

## Planned produce for your next Home Deliveries.

This Week: 22 <sup>nd</sup> April (Monday to Thursday)	Next Delivery 29 <sup>th</sup> April (Subject to change)	Family Veg Box (10 Veg)	Small Veg Box (7 Veg)	Family Fruit & Veg Box (6 Veg/6 Fruits)	Small Fruit & Veg Box (Fruit bags in blue) (4 Veg/4 Fruits)
Cherry Tomatoes	Salad Potatoes				
Asparagus	Green Beans				
(Counts as 2)	Red Peppers				
Cucumber	Parsnips				
Potatoes Bakers M	Tomatoes				
Mushrooms Plain	Onions				
Mange Tout	Kale				
Spring Onions	Gem Lettuce				
Chicory	Spinach				
Chillies	(Counts as 2)				
Galia Melon	Avocado				
(Counts as 2)	Plums				
Easy Peelers	Grapes				
Red Apples	(Counts as 2)				
Grapefruits	Easy Peelers				
Oranges	Bananas				

- ☺ New stock of premium jars of local Heather Honey are now available. Contact us if you wish to try.
- ☺ Our 2024 Local Berry Season will be for 20 weeks from 13<sup>th</sup> May to 23<sup>rd</sup> September. Picked am delivered pm.
- ☺ Local Asparagus season Mid-May to Mid-June.

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Box Delivery Schedule (NEW*)	
Blairgowrie Area	Tuesday: morning
Perth Area	Thursday: <b>early evening *</b>
Dundee Area	Thursday: <b>evening *</b>

**Fruit Bag Add-on:** For those who get a veg only box, you can now add 2 or 4 portions of fruit to your weekly order.

Items are subject to change at short notice. Fruit To Go add-on: normally gets 1<sup>st</sup> 4 Fruits (or 2) listed above.

If you have already told us about something to avoid, we will swap that from our stocks this week.

**RECIPE SUGGESTIONS OR HIGHLIGHTED PRODUCT: None**