustainable way possible, using natural predators over pesticides to help them keep balance and control pests in their green houses. They also recycle their tomato plants to create their unique compost that is used to enrich their organic soil.



Isle of Wight, UK

- July -

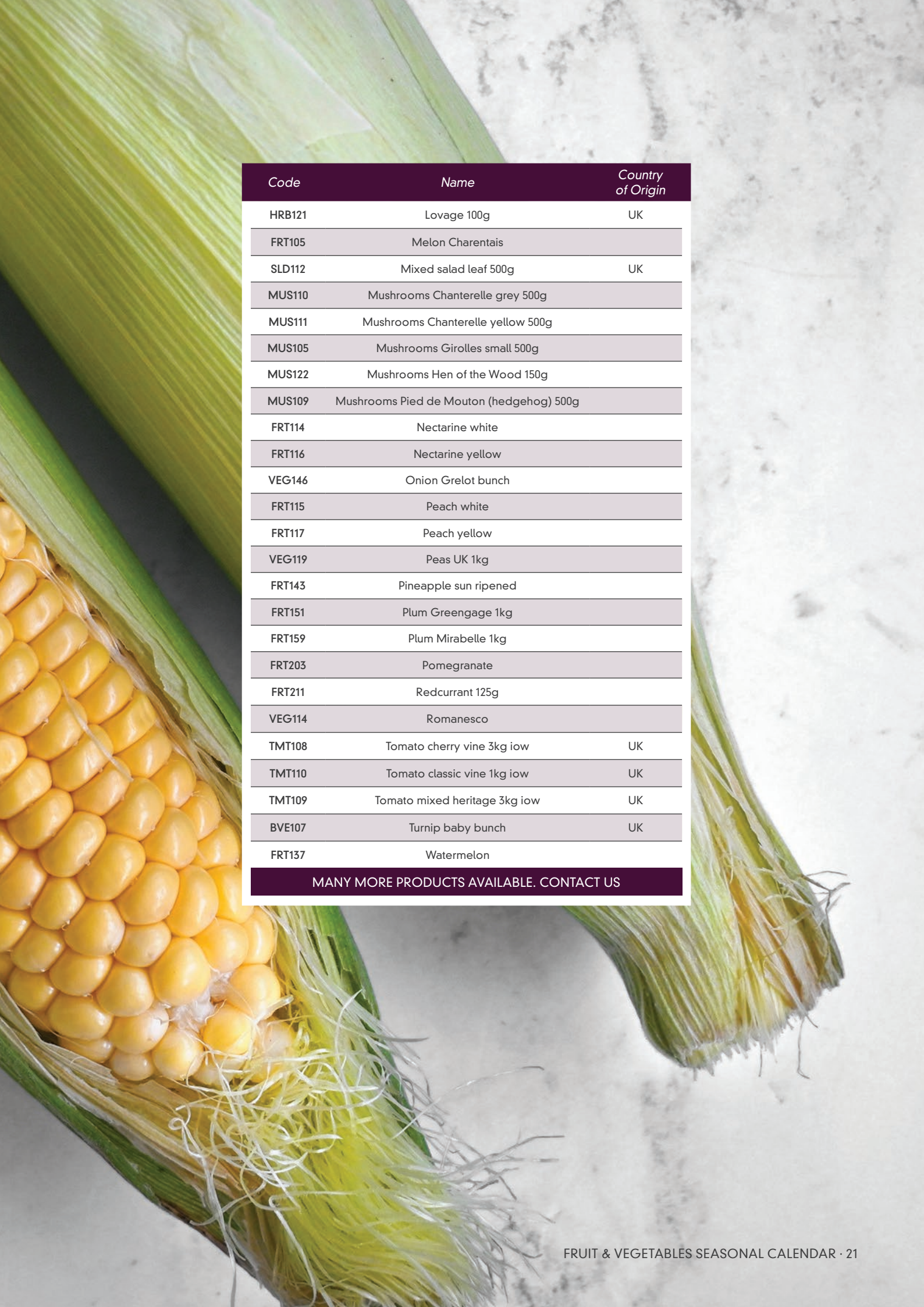
| Code | Name | Country of Origin |
|--------|-----------------------------------|-------------------|
| FRT141 | Almond fresh 1kg | |
| FRT121 | Apricot 1kg | |
| VEG154 | Aubergine black 1kg | UK |
| VEG125 | Beans Borlotti 1kg | |
| VEG162 | Beans yellow 500g | |
| BVE106 | Beetroot baby candy bunch | UK |
| BVE104 | Beetroot baby golden bunch | UK |
| BVE105 | Beetroot baby red bunch | UK |
| CFF211 | Black garlic 100g | |
| FRT102 | Blackberries 125g | UK |
| FRT144 | Blueberries Wye Valley UK 113g | |
| VEG137 | Broad beans 1kg | UK |
| VEG124 | Broccoli 500g | UK |
| VEG149 | Cabbage Spring UK 1kg | UK |
| BVE101 | Carrot baby orange bunch | UK |
| BVE102 | Carrot baby purple bunch | UK |
| BVE103 | Carrot baby yellow bunch | UK |
| VEG174 | Cauliflower purple | |
| VEG173 | Cauliflower yellow | |
| FRT215 | Cherries Oakchurch jumbo 400g | UK |
| FRT212 | Cherries Rainier (white) 1kg | |
| VEG163 | Coco beans (Paimpol) 1kg | |
| VEG140 | Corn on the cob in the husk | |
| SLD105 | Cucumber | UK |
| SLD111 | Cucumber baby | |
| LAF101 | Flower Borage 10g | UK |
| LAF100 | Flower edible Violas 8g | UK |
| LAF163 | Flower Geranium 7g | UK |
| LAF103 | Flower mixed 10g | UK |
| LAF125 | Flower Rocket 11g | UK |
| FRT213 | Gooseberries green 300g | UK |
| FRT136 | Gooseberries red 300g | UK |
| FRT157 | Grape red seedless (loose) 500g | |
| FRT158 | Grape white seedless (loose) 500g | |
| BVE108 | Leek baby bunch | |
| HRB125 | Lemon balm 100g | UK |

