## The Sustainable Cooperative

### Ordering information 23rd March to the 30th March

The Sustainable Cooperative is committed to creating a sustainable supply of food in Jersey. With a vibrant farm shop, an innovative production kitchen and an inclusive cultural and educational programme, we believe in food that protects natural resources for future generations, encourages biodiversity and minimises waste.

The emergence of Covid 19 has made it difficult for many people to go about their daily lives. As an essential service we are committed to providing islanders with good healthy food and household items, while supporting local growers and producers in challenging times. We have decided to offer free delivery to those in need, with the support of a group of wonderful volunteers. We wish you all well and hope that we can be of assistance.

# Services we are offering

- Pre-packed groceries for collection at our Farm Shop in St Lawrence.
- Free delivery of groceries and household items to those in need or in isolation.
- A safer and friendly place to shop, with hand washing facilities and social distancing policies.

Orders need to be made by 5pm to ensure delivery or collection the following day, but we encourage you to order as early as possible. Email orders to <a href="mailto:orders@scoop.org.je">orders@scoop.org.je</a>

Include your name and telephone number. If we are delivering to you we will also need your address and details of where you would like us to leave your shopping. If you are a member, please include your membership number to receive your 25% discount. All personal information will remain confidential, to be used for the purposes of fulfilling your order.

#### Please note

We are a small team of dedicated staff trying to make things work in exceptional circumstances. Bear with us as we learn how to service your needs and adapt to the unfolding situation. We may not always be able to match weights exactly, but we will get as close as possible. We may run out of some items if demand is higher than expected. If you would like to order a large quantity of anything, please let us know and we can see what we can do. Orders will come with an invoice and payments will be made by bank transfer.

# Specials this week: Local beer and shellfish

We are trying to support local producers that have been severely affected by the measures introduced to tackle COVID-19. This week we have teamed up with Stinky Bay Brewery to offer all those shopping with The Sustainable Cooperative 6 bottles of their Beached Whale and I.P.A. beers for 11.99. You will need to prepay on the Stinky Bay Website: <a href="https://www.stinkybay.com/shop#!/Order-for-delivery-with-a-food-order/c/47107221/">https://www.stinkybay.com/shop#!/Order-for-delivery-with-a-food-order/c/47107221/</a>

We are also delivering shellfish for Rock Fisheries. Prices are included in the inventory. To place an order, please contact them directly on <a href="mailto:rockfisheries@gmail.com">rockfisheries@gmail.com</a>. Make a note on your grocery order so that we can bring everything together. They will deliver the seafood to us on Friday morning, for collection or delivery.

