



CHRISTMAS VEG BOXES

Tis the Season to be feasting.

Ashurst Organics
The Orchard
Ashurst Farm
Plumpton
East Sussex
BN7 3AP



01273 891219

Your Christmas Box Delivery will be on: **THURSDAY 23rd DECEMBER.**



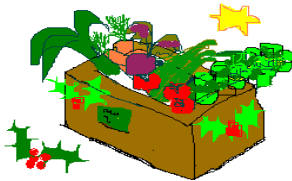
Please order by **MONDAY 13TH DECEMBER.**

Christmas Seasonal Veg Box

- Standard £17



- * 2 kg Potatoes
- * 1 kg Carrots
- * 600g Parsnip
- * Garlic



- * 500g Leeks
- * 500g Onions
- * Brussels sprouts
(on the stalk or 500g +)



- * Red Cabbage
- * Winter Greens
- * Winter Mixed
Salad Pack



- * 250g Mushrooms
- * Clementines
- * Bay Leaves
- * Dried chillies

Luxury Hamper - £25. Contains all of the above plus:

- * Crown Prince Squash
- * 500g Vine Tomatoes
- * Cucumber
- * Red Pepper
- * 350g Broccoli



'No Spud' versions Of both Standard and Luxury boxes will be available with Celeriac instead of potatoes.

Christmas Dinner Only Veg Box £10



All the Veg for the meal itself for 4 - 6 people.

2kg spuds, 600g parsnips, 600 carrots, Red cabbage, 500g Onions, 500g Brussels sprouts, Winter salads, clementines, chilli & bay

NEW FOR THIS YEAR! - Brighton Permaculture Trust's preserves - from the "Local Fruit Futures" and "Scrumpling" projects.

CHRISTMAS CHUTNEY

- Apples, vine fruits and xmas spices with a hint of orange.

APPLE & LEMON GRASS SAMBAL - medium hot.

Delicious as an accompaniment, on toast or with rice.

BEETROOT & APPLE CHUTNEY

A great local boxing day accompaniment for cold cuts or nut loaf.

All £2.80 for 300ml jars. For more info visit www.brightonpermaculture.org.uk



Top ups OR Mix & Match



Vegetable Extras

Potatoes	2kg @ £2	
Carrots	1kg @ £1.50	
Onions	1kg @ £1.60	
Parsnips	1kg @ £2.00	
Beetroot	1kg @ £1.50	
Brussels	500g @£1.50	
Swede	1 kg @ £1.20	
Mushrooms	250g@ £1.50	
Cavello Nero	400g @ £1.30	
Red cabbage	Each @ £1.20	
Crown Prince Squash	2 kg + @£2.50 ea	

Locally Produced Groceries



Organic Eggs- Medium	£1.50 1/2 doz,	
Organic Eggs- Large	£1.65 1/2 doz	
Eating Apples	1.25kg @£2.60	
Oakwood Apple juice	£2.50 per 1ltr	
Oakwood Pear juice	£2.50 per 1ltr	
Plumpton Mill Flour	3lb bag @ £2.50	
Local Honey*	1lb jar @ £4.50	

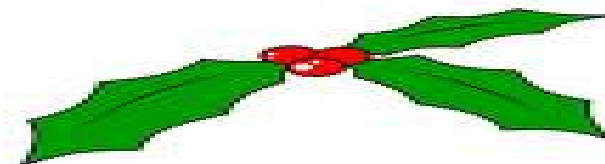


Quality, Slow baked, Artisan Bread.
From an independent baker in Glynde, Lewes.

flintOwl bakery Handmade bread*

*Not Certified Organic

flintOwl White: 800g	Organic White flour, spring water, seas salt, organic extra virgin olive oil, fresh yeast	£2.60	
flintOwl Seeded Malt: 800g	Organic Maltstar flour, wheat germ, organic blackstrap molasses Sunflower/pumpkin/poppy seeds, Spring water, sea salt, fresh yeast.	£2.90	
flintOwl Sourdough: 800g	Wheat Leaven, Organic White flour, Organic Light Rye flour, spring water, sea salt	£2.70	



Exotic & Imported Organic Festive Treats

Clementines	Spain	1 kg @ £3.20	
Medjool Dates	U.S.A	250g @ £3.80	
Bananas	Dom.Rep	1kg @ £2.50	
Lemons	Spain	500g @ £1.65	
Sweet Potato	Spain	1kg @ £3.50	
Chestnuts	France	500g @ £3.50	

DON'T FORGET TO ORDER BY
DECEMBER 13TH