| <i>Code</i> | <i>Name</i> | <i>Country of Origin</i> |
|-------------|--------------------------------|--------------------------|
| HRB107 | Lemon verbena | UK |
| SLD122 | Lettuce baby gem x 2 | UK |
| HRB121 | Lovage 100g | UK |
| FRT105 | Melon Charentais | |
| SLD112 | Mixed salad leaf 500g | UK |
| MUS106 | Mushrooms Cep 500g | |
| MUS105 | Mushrooms Girolles small 500g | |
| MUS122 | Mushrooms Hen of the Wood 150g | |
| MUS119 | Mushrooms Mousseron 500g | |
| FRT114 | Nectarine white | |
| FRT116 | Nectarine yellow | |
| VEG146 | Onion Grelot bunch | |
| FRT115 | Peach white | |
| FRT117 | Peach yellow | |
| VEG119 | Peas UK 1kg | |
| FRT143 | Pineapple sun ripened | |
| FRT203 | Pomegranate | |
| VEG155 | Rainbow chard 500g | |
| FRT145 | Raspberries Oakchurch 170g | UK |
| FRT112 | Strawberries Oakchurch 400g | UK |
| TMT108 | Tomato cherry vine 3kg iow | UK |
| TMT110 | Tomato classic vine 1kg iow | UK |
| TMT109 | Tomato mixed heritage 3kg iow | UK |
| BVE107 | Turnip baby bunch | UK |
| FRT137 | Watermelon | |