# **INVENTORY**

# Available to order (red items are out of stock)

Beetroot £2.00 Kg FRESH ORGANIC VEGETABLES PRICE PER Carrots £2.30 Kg Purple Sprouting Broccoli £5.70 Kg Celeriac £2.70 Kg Curly Kale £6.75 Kg Fennel £4.34 Kg Red Cabbage £2.55 Kg Parsnips £2.55 Kg White Cabbage £2.38 Kg Swede £1.96 Kg Cauliflower £2.25 Each Baby Leaf Salad £56.00 Kg	Kg	£11.05	Yellow Turmeric Root			FRESH PRODUCE	FR
Purple Sprouting Broccoli £5.70 Kg Celeriac £2.70 Kg Curly Kale £6.75 Kg Fennel £4.34 Kg Red Cabbage £2.55 Kg Parsnips £2.55 Kg White Cabbage £2.38 Kg Swede £1.96 Kg	Kg	£2.00	Beetroot				
Curly Kale £6.75 Kg Fennel £4.34 Kg Red Cabbage £2.55 Kg Parsnips £2.55 Kg White Cabbage £2.38 Kg Swede £1.96 Kg	Kg	£2.30	Carrots	PER	RICE	FRESH ORGANIC VEGETABLES	FR
Red Cabbage £2.55 Kg Parsnips £2.55 Kg White Cabbage £2.38 Kg Swede £1.96 Kg	Kg	£2.70	Celeriac	Kg	£5.70	Purple Sprouting Broccoli	Pu
White Cabbage £2.38 Kg Swede £1.96 Kg	Kg	£4.34	Fennel	Kg	£6.75	Curly Kale	Cu
Willie Cabbage L2.50 kg	Kg	£2.55	Parsnips	Kg	£2.55	Red Cabbage	Re
Cauliflower £2.25 Each Baby Leaf Salad £56.00 Kg	Kg	£1.96	Swede	Kg	£2.38	White Cabbage	W]
	Kg	£56.00	Baby Leaf Salad	Each	£2.25	Cauliflower	Ca
Kohlrabi £2.00 Each Mixed Leaf Salad £20.25 Kg	Kg	£20.25	Mixed Leaf Salad	Each	£2.00	Kohlrabi	Ko
Butternut Squash £2.96 Kg				Kg	£2.96	Butternut Squash	Bu
Rainbow Chard £6.75 Kg <b>FRESH ORGANIC FRUIT PRICE PER</b>	PER	PRICE	FRESH ORGANIC FRUIT	Kg	£6.75	Rainbow Chard	Ra
Spinach £6.75 Kg Apples £4.00 Kg	Kg	£4.00	Apples	Kg	£6.75	Spinach	Sp
King Oyster Mushrooms £28.00 Kg Bananas £2.65 Kg	Kg	£2.65	Bananas	Kg	28.00	King Oyster Mushrooms	Ki
Brown Mushrooms £9.49 Kg Ruby Grapefruit £4.59 Kg	Kg	£4.59	Ruby Grapefruit	Kg	£9.49	Brown Mushrooms	Br
Portabello Mushrooms £10.40 Kg Kiwi Fruits £5.44 Kg	Kg	£5.44	Kiwi Fruits	Kg	10.40	Portabello Mushrooms	Po
Celery £3.14 Kg Lemons £4.34 Kg	Kg	£4.34	Lemons	Kg	£3.14	Celery	Ce
Leeks £4.15 Kg Limes £7.22 Kg	Kg	£7.22	Limes	Kg	£4.15	Leeks	Le
Peppers (High prices due to the Clementine £4.25 Kg	Kg	£4.25	Clementine				
Cornoavirus in Spain) £11.00 Kg Oranges £4.00 Kg	Kg	£4.00	Oranges	Kg	11.00	• •	
Maincrop Potatoes (Cara, Sarpo Pears £4.68 Kg Mira, Sunset, Carolus) £1.50 Kg	Kg	£4.68	Pears	Κσ	£1 50		
Sweet Potatoes £4.25 Kg Hass Avocado £2.10 Each	Each	£2.10	Hass Avocado	Ü			
Garlic £11.05 Kg				_			
Onions - White £2.04 Kg ORGANIC EGGS PRICE PER	PER	PRICE	ORGANIC EGGS	J			
Onions - Red £2.55 Kg Free Range Jersey Eggs - 12 Pack £5.40 Each	Each	£5.40	Free Range Jersey Eggs - 12 Pack	J			_
Shallots £7.10 Kg Free Range Jersey Eggs - 6 Pack £2.70 Each	Each	£2.70	Free Range Jersey Eggs - 6 Pack	Ü			
Ginger Root £7.48 Kg				J			

GRAINS, PASTA, RICE, PULSES			ORGANIC RICE	PRICE	PER
			Arborio Rice	£4.95	Kg
ORGANIC GRAINS	PRICE	PER	Brown Basmati Rice	£4.28	Kg
Amaranth Grains	£4.80	Kg	Black Sticky Rice	£7.45	Kg
Buckwheat Groats	£2.90	Kg	Brown Short Grain Rice	£3.90	Kg
Millet	£2.40	Kg	Red Wild Rice	£5.10	Kg
Pearl Barley	£1.62	Kg	White Basmati Rice	£4.85	Kg
Psyllium Husk	£33.15	Kg	Wild Rice Mix	£5.87	Kg
Popcorn Kernels	£2.24	Kg			
Black Quinoa	£6.85	Kg	ORGANIC PULSES	PRICE	PER
Smoked Quinoa	£12.40	Kg	Aduki Beans	£3.13	Kg
Tricolour Quinoa	£7.07	Kg	Black Turtle beans	£2.65	Kg
White Quinoa	£6.02	Kg	Butter Beans	£6.05	Kg
Spelt Wholegrain	£3.60	Kg	British Carlin Peas	£3.36	Kg
			Chickpeas	£3.74	Kg
ORGANIC PASTA	PRICE	PER	Fava Bean Flour	£2.30	Kg
Organic Corn & Rice Fusilli Pasta	£5.40	Kg	Green Split Peas	£3.20	Kg
White Fusilli Pasta	£3.25	Kg	Beluga Lentils	£4.20	Kg
Green Pea Fusilli Pasta	£8.55	Kg	Puy Lentils	£5.05	Kg
Wholemeal Macaroni Pasta	£3.05	Kg	Red Lentils	£2.90	Kg
White Macaroni Pasta	£3.05	Kg	Marrowfat Peas	£2.47	Kg
White Orzo Pasta	£3.40	Kg	Moong Dal	£4.20	Kg
Pasta Twists	£5.03	Kg	Mung Beans	£3.95	Kg
Red Lentil Fusilli Pasta	£8.55	Kg	Pinto Beans	£3.35	Kg
Spelt Fusilli Pasta	£4.30	Kg	Red Kidney Beans	£3.40	Kg
Spelt Penne Pasta	£4.30	Kg	Soy Beans	£2.38	Kg
White Lasagne Sheets	£3.05	Kg	Yellow Split Peas	£2.65	Kg
White Penne Pasta	£5.46	Kg	Bertolli Beans	£4.50	Kg
White Shell Pasta	£4.94	Kg			
White Spaghetti Pasta	£3.05	Kg			
Wholemeal Fusilli Pasta	£3.05	Kg			
Wholemeal Penne Pasta	£3.05	Kg			
Wholemeal Spaghetti Pasta	£3.05	Kg			
White Cous Cous	£3.09	Kg			
Wholemeal Cous Cous	£3.09	Kg			
Fregola Giant Cous Cous	£5.32	Kg			

