



**Suppliers of Quality Organically  
Grown Produce  
November 2020**

Organic Certification GB-Org-02

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### **Ordering**

To order simply select from the list below and **e-mail**, **text** or **phone** your order through. Orders must be received by Monday for a Wednesday delivery and Wednesday for a Friday 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**

Wednesday and Friday

**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.

### **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 used on any Fruit & vegetables packed by Walden Organics.

VAT REG No. 711 5019 79

PRODUCT	ORIGIN	PRICE	UNIT	COMMENT
<b>FRESH VEGETABLES &amp; SALAD ITEMS</b>				
Aloe Vera Leaf	Spain	5.10	Per Kilo	Single leaves approx 500g
Artichokes - Globe	UK	2.80	Each	New. Green
Aubergines	Spain	5.85	Per kilo	
Beans - Flat	Spain	2.20	250g pack	New. Helda
Beans - French	Egypt	3.10	225g pack	
Beetroot - Pre-Pack	Holland/Italy	1.35	250g pack	Cooked
Beetroot	UK	2.30	Per kilo	
Beetroot - Golden Globe	UK	2.95	Per Kilo	
Broccoli	UK	4.95	Per kilo	
Broccoli - Tenderstem	UK	4.65	250g pack	Delicious!
Brussel Sprouts	Holland	6.25	Per Kilo	
Cabbage - Cavalo Nero	UK	2.90	300g Pack	
Cabbage - Red	UK	3.25	Kilo	
Cabbage- White	UK	2.95	Per kilo	
Cabbage - Sweetheart	UK	1.75	Each	
Carrots - Washed	UK	2.35	Per Kilo	New
Carrots - Rainbow	UK	2.95	Per kilo	
Cauliflower	UK	3.25	Each	
Cauliflower - Romanesco	UK	2.45	Each	New. Green Pointed
Celeriac	UK	3.25	Per Kilo	
Celery	Spain	2.90	Each	
Chard - Rainbow	UK	3.20	300g pack	
Chicory	Holland	10.95	Per Kilo	Approx 2.20 each
Chinese Leaf	Holland	4.40	Each	
Courgettes	Spain	7.25	Per kilo	
Cucumber	Spain	2.65	Each	
Fennel	UK	4.95	Per kilo	
Garlic - Dry	Spain	12.40	Per kilo	Approx 1.25 each
Ginger	Peru	7.70	Per kilo	Strong
Kale	UK	3.00	300g pack	
Kohlrabi	UK	4.15	Per Kilo	Purple & green
Leeks	UK	5.60	Per kilo	
Lettuce - Batavia Green	France	3.15	Each	
Lettuce - Batavia Red	France	3.15	Each	
Lettuce - Cos	Spain	2.65	Each	
Lettuce - Little Gem	Spain	2.35	Twin Pack	
Lettuce - Red Oakleaf	France	3.15	Each	
Lettuce - Green Oaklea	France	3.15	Each	
Radicchio	UK	2.30	Each	Chioggia. Round
Salad Packs	UK	3.25	200g pack	Baby leaf salad

Salad Packs - Lollo	Italy	3.70	125g pack	Lollo Mix
Rocket	Italy	2.90	100g pack	
Spinach - Baby	UK	2.80	200g pack	
Corn Salad	Italy	3.60	100g pack	
Mushrooms - Brown	UK	2.45	250g	
Mushrooms - White	UK	2.20	250g	
Mushrooms - Portobello	UK	2.75	250g	
Onions	UK	1.85	Per Kilo	
Onions - Red	UK	2.95	Per Kilo	
Onions - Spring	Senegal	1.85	Bunch	
Parsnips	UK	2.95	Kilo	
Peppers - Chilli	Spain/Portugal	0.50	Each	
Peppers - Green	Spain	5.80	Per kilo	
Peppers - Red	Spain	6.60	per kilo	
Peppers - Yellow	Spain	6.60	Per kilo	
Peppers - Romano	Spain	3.40	Pack of 2	
Potatoes - Bakers	UK	1.60	Per kilo	
Potatoes - White	UK	1.95	Per kilo	Gatsby /Lady Balfour
Potatoes - Sweet	Spain	3.50	Per kilo	
Potatoes - Sweet. Purple	Spain	5.40	Per Kilo	Purple inside
Shallots	France	9.30	Per Kilo	Banana. New Season
Spinach	France	3.50	250g Pack	
Squash - Butternut	Spain	3.50	Per kilo	
Squash - Green Hoikoido	UK	3.50	Per Kilo	
Sweetcorn	UK	1.25	Each	
Swede	UK	2.35	Kilo	New
Tomatoes	Spain	5.90	Per kilo	Classic
Tomatoes - Vine	Italy	7.85	Per kilo	
Tomatoes - Cherry Vine	Italy	2.20	250g pack	
Tomatoes - Cherry Plum	Spain	2.65	250g Packs	
Tomatoes - Plum on Vine	Italy	7.75	Per kilo	New. Large
Turmeric	Peru	2.50	250g	Orange inside
Watercress	UK	2.75	100g pack	
<b>FRESH SPROUTS</b>				
Alfalfa Sprouts	UK	2.20	100g Pack	
Mixed Sprouts	UK	2.40	200g Pack	
Wheatgrass	UK	8.50	Tray	
<b>FRESH HERBS</b>				
Bay Leaves	UK	2.70	20g pack	

