

## Examples of box contents for a medium organic vegetable box

Small box contains smaller quantities and fewer items

Large box contains larger quantities and more items

### January

2kg potatoes  
700g carrots  
500g onions  
500g squash  
med sized celeriac  
1 red cabbage  
1 bag spinach  
250g leeks  
300g sprouts

### February

2kg potatoes  
900g carrots  
500g onions  
700g parsnip  
300g leeks  
1 bag purple sprouting  
1 bag spinach  
900g beetroot

### March

2kg potatoes  
900g carrots  
500g red onions  
500g squash  
300g leeks  
1 bag black kale  
1 mixed leaf salad bag  
1 swede

### April

2kg potatoes  
900g carrots  
600g onions  
750g parsnip  
300g leeks  
250g spinach  
1 mixed leaf salad bag  
stir fry bag

### May

2kg potatoes  
650g carrots  
500g onions  
100g spring onions  
1 bag green chard  
mixed leaf salad bag  
1 lettuce  
cauliflower

### June

1kg old potatoes  
750g new potatoes  
500g bunching carrots  
400g green onions  
1 mixed leaf salad bag  
1 lettuce  
1 spring cabbage  
1 green garlic  
1 bag spinach  
1 mini cucumber

### July

1.5 kg potatoes  
600g carrots  
400g onions  
600g broad beans  
400g tomatoes  
1 bag spinach  
1 small cucumber  
1 mixed leaf salad bag  
500g courgette

### August

1.5 kg potatoes  
500g carrots  
400g onions  
400g courgette  
Broccoli  
400g tomatoes  
small bag basil  
1 mixed leaf salad bag  
300g runner beans

### September

1.5kg potatoes  
700g carrots,  
400g onions,  
225g cherry tomatoes  
2 sweetcorn,  
800g beetroot  
1 bag rainbow chard  
1 mixed leaf salad bag,  
1 chilli pepper.

### October

1.75kg potatoes  
800g carrots,  
450g onions  
Mixed Leaf Salad Bag  
1 bag red kale  
1 red kuri squash  
200g leeks  
1 green pepper  
1 head green celery

### November

2kg potatoes  
800g carrots,  
500g onions,  
Mixed Leaf Salad Bag  
800g parsnip  
250g chard  
400g leeks  
1 med swede

### December

2kg potatoes  
800g carrots,  
500g onions,  
1 cauliflower  
750g red cabbage  
400g sprouts  
1 bag kale  
600g squash (Delicata)