

Smile! : regional organic vegetable box scheme available in your area / Riverford Organic Vegetables.

Contributors

Riverford Organic Vegetables (Firm)

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smile!

regional organic vegetable box scheme available in your area

health and wellbeing

We all know how eating fresh fruit and vegetables is good for us. Our vegboxes will let you enjoy a more varied diet in tune with the seasons, with a balance of staples and exotic, roots and salads. Not only do you and your family benefit, but organic farming means no harmful chemicals and much richer wildlife in our environment, that has to be good.

everyone can afford organic

Starting at just £7.50, we aim to keep the prices of our award winning boxes as low as possible. We want everyone to have the chance to eat high quality, organic fresh produce. You will be astonished at the quality and value.

trust your food

You can trust organic: no pesticides, no GM, no harmful chemicals, just clean, healthy soil making fresh, delicious food. A selection of the finest seasonal produce is harvested from the fields and brought to your doorstep. You can trust that everything we do is organic, clearly certified by the Soil Association and most of the crops coming from our own UK farmers. We don't grow for supermarkets or large chains, just for people like you and your family.

Now that should put a smile on your face.



veg box
organic vegetables
home delivery

Order your vegbox by visiting

www.riverford.co.uk

or local rate call on 0845 600 2311



the vegboxes

| | |
|--|--------|
| mini 6 varieties | £7.50 |
| small 8 varieties | £9 |
| medium 10 varieties | £11.50 |
| large 12 varieties | £13.50 |
| fruit & vegetable 7 veg + 3 fruit varieties | £13 |
| summer box 10 varieties | £12 |

Price includes delivery

the boxes

Whether it's just you or you are part of a large family there is a box to suit your needs. You can't choose what is in your box, but you can decide which box you want. Information on the contents of each box is available every week.



veg box vegetables
organic home delivery

flexibility and convenience

You are not tied in any way and can order whenever you like. Most people manage their own accounts on-line, but many choose to call our friendly, local distributors. It's all easy, flexible and the food is conveniently delivered to your door with no hidden costs.

what our customers say

- "I feel healthy just looking at the box"
- "My interest in cooking has revived"
- "The box is like Christmas every week"
- "I was shocked, food that tastes like it should"

Order your vegbox by visiting
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more than a vegbox

- order a wide range of other organic produce, such as: fruit, extra veg, milk, eggs, juices and other seasonal produce
- gain access to hundreds of online recipes and information about varieties, how we grow the crops and storing your fruit and vegetables, ensuring you get the best value from the box
- hype free news – it can be hard to find out what is going on with food production and the media often confuses more than helps, gain insight with our weekly newsletter, telling it the way the farmer sees it



Producer No. P9433
Organic Certification UK5

Riverford
veg box vegetables
organic home delivery



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5/10/06