MANY MORE PRODUCTS AVAILABLE. CONTACT US

- August -

| Code | Name | Country of Origin |
|--------|-----------------------------------|-------------------|
| FRT141 | Almond fresh 1kg | |
| FRT121 | Apricot 1kg | |
| VEG160 | Artichoke Jerusalem 1kg | |
| VEG125 | Beans Borlotti 1kg | |
| BVE106 | Beetroot baby candy bunch | UK |
| BVE104 | Beetroot baby golden bunch | UK |
| BVE105 | Beetroot baby red bunch | UK |
| CFF211 | Black garlic 100g | |
| FRT102 | Blackberries 125g | UK |
| FRT144 | Blueberries Wye Valley UK 113g | |
| VEG137 | Broad beans 1kg | UK |
| VEG124 | Broccoli 500g | UK |
| BVE101 | Carrot baby orange bunch | UK |
| BVE102 | Carrot baby purple bunch | UK |
| BVE103 | Carrot baby yellow bunch | UK |
| VEG174 | Cauliflower purple | |
| VEG173 | Cauliflower yellow | |
| FRT215 | Cherries Oakchurch jumbo 400g | UK |
| VEG163 | Coco beans (Paimpol) 1kg | |
| VEG140 | Corn on the cob in the husk | UK |
| SLD111 | Cucumber baby | |
| BVE109 | Fennel baby bunch | |
| FRT154 | Figs provence 500g | |
| LAF101 | Flower Borage 10g | UK |
| LAF100 | Flower edible Violas 8g | UK |
| LAF163 | Flower Geranium 7g | UK |
| LAF103 | Flower mixed 10g | UK |
| FRT152 | Grape Muscat 500g | |
| FRT157 | Grape red seedless (loose) 500g | |
| FRT158 | Grape white seedless (loose) 500g | |
| FRT153 | Hazelnuts fresh 1kg | |
| BVE108 | Leek baby bunch | UK |
| HRB125 | Lemon balm 100g | UK |
| HRB107 | Lemon verbena | UK |
| SLD122 | Lettuce baby gem x 2 | UK |



| <i>Code</i> | <i>Name</i> | <i>Country of Origin</i> |
|-------------|--|--------------------------|
| HRB121 | Lovage 100g | UK |
| FRT105 | Melon Charentais | |
| SLD112 | Mixed salad leaf 500g | UK |
| MUS110 | Mushrooms Chanterelle grey 500g | |
| MUS111 | Mushrooms Chanterelle yellow 500g | |
| MUS105 | Mushrooms Girolles small 500g | |
| MUS122 | Mushrooms Hen of the Wood 150g | |
| MUS109 | Mushrooms Pied de Mouton (hedgehog) 500g | |
| FRT114 | Nectarine white | |
| FRT116 | Nectarine yellow | |
| VEG146 | Onion Grelot bunch | |
| FRT115 | Peach white | |
| FRT117 | Peach yellow | |
| VEG119 | Peas UK 1kg | |
| FRT143 | Pineapple sun ripened | |
| FRT151 | Plum Greengage 1kg | |
| FRT159 | Plum Mirabelle 1kg | |
| FRT203 | Pomegranate | |
| FRT211 | Redcurrant 125g | |
| VEG114 | Romanesco | |
| TMT108 | Tomato cherry vine 3kg iow | UK |
| TMT110 | Tomato classic vine 1kg iow | UK |
| TMT109 | Tomato mixed heritage 3kg iow | UK |
| BVE107 | Turnip baby bunch | UK |
| FRT137 | Watermelon | |

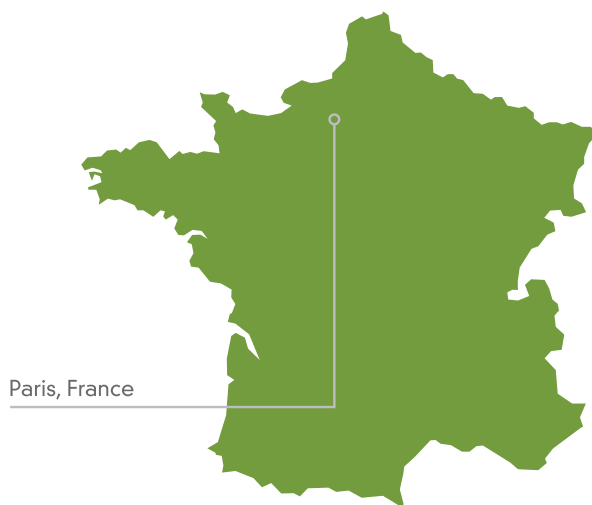
MANY MORE PRODUCTS AVAILABLE. CONTACT US



