

Name	<b>Delivery:</b>
Address	Thurs Afternoon
Tel	Or collect from Shop:
Delivery instructions if out?	9.30am – 5.00pm Mon – Sat 7.00pm Thurs

Please phone or post to:  
Naturally Good Food Ltd  
Stable Yard, Cotesbach Hall, Main Street, Cotesbach  
**01455 556878**  
or email to [orders@goodfooddelivery.co.uk](mailto:orders@goodfooddelivery.co.uk)  
For delivery Thurs 18<sup>th</sup> Oct 2007  
All produce is Organic unless otherwise stated

		Order	Order
<b>Boxes</b>		Wt	No
Fruit box to value of:			
Veg Box to value of:			
<b>Vegetables</b>			
Aubergine UK	1kg	4.70	
Avocado SA Small	1	0.90	
Beans Sprouts UK	1	1.05	
Beans Flat France	1kg	6.50	
Beetroot UK	1	1.10	
Cabbage Pointed UK	1	1.20	
Broccoli & Alfalfa Sprouts UK	1	1.14	
Calabrese/Broccoli Spain	1kg	3.65	
Carrots Dirty New UK	1kg	1.00	
Cauliflower UK	1	1.70	
Cavalo Nero UK	1	1.60	
Celery UK	1	1.10	
Courgettes UK	1kg	2.80	
Cucumber long UK	1	1.50	
Fennel Sp	1kg	2.95	
Garlic Spain	1	0.25	
Ginger China	100g	0.81	
Kohl Rabi UK	1	0.80	
Kale Red Russian UK	1	1.60	
Lettuce Cotesbach	1	1.30	
Leeks UK	1kg	2.87	
Mushrooms Closed UK	250g	1.50	
Onions UK	1kg	1.10	
Red Onions UK	1kg	1.45	
Parsnips UK	1kg	1.85	
Peppers Red	1kg	4.20	
Peppers Green Spain	1kg	3.15	
Potatoes UK various	1kg	1.00	
Salad packs Cotesbach	1	1.75	
Spinach Cotesbach	250g	1.30	
Squash Butternut France	1kg	2.60	
Swede UK	1kg	0.98	
Sweetcorn Cotesbach	1	1.00	
Sweet Potatoes Spain	1kg	2.95	
Tomatoes UK	1kg	3.60	
Tomatoes Cherry UK	1kg	4.50	

		Order	Order
<b>Fruit</b>		Wt	No
Apple Braeburn NZ	1kg	2.65	
Apple UK	1kg	2.65	
Bananas Dom Rep FairT	1kg	1.85	
Clementine SA	1kg	2.20	
Kiwi NZ	1kg	3.20	
Lemons(green) It	1	0.15	
Grapes Muscat	1kg	3.99	
Grapefruit Ruby It	1kg	2.70	
Mango Italy/Spain	1	1.30	
Melon Spain	1	1.45	
Oranges SA	1kg	2.20	
Plums UK	1kg	3.30	
Peaches Italy/Spain	1	0.60	
Pears Conference UK	1kg	2.70	
<b>Dairy</b>			
Please order Yogurts & Cream by Monday			
Eggs Free Range Soil	6 mxd	1.90	
		2ltr	1ltr
Milk		1.63	0.85
			pint
Full fat			0.58
Semi Skimmed			
Skimmed			
Cream Extra thick	284ml	1.66	
Cream Pourable	284ml	1.35	
Salted Butter	250g	1.71	
Unsalted Butter	250g	1.71	

1kg is roughly 2lbs, 500g is about 1lb

