

## 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

(Change weekly and year by year according to availability and the weather)

### January

potatoes  
carrots  
onions  
squash  
celeriac  
Red cabbage  
spinach  
sprouts

### February

potatoes  
carrots  
onions  
parsnip  
leeks  
purple sprouting  
spinach  
beetroot

### March

potatoes  
carrots  
red onions  
savoy cabbage  
leeks  
black kale  
mixed leaf salad  
swede

### April

potatoes  
carrots  
onions  
squash  
leeks  
mix kale  
mixed leaf salad  
stir fry greens

### May

potatoes  
carrots  
spring onions  
green chard  
mixed leaf salad  
lettuce  
Cauliflower  
mushrooms

### June

new potatoes  
carrots  
green onions  
mixed leaf salad bag  
lettuce  
spring cabbage  
green garlic  
bag spinach  
mini cucumber

### July

potatoes  
carrots  
onions  
broad beans  
tomatoes  
spinach  
cucumber  
mixed leaf salad bag  
courgette

### August

potatoes  
carrots  
onions  
courgette  
tomatoes  
basil  
mixed leaf salad  
runner beans  
beetroot

### September

potatoes  
carrots,  
onions,  
cherry tomatoes  
sweetcorn,  
rainbow chard  
Cos lettuce  
broccoli  
chilli pepper.

### October

potatoes  
carrots,  
onions  
Mixed Leaf Salad Bag  
mixed kale  
red kuri squash  
green pepper  
green celery  
leek

### November

potatoes  
carrots,  
onions,  
mixed Leaf Salad  
parsnip  
chard  
leeks  
swede

### December

potatoes  
carrots,  
onions  
cauliflower  
cabbage  
sprouts  
kale  
butternut squash