

Grace and Flavour Vegetable Prices and Member Discounts JANUARY 2025

CROP	QTY	Old Price	New	Discounts to nearest 5p			
				60.0%	50.0%	30.0%	20.0%
Apples - eating	each	40	40	15	20	30	30
Apples - cooking	250g	58	58	25	30	40	45
Artichoke, Globe	each	200	200	80	100	140	160
Artichoke, Jerusalem	500g	200	200	80	100	140	160
Asparagus	230g	270	250	100	125	175	200
Aubergines	each	120	95	40	50	65	75
Beans, Borlotti (dried)	250g	110	100	40	50	70	80
Beans, Broad	500g	240	225	90	115	160	180
Beans, Edamame (in pod)	500g	120	110	45	55	75	90
Beans, Flat	280g	105	100	40	50	70	80
Beans, French	300g	210	200	80	100	140	160
Beans, Runner	280g	230	195	80	100	135	155
Beetroot	bunch 500g	210	200	80	100	140	160
Blackberries	150g	250	250	100	125	175	200
Black / Redcurrants	125g	240	240	95	120	170	190

CROP	QTY	Old Price	New	Discounts to nearest 5p			
				60.0%	50.0%	30.0%	20.0%
Broccoli	per head (approx 400g)	105	110	45	55	75	90
Broccoli, Purple Sprouting	230g	270	310	125	155	215	250
Brussel Sprouts	500g	140	200	80	100	140	160
Cabbage, pointed	each	95	95	40	50	65	75
Cabbage, red	per kg	100	115	45	60	80	90
Cabbage, round	per kg	90	100	40	50	70	80
Cabbage, Savoy	per kg	90	100	40	50	70	80
Carrots	500g	45	45	20	25	30	35
Cauliflower	each	120	120	50	60	85	95
Cauliflower, Romanesco	each	260	260	105	130	180	210
Cavolo Nero	200g	160	160	65	80	110	130
Celeriac	each	160	160	65	80	110	130
Chard	200g	130	130	50	65	90	105
Chicory	250g	200	200	80	100	140	160
Chillies	50g	85	85	35	45	60	70
Courgettes	600g	190	190	75	95	135	150

CROP	QTY	Old Price	New	Discounts to nearest 5p			
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Cucumber	each	110	110	45	55	75	90
Fennel	250g	130	130	50	65	90	105
Garlic	each	70	70	30	35	50	55
Gooseberries	300g	210	210	85	105	145	170
Kale, Curly	250g	140	140	55	70	100	110
Kohlrabi	100g	60	60	25	30	40	50
Leeks	500g	150	150	60	75	105	120
Lettuce, leafy	each	75	75	30	40	55	60
Lettuce, Little Gem	each	50	50	20	25	35	40
Marrows	see courgettes			0	0	0	0
Onions	500g	50	55	20	30	40	45
Onions, Red	500g	50	55	20	30	40	45
Onions, Shallots	500g	175	175	70	90	125	140
Onions, Spring	150g bunch	70	70	30	35	50	55
Pak Choi	235g	180	180	70	90	125	145
Parsnips	500g	70	80	30	40	55	65

CROP	QTY	Old Price	New	Discounts to nearest 5p			
				60.0%	50.0%	30.0%	20.0%
Pears	each	60	60	25	30	40	50
Peas in the Pod	500g	265	265	105	135	185	210
Peas, Mange Tout	200g	150	150	60	75	105	120
Peas, Sugar Snap	200g	200	200	80	100	140	160
Pepper	each	60	60	25	30	40	50
Plums	each	40	40	15	20	30	30
Potatoes, first earlies	500g	110	110	45	55	75	90
Potatoes, 2nd earlies	500g	75	75	30	40	55	60
Potatoes, main crop	500g	60	60	25	30	40	50
Radish	200g	65	65	25	35	45	50
Rhubarb	400g	230	230	90	115	160	185
Raspberries	150g	260	260	105	130	180	210
Salad Leaves, mixed	bag (100g)	110	110	45	55	75	90
Salsify	350g	75	75	30	40	55	60
Spinach	260g	160	160	65	80	110	130
Spring Greens	500g	100	100	40	50	70	80

CROP	QTY	Old Price	New	Discounts to nearest 5p			
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Squash, gem	each	100	110	45	55	75	90
Squash, others	per kg	170	190	75	95	135	150
Swede	each	70	70	30	35	50	55
Sweetcorn	each	90	90	35	45	65	70
Tomatoes, cherry	250g	100	100	40	50	70	80
Tomatoes	pack of six	100	100	40	50	70	80
Turnips	350g	100	100	40	50	70	80

Active Member Discounts

Average of 6hr or more per week	60% discount
Average of 3hr - 6hr per week	30% discount
Less than 3hr per week	20% discount

Active Member Discounts

Vegetables may be further discounted when there is a glut or they are substandard (so called "donations"). These extra discounts will be shown on individual price slate boards close to the the item(s).