With 4 generations of experience, Mouneyrac is a specialist in apples and pears that offers a complete range of exceptional products from the best terroirs in France.

Mouneyrac has a close relationship with their local producers who have great respect for their environment and seasonality as well as a unique know-how for farming.

Daily observation of their orchards ensures consistent quality and reliable traceability of all of their products.



- September -

| Code | Name | Country of Origin |
|--------|-----------------------------------|-------------------|
| VEG175 | Artichoke Globe | |
| VEG160 | Artichoke Jerusalem 1kg | |
| BVE106 | Beetroot baby candy bunch | UK |
| BVE104 | Beetroot baby golden bunch | UK |
| BVE105 | Beetroot baby red bunch | UK |
| VEG113 | Beetroot candy 1kg | |
| VEG117 | Beetroot golden 1kg | |
| CFF211 | Black garlic 100g | |
| VEG249 | Broccoli purple sprouting 500g | UK |
| VEG178 | Brussel sprout 1kg | UK |
| VEG197 | Cabbage Hispi 500g | |
| VEG147 | Cabbage savoy | |
| BVE101 | Carrot baby orange bunch | UK |
| BVE102 | Carrot baby purple bunch | UK |
| BVE103 | Carrot baby yellow bunch | UK |
| VEG232 | Carrot Chantennay orange 1kg | |
| VEG134 | Carrot sand 1kg | |
| VEG174 | Cauliflower purple | |
| VEG173 | Cauliflower yellow | |
| VEG143 | Cavolo nero 500g | UK |
| VEG180 | Chervil root 1kg | |
| VEG163 | Coco beans (Paimpol) 1kg | |
| VEG140 | Corn on the cob in the husk | UK |
| VEG181 | Crosnes 500g | |
| FRT154 | Figs provence 500g | |
| LAF100 | Flower edible Violas 8g | UK |
| FRT152 | Grape Muscat 500g | |
| VEG109 | Kale green 500g | UK |
| SLD122 | Lettuce baby gem x 2 | UK |
| FRT105 | Melon Charentais | |
| SLD112 | Mixed salad leaf 500g | UK |
| MUS108 | Mushrooms black Trompette 500g | |
| MUS106 | Mushrooms Cep 500g | |
| MUS110 | Mushrooms Chanterelle grey 500g | |
| MUS111 | Mushrooms Chanterelle yellow 500g | |

| <i>Code</i> | <i>Name</i> | <i>Country of Origin</i> |
|---|--|--------------------------|
| MUS105 | Mushrooms Girolles small 500g | |
| MUS122 | Mushrooms Hen of the Wood 150g | |
| MUS119 | Mushrooms Mousseron 500g | |
| MUS109 | Mushrooms Pied de Mouton (hedgehog) 500g | |
| VEG182 | Parsley root 1kg | |
| FRT194 | Pear Conference 1kg | |
| FRT143 | Pineapple sun ripened | |
| FRT151 | Plum Greengage 1kg | |
| FRT159 | Plum Mirabelle 1kg | |
| FRT203 | Pomegranate | |
| VEG234 | Pumpkin Muscade de Provence 1kg | |
| FRT165 | Quince 1kg | |
| FRT211 | Redcurrant 125g | |
| VEG247 | Sprout tops 1kg | |
| VEG194 | Squash mixed 1kg | UK |
| VEG189 | Squash Potimarron (red) 1kg | UK |
| VEG179 | Swiss chard 1kg | |
| VEG177 | Turnip golden 1kg | |
| FRT176 | Walnut 1kg | |
| MANY MORE PRODUCTS AVAILABLE. CONTACT US | | |