DRIED FRUIT, NUTS, SEEDS, CEREALS			Cashew Nuts	£21.61	Ü
CEREALS			Hazelnuts	£15.67	Ü
			Macadamia Nuts	£41.85	Kg
ORGANIC DRIED FRUIT	PRICE	PER	Peanuts	£4.31	Kg
Whole Dried Apricots	£6.30	Kg	Pecan Nuts	£38.20	Kg
Dried Baby Figs	£10.70	Kg	Pine-nuts	£56.00	Kg
Sundried Sliced Banana	£19.00	Kg	Pistachio Nuts (unsalted)	£56.35	Kg
Sundried Banana Pieces	£19.00	Kg	Pistachio Nuts in the Shell	£32.80	Kg
Banana Chips	£6.00	Kg	Walnut Halves	£20.87	Kg
Sour Cherries	£18.20	Kg	Walnuts in the shell	£12.58	Kg
Chocolate Mulberries	£36.72	Kg	Trail Mix	£10.00	Kg
Desiccated Coconut	£5.55	Kg			
Toasted Coconut	£7.45	Kg	DRY FOODS - SEEDS	PRICE	PER
Dried Cranberries	£9.90	Kg	Alfalfa Seeds	£12.85	Kg
Currants	£10.05	Kg	Austrian Pumpkin Seeds	£15.20	Kg
Cooking Dates	£7.30	Kg	Black Sesame Seeds	£8.10	Kg
Medjool Dates	£10.20	Kg	Blue Poppy Seeds	£10.65	Kg
Dried Figs	£12.35	Kg	Brown Linseed	£4.05	Kg
Crystallised Ginger	£11.35	Kg	Chia Seeds	£8.20	Kg
Dried Goji Berries	£16.00	Kg	Golden Linseed	£4.70	Kg
Dried Jack Fruit	£19.00	Kg	Pumpkin Seeds	£5.90	Kg
Dried Lemon Peel	£14.30	Kg	White Sesame Seeds	£5.70	Kg
Dried Mango Cheeks	£18.70	Kg	Sunflower Seeds	£3.40	Kg
Dried Mulberries	£12.45	Kg			
Dried Orange Peel	£13.35	Kg	ORGANIC CEREALS	PRICE	PER
Dried Papaya Fruit	£19.50	Kg	Barley Flakes	£1.90	Kg
Dried Pineapple	£19.50	Kg	Bran Flakes	£8.95	Kg
Dried Pitted Prunes	£13.43	Kg	Buckwheat Flakes	£5.35	Kg
Raisins	£5.00	Kg	Cornflakes	£7.05	Kg
Sultanas	£4.80	Kg	Millet Flakes	£6.05	Kg
Sun-Dried Tomatoes	£10.10	Kg	Jumbo Oats (short supply)	£1.85	Kg
			Porridge Oats (short supply)	£1.80	Kg
ORGANIC NUTS	PRICE	PER	Quinoa Flakes	£7.65	Kg
Whole Almonds	£19.14	Kg	Puffed Quinoa	£19.85	Kg
Flaked Almonds	£21.47	Kg	Puffed Rice	£7.20	Kg
Ground Almonds	£21.24	Kg	Rye Flakes	£1.90	Kg
Honey Roasted Almonds	£24.04	Kg	Spelt Flakes	£4.50	Kg
Roasted & Salted Almonds	£23.29	Kg	Muesli - SCOOP mix	£6.55	Kg
Brazil Nuts	£15.30	Kg			