Chives	Italy	2.70	50g Pack	
Coriander	UK	2.70	50g pack	
Dill	UK	2.70	50g pack	
Lemongrass	Thailand/Spain	2.70	50g pack	
Edible Flowers	UK	3.10	Pack	
Mint	Italy	3.10	50g pack	
Oregano	Italy	2.70	50g Pack	
Parsley Flat & Curly	UK	2.70	50g pack	
Rosemary	UK	2.70	50g pack	
Sage	UK	2.70	50g pack	
Thyme	UK	2.70	50g pack	

## FRESH FRUIT

Apples - Bramley Cookers	UK	4.15	Per Kilo	
Apples - Red Devils	UK	4.45	Per Kilo	
Apples - Rajka	UK	4.45	Per Kilo	New
Apples - Royal Gala	UK	4.45	Per Kilo	
Apples - Russet	UK	4.45	Per Kilo	Rosemary
Avocado - Hass	Mexico	2.75	Each	
Bananas	Dom Rep	2.95	per kilo	Fair Trade
Blueberries	Argentina	3.70	125g pack	
Clementines With leaf	Spain	7.50	Per kilo	New. Goldfinger
Dates	USA	5.50	250g	
Grapefruit - Ruby	Spain	5.15	Per Kilo	Star Ruby
Grapes - Red Seedless	Spain	4.40	400g pack	Sweet Celebration
Grapes - White Seedless	Spain	4.40	400g pack	Timpson
Kiwi Fruit	Greece	5.60	Per kilo	
Lemons	Spain/Italy	5.90	Per Kilo	Primofiore/Fino
Limes	Spain/Mexico	9.90	Per kilo	
Mangoes	Spain	2.90	Each	Osteen
Oranges - Large	Spain	4.40	Per Kilo	New Season
Oranges - Medium	Spain	3.95	Per kilo	New Season
Passion Fruit	Colombia	5.95	250g	Purple
Pears - Comice	Holland	4.55	Per Kilo	
Pears - Conference	UK	4.55	Per Kilo	
Pineapples	Costas Rica	3.80	Each	
Pomegranates	Spain/Turkey	1.85	Each	Hicaz
Plums	Spain	6.20	Per Kilo	Red Angeleno
Quince	France	6.00	Per kilo	

## EGGS

Large	UK	3.20	$\frac{1}{2}$ dozen	
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## CHEESE

Cheddar Cheese - Mature	Green's of	3.85	250g pack	Vegetarian
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	Glastonbury			
Cheddar - Smoked	Greens of Glastonbury	4.35	250g pack	Vegetarian
Double Gloucester Cheese	Greens of Glastonbury	3.95	250g pack	Vegetarian
<b>RICE, GRAINS, PULSES &amp; SEEDS</b>				
Rice - Arborio - White	Infinity	2.19	500g Pack	Vegan
Basmati Rice	Infinity	2.40	500g Pack	Vegan
Rice -Basmati, White	Infinity	2.50	500g Pack	Vegan
Red Split Lentils	Infinity	2.06	500g Pack	Vegan
<b>NUTS</b>				
Almonds - Whole	Infinity	5.30	250g pack	Vegan
Brazils	Infinity	3.70	250g pack	Fair trade. Vegan
Cashew Nuts	Infinity	4.95	250g pack	Vegan
Pecan Halves	Infinity	9.15	250g pack	Vegan
Pistachios	Infinity	12.19	250g pack	Vegan. Raw Kernels. No Shells
<b>DRIED FRUITS</b>				
Apricots	Infinity Foods	3.06	250g pack	Vegan
Raisins	Infinity	1.95	250g Pack	Vegan.
<b>CEREALS AND FLAKES</b>				
Rolled Oats	Infinity	2.66	Kilo Pack	Vegan
Deluxe Muesli	Infinity	4.65	Kilo Pack	Vegan
<b>FLOURS</b>				
Flour, Plain - White	Doves	1.40	Kilo bag	Vegan- Temporarily Not Available
<b>SNACKS - BREADS, CRISPS</b>				
Pitta Bread - Wholemeal	Florentin Breads	1.99	Pack of 4	Vegan.
Rye Crisp-bread	Clearspring	1.29	200g Pack	Vegan. High in Fibre. No added yeast. Low Fat.
Tortilla Wraps	Amaizin'	2.35	Pack of 6	Vegan.
<b>COFFEE &amp; TEA</b>				
Coffee - Instant.	Mount Hagen	5.89	100g jar	Fair Trade. Vegan
Teabags - Everyday	Clipper	1.99	40 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. Fair Trade. Vegan
<b>SPRING WATER</b>				
*Mineral Water - Still	Life	1.24	750 ml glass bottle	(v).Vegan

