

**Organic vegetables : £7.50 per box (including free delivery) /
Farm-A-Round.**

Contributors

Farm-A-Round (Firm)

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FARM - A - ROUND



ORGANIC VEGETABLES

£7.50 per box (including free delivery)

Do you remember how vegetables used to taste?

This is a new weekly service which brings you freshly picked organic produce from farms mainly in Kent and Sussex. We can offer a better range, and generally cheaper prices than you would otherwise find.

A typical £7.50 box may comprise: carrots, potatoes, cabbage, onions, broccoli, courgettes, runner beans, tomatoes and lettuce. However, this will vary according to the season. We also offer a £10 box, which may include all of the above plus: mange-tout, peppers and aubergines for example. This will again vary according to the season. Other produce available may be: leeks, cauliflowers, dwarf French beans, parsnips, purple sprouting broccoli, swedes, sweetcorn and all of the various salad stuff etc. Extra potatoes may be ordered at approximately 30p per pound. We also deliver organic fruit bags, honey, free range eggs and a small selection of organic fruit juices.

As prices fluctuate throughout the season, we shall make our selections, endeavoring to give you the best possible value for your money on a wide variety of produce.

Please call **0181-291-4519** for more details and to place your orders as soon as possible.

The sources of our produce are subject to annual inspection to ensure that they meet with the strict organic standards as laid down by Organic Farmers & Growers



Britain's natural beauty is vanishing as farmers are farming ever more intensively and using massive amounts of herbicides, pesticides and fertilizers. These intensive methods may produce heavier yields but they also damage the structure of the soil and lead to erosion. Herbicides and pesticides kill 'weeds' and 'pests', but are also destroying our wild flowers and wildlife.

Organic Farming is a modern, sustainable farming system which maintains the long-term fertility of the soil and uses less of the Earth's finite resources to produce high quality, nutritious food. Artificial fertilizers and pesticides are prohibited.

Regarding our health, current testing does not adequately investigate the long-term effects of low doses or the 'cocktail' effect of the mixtures of agrochemicals. There is evidence that many illnesses, including cancer, may be caused by the regular intake of pesticide residues. Six hundred pesticides are permitted in the E.C. Ninety eight percent of British vegetables and cereals are sprayed with pesticides, often many times. The average person consumes approximately one gallon of agrochemicals per year.

Organic food is more nutritious, it has higher levels of vitamins and essential trace elements. This is because natural feeding of the crop produces a better balanced nutrient supply. By buying organic food we are supporting farmers who have adopted environmentally friendly methods of production. And of course it tastes better!

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