- October -

| Code | Name | Country of Origin |
|--------|-----------------------------------|-------------------|
| FRT221 | Apple Cox 1kg | |
| FRT106 | Apple Fuji 1kg Mouneyrac | |
| FRT100 | Apple Royal Gala 1kg Mouneyrac | |
| VEG175 | Artichoke Globe | |
| BVE106 | Beetroot baby candy bunch | UK |
| BVE104 | Beetroot baby golden bunch | UK |
| BVE105 | Beetroot baby red bunch | UK |
| VEG113 | Beetroot candy 1kg | |
| VEG117 | Beetroot golden 1kg | |
| CFF211 | Black garlic 100g | |
| FRT102 | Blackberries 125g | UK |
| VEG249 | Broccoli purple sprouting 500g | UK |
| VEG178 | Brussel sprout 1kg | UK |
| VEG197 | Cabbage Hispi 500g | |
| VEG147 | Cabbage savoy | |
| VEG232 | Carrot chantennay orange 1kg | |
| VEG134 | Carrot sand 1kg | |
| VEG143 | Cavolo nero 500g | UK |
| VEG180 | Chervil root 1kg | |
| FRT168 | Chestnuts fresh 1kg | |
| VEG163 | Coco beans (Paimpol) 1kg | |
| VEG140 | Corn on the cob in the husk | UK |
| FRT154 | Figs provence 500g | |
| LAF100 | Flower edible Violas 8g | UK |
| FRT152 | Grape Muscat 500g | |
| VEG236 | Halloween pumpkin medium | |
| VEG109 | Kale green 500g | UK |
| VEG144 | Kale red 500g | UK |
| EXF101 | Lime finger 100g | |
| FRT105 | Melon Charentais | |
| SLD112 | Mixed salad leaf 500g | UK |
| MUS108 | Mushrooms black Trompette 500g | |
| MUS106 | Mushrooms Cep 500g | |
| MUS110 | Mushrooms Chanterelle grey 500g | |
| MUS111 | Mushrooms Chanterelle yellow 500g | |
| MUS105 | Mushrooms Girolles small 500g | |



| <i>Code</i> | <i>Name</i> | <i>Country of Origin</i> |
|-------------|--|--------------------------|
| MUS122 | Mushrooms Hen of the Wood 150g | |
| MUS119 | Mushrooms Mousseron 500g | |
| MUS109 | Mushrooms Pied de Mouton (hedgehog) 500g | |
| VEG182 | Parsley root 1kg | |
| FRT123 | Pear Comice 1kg Mouneyrac | |
| FRT167 | Pear Williams 1kg Mouneyrac | |
| FT173 | Plum red 1kg | |
| FRT203 | Pomegranate | |
| VEG234 | Pumpkin Muscade de Provence 1kg | |
| FRT165 | Quince 1kg | |
| VEG159 | Radish watermelon 1kg | |
| VEG155 | Rainbow chard 500g | UK |
| FRT224 | Rhubarb dutch 1kg | |
| VEG114 | Romanesco | |
| VEG190 | Salsify 1kg | |
| VEG247 | Sprout tops 1kg | |
| VEG194 | Squash mixed 1kg | UK |
| VEG189 | Squash Potimarron (red) 1kg | UK |
| VEG179 | Swiss chard 1kg | |
| VEG177 | Turnip golden 1kg | |
| FRT176 | Walnut 1kg | |

MANY MORE PRODUCTS AVAILABLE. CONTACT US



Herefordshire, UK



Oakchurch

Situated in Herefordshire, Oakchurch was originally established as a 'pick your own' strawberry farm during the 1970s. While remaining under family ownership, their selection of offerings has expanded well beyond strawberries. Now, they provide an exceptional variety of raspberries, cherries, and assorted berries.