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

Butter Beans	Biona	1.19	400g Can	Vegan
Cannellini Beans	Biona	1.15	400g can	Vegan
Red Chilli Beans	Biona	1.49	395g Can	Vegan.
Chick Peas in Filtered Water	Biona	1.19	400g Can	Vegan
Giant Beans - Baked	Biona	1.69	230g Can	Vegan. Baked Butter Beans in sauce - Delicious!!
Red Kidney Bean in Filtered Water	Biona	1.29	400g Can	Vegan
Green Lentils	Biona	1.19	400g Can	Vegan
Mixed Beans (Cannellini/Red Kidney/Pinto)	Biona	1.19	400g Can	Vegan
Pinto Beans	Biona	1.19	400g Can	Vegan
Baked Beans	Biona/Suma	1.25	400g Can	Vegan
Baked Beans -Gluten Free	Mr Organic	1.25	400g Can	New. Vegan
Chopped Tomatoes	Biona/Mr Organic	1.05	400g Can	Vegan
Whole Cherry Tomatoes	Biona	1.39	400g can	Vegan
Tomato Puree	Biona	1.49	200g Jar	Vegan
Passata	Biona	1.79	680 g Jar	Vegan
Rustic Vegetable Soup	Suma	1.75	400g Can	New
Spicy Lentil Soup	Suma	1.75	400g Can	New

## PASTA

Penne Pasta - Wholegrain	Biona	1.69	500g Pack	Vegan
Penne Pasta - White	Biona	1.79	500g Pack	Vegan
Spaghetti - Wholegrain	Biona	1.69	500g Pack	Vegan
Spaghetti - White	Biona	1.79	500g Pack	Vegan
Fusilli Pasta - White	Biona	1.79	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
Olives - Kalamata Pitted in E.V Olive Oil.'Spicy'	Sunita	2.85	265g Jar	Vegan. With Roasted Garlic, Red Pepper & Rosemary
Mayonnaise - Egg Free	Biona	2.59	230g Jar	Vegan. Soya Free
Tahini - White	Sunita	3.75	280g Jar	Vegan
Tropical Fruit Cocktail Chunks	Essential Trading	1.99	400 g Can	Vegan. NAS. Pineapple, mango, papaya, Red melon, in passion fruit & Pineapple Fruit Juice
Jackfruit- In Salted	Essential Trading	2.69	400g Can	Vegan & Gluten free.

Water				Good source of protein & Vitamins Protein & Vitamins
Sauerkraut	Biona	1.89	360g jar	Vegan. Demeter
Coconut Milk	Biona	1.89	400ml	Vegan
<b>OILS/VINEGARS</b>				
Olive Oil - Extra virgin	Mani	7.99	500 ml	Koroneiki olives. Vegan
Balsamic Vinegar	Biona	4.99	500ml	Vegan
<b>SPREADS</b>				
Peanut Butter - Crunchy - With Salt	Suma	3.91	340g Jar	Vegan
Strawberry Jam	Wilkin & Sons	3.44	340g Jar	Vegan . Extra Jam!
Hazelnut Chocolate Spread	Essential	3.89	400g Jar	Vegan. No Palm Oil
<b>SUGAR/SWEETENERS</b>				
Natural Cane Sugar	Infinity Foods	2.26	500g Pack	Extra Light Granulated. Vegan.
Maple Syrup	Vermont	4.90	250ml	Vegan
<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)
*Fabric Softener	Ecover	2.01	750ml	(v) Gardenia & Vanilla
*Limescale Remover Spray	Ecover	3.29	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	7.05	22 x 20g	(v) All in one
*Kitchen Paper Towels	Suma	1.80	Pack of 2	(v) Re-cycled
* Refuse Sacks -Recycled	Suma	1.60	Pack of 8	(v) Black Bin Liners. Strong. Recycled
<b>ECO FRIENDLY TOILETRIES</b>				
*Toilet Tissue	Suma	2.30	X4 pack	(v)
*Shampoo - Lavender & Geranium	Faith In Nature	5.79	400ml	(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>