The rich and fertile soil of Herefordshire significantly contributes to the excellence and taste of their harvest. This is why Oakchurch is dedicated to lessening the farm's ecological footprint, ensuring the production of top-notch goods through environmentally sustainable methods.

– November –

| Code | Name | Country of Origin |
|--------|--------------------------------|-------------------|
| FRT104 | Apple Chantecler 1kg | |
| FRT221 | Apple Cox 1kg | |
| FRT106 | Apple Fuji 1kg Mouneyrac | |
| FRT100 | Apple Royal Gala 1kg Mouneyrac | |
| FRT219 | Apple Russets 1kg | |
| VEG175 | Artichoke Globe | |
| VEG160 | Artichoke Jerusalem 1kg | |
| VEG101 | Aubergine pale (Italian) 1kg | |
| VEG113 | Beetroot candy 1kg | |
| VEG117 | Beetroot golden 1kg | |
| CFF211 | Black garlic 100g | |
| VEG249 | Broccoli purple sprouting 500g | UK |
| VEG178 | Brussel sprout 1kg | UK |
| VEG170 | Butternut squash 1kg | |
| VEG197 | Cabbage Hispi 500g | |
| VEG147 | Cabbage savoy | |
| VEG232 | Carrot chantennay orange 1kg | |
| VEG102 | Carrot purple 1kg | |
| VEG134 | Carrot sand 1kg | |
| VEG121 | Carrot yellow 1kg | |
| SLD127 | Castelfranco | |
| VEG143 | Cavolo nero 500g | UK |
| VEG167 | Celeriac 1kg | UK |
| VEG180 | Chervil root 1kg | |
| FRT168 | Chestnuts fresh 1kg | |
| SLD120 | Chicory 1kg | |
| SLD119 | Chicory red 1kg | |
| VEG199 | Cima di Rapa 1kg | |
| FRT161 | Clementine 1kg | |
| FRT160 | Clementine leafy 1kg | |
| VEG163 | Coco beans (Paimpol) 1kg | |
| FRT162 | Cranberries 340g | |
| VEG181 | Crosnes 500g | |
| FRT154 | Figs provence 500g | |

| <i>Code</i> | <i>Name</i> | <i>Country of Origin</i> |
|---|--|--------------------------|
| LAF100 | Flower edible Violas 8g | UK |
| FRT152 | Grape Muscat 500g | |
| VEG109 | Kale green 500g | UK |
| VEG144 | Kale red 500g | UK |
| EXF101 | Lime finger 100g | |
| FRT108 | Mango ripe on tree (Avion) 1kg | |
| SLD112 | Mixed salad leaf 500g | UK |
| MUS108 | Mushrooms black Trompette 500g | |
| MUS106 | Mushrooms Cep 500g | |
| MUS110 | Mushrooms Chanterelle grey 500g | |
| MUS111 | Mushrooms Chanterelle yellow 500g | |
| MUS109 | Mushrooms Pied de Mouton (hedgehog) 500g | |
| VEG182 | Parsley root 1kg | |
| VEG168 | Parsnips 1kg | UK |
| FRT123 | Pear Comice 1kg Mouneyrac | |
| FRT194 | Pear Conference 1kg | |
| FRT167 | Pear Williams 1kg Mouneyrac | |
| FRT143 | Pineapple sun ripened | |
| FRT119 | Pineapple Victoria | |
| FRT203 | Pomegranate | |
| VEG234 | Pumpkin Muscade de Provence 1kg | |
| VEG198 | Puntarelle 1kg | |
| FRT165 | Quince 1kg | |
| VEG186 | Radish blue meat 1kg | |
| VEG187 | Radish green meat 1kg | |
| VEG159 | Radish Watermelon 1kg | |
| VEG190 | Salsify 1kg | |
| EXF109 | Sharon (Persimmon) 1kg | |
| VEG247 | Sprout tops 1kg | |
| VEG226 | Squash Delica | |
| VEG194 | Squash mixed 1kg | UK |
| VEG189 | Squash Potimarron (red) 1kg | UK |
| VEG179 | Swiss chard 1kg | |
| VEG177 | Turnip golden 1kg | |
| MANY MORE PRODUCTS AVAILABLE. CONTACT US | | |

- December -

| Code | Name | Country of Origin |
|--------|--------------------------------|-------------------|
| FRT104 | Apple Chantecler 1kg | |
| FRT221 | Apple Cox 1kg | |
| FRT106 | Apple Fuji 1kg Mouneyrac | |
| FRT100 | Apple Royal Gala 1kg Mouneyrac | |
| FRT219 | Apple Russets 1kg | |
| VEG160 | Artichoke Jerusalem 1kg | |
| VEG101 | Aubergine pale (Italian) 1kg | |
| VEG113 | Beetroot candy 1kg | |
| VEG117 | Beetroot golden 1kg | |
| EXF105 | Bergamot 1kg | |
| CFF211 | Black garlic 100g | |
| VEG178 | Brussel sprout 1kg | UK |
| VEG252 | Cabbage January King | UK |
| VEG147 | Cabbage savoy | |
| VEG245 | Cardoon 1kg | |
| VEG232 | Carrot chantennay orange 1kg | |
| VEG102 | Carrot purple 1kg | |
| VEG134 | Carrot sand 1kg | |
| VEG121 | Carrot yellow 1kg | |
| SLD127 | Castelfranco | |
| VEG143 | Cavolo nero 500g | UK |
| VEG167 | Celeriac 1kg | UK |
| VEG180 | Chervil root 1kg | |
| FRT168 | Chestnuts fresh 1kg | |
| SLD120 | Chicory 1kg | |
| SLD119 | Chicory red 1kg | |
| VEG199 | Cima di Rapa 1kg | |
| FRT161 | Clementine 1kg | |
| FRT160 | Clementine leafy 1kg | |
| FRT162 | Cranberries 340g | |
| VEG181 | Crosnes 500g | |
| LAF100 | Flower edible Violas 8g | UK |
| FRT152 | Grape Muscat 500g | |
| VEG109 | Kale green 500g | UK |
| VEG144 | Kale red 500g | UK |

| <i>Code</i> | <i>Name</i> | <i>Country of Origin</i> |
|-------------|-----------------------------------|--------------------------|
| VEG156 | Kohlrabi green | |
| EXF101 | Lime finger 100g | |
| FRT164 | Lychees 1kg | |
| FRT108 | Mango ripe on tree (Avion) 1kg | |
| MUS108 | Mushrooms black Trompette 500g | |
| MUS106 | Mushrooms Cep 500g | |
| MUS110 | Mushrooms Chanterelle grey 500g | |
| MUS111 | Mushrooms Chanterelle yellow 500g | |
| MUS122 | Mushrooms Hen of the Wood 150g | |
| VEG182 | Parsley root 1kg | |
| VEG168 | Parsnips 1kg | UK |
| FRT123 | Pear Comice 1kg Mouneyrac | |
| FRT194 | Pear Conference 1kg | |
| FRT167 | Pear Williams 1kg Mouneyrac | |
| FRT143 | Pineapple sun ripened | |
| FRT119 | Pineapple Victoria | |
| FRT203 | Pomegranate | |
| VEG234 | Pumpkin Muscade de Provence 1kg | |
| VEG198 | Puntarelle 1kg | |
| FRT165 | Quince 1kg | |
| VEG190 | Salsify 1kg | |
| EXF109 | Sharon (Persimmon) 1kg | |
| VEG247 | Sprout tops 1kg | |
| VEG189 | Squash Potimarron (red) 1kg | UK |
| VEG241 | Swede 1kg | UK |
| VEG179 | Swiss chard 1kg | |
| SLD144 | Treviso 1kg | |
| SLD135 | Treviso wild (Tardivo) 500g | |
| VEG185 | Turnip 1kg | UK |

MANY MORE PRODUCTS AVAILABLE. CONTACT US