COFFEE, TEA, CHOCOLATE, SUGAR, SYL HONEY		RUP,	Montezuma Milk Chocolate Montezuma Dark Chocolate	£22.40	Kg
			(Vegan) Montezuma Drinking Chocolate	£22.40	Kg
ORGANIC COFFEE	PRICE	PER	(Vegan)	£18.24	Kg
Suma Swiss Water Organic Decaffeinated Coffee	£25.60	Kg	Kali-Ma Raw Vegan White	0.60 <b>F</b> 0	**
Organic Indian Gems of Araku	£25.20	Kg	Chocolates	£68.50	Kg
Organic Peru - Café Femenino	£27.00	Kg	Kali-Ma Raw Vegan Dark Chocolates	£68.50	Kg
Fairtrade & Organic Sumatra		8	Moo Vegan Chocolate Drops	£20.80	Kg
Mandheling	£28.50	Kg	Raw Cacao Powder	£30.60	Kg
Please specify if you would					Ü
like it freshly ground.			ORGANIC SUGAR	PRICE	PER
ORGANIC TEA	PRICE	PER	Coconut Sugar	£6.15	Kg
Dunsandle Black	£32.30	Kg	Date Sugar	£9.85	Kg
Fennel, Orange & Hibiscus	£47.00	Kg	Demerara sugar	£5.19	Kg
Three Mint & Cocoa Nibs	£31.50	Kg	Icing Sugar	£9.55	Kg
Chamomile	£29.95	Kg	Light Granulated Sugar	£3.30	Kg
Jersey Finely Milled Chamomile	£300.00	Kg	Sucanat Sugar	£5.76	Kg
Earl Grey	£30.40	Kg			
Elderberry, Rosehip & Hibiscus	£23.00	Kg	ORGANIC SYRUP	PRICE	PER
English Breakfast	£24.15	Kg	Agave Syrup	£8.75	Kg
Green Jasmine	£45.30	Kg	Maple Syrup	£16.37	Kg
Green Pin Ho Jade	£39.10	Kg			
Green Rooisbos	£43.30	Kg	JERSEY HONEY	PRICE	PER
Red Rooibos	£34.05	Kg	Jersey Honey 1lb Set	£10.50	Each
Green Sencha	£39.00	Kg	Jersey Honey 1lb Clear	£10.50	Each
Herbal Chai	£45.05	Kg	Jersey Honey 1/2lb Clear	£6.75	Each
Lavender	£73.85	Kg	Jersey Honeycomb	£9.75	Each
Limeflower, Rose & Lavender	£63.70	Kg			
Matcha Powder	£124.10	Kg			
Jersey Three Mint	£300.00	Kg			
Super Green	£36.30	Kg			
Turmeric Chai	£27.80	Kg			
White Peony	£32.50	Kg			
ORGANIC CHOCOLATE	PRICE	PER			
Carob Powder	£17.85	Kg			
Cacao Nibs	£14.12	Kg			
Cacoa Powder	£8.15	Kg			

OILS, VINEGARS,
CONDIMENTS, OLIVES, THE
SCOOP KITCHEN, VEGAN
CHEASE

CILLIOL			Tahini - Light	£13.85	Kg
ORGANIC OILS	PRICE	DED	Tamari Soya Sauce	£20.30	Kg
Sweet Almond Oil	£29.80		Black Treacle	£5.10	Kg
Apricot Kernel Oil	£21.80	· ·			
Cold Pressed Borage Oil	£55.30	· ·	DELI	PRICE	PER
Cold Pressed Coconut Oil		· ·	Organic Pitted Green Olives	£11.05	Kg
	£23.80	Ü	Organic Kalamata Black Olives	£12.10	Kg
Cold Pressed Hemp Oil	£24.00	· ·	Organic Green Olives stuffed		
Cold Pressed Poppy Seed Oil	£58.00	•	with Garlic	£14.00	Kg
Cold Pressed Pumpkin Seed Oil	£32.60	•			
Cold Pressed Rapeseed Oil	£5.45	Ü	THE SCOOP KITCHEN	PRICE	PER
Cold Pressed Safflower Oil	£14.60	Ü	SCOOP Organic Almond Butter	£20.50	Kg
Cold Pressed Sesame Oil	£13.65	· ·	Preserved Organic Lemons	£11.10	Kg
Cold Pressed Sunflower Oil	£5.75	· ·			
Cocoa Butter	£22.80	· ·	VEGAN TYNE CHEASE	PRICE	PER
Coconut Oil (Cosmetics Grade)	£13.65	Kg	Applewood Vegan Chease	£10.48	Each
Arcadia Extra Virgin Olive Oil	£10.33	Kg	Chives Vegan Cheease	£8.83	Each
Aspontis Extra Virgin Olive Oil	£10.40	Kg	Cranberry Vegan Chease	£10.48	Each
Extra Virgin Greek Olive Oil	£14.00	Kg	Dill Vegan Chease	£8.88	Each
Lesbian Donkey Extra Virgin Greek Olive Oil	£13.85	Kg	Ethiopian Spice Vegan Chease		Each
Zaytoun Extra Virgin Palestinian			Garlic Vegan Chease	£8.88	Each
Olive Oil	£28.90	Kg	Garlic Creamed Chease		Each
Sunita Extra Virgin Greek Olive Oil	C17.C0	V.~	Original Vegan Cheese	£8.88	Each
	£17.60	O	Original Creamed Chease	£7.28	Each
Refined Sunflower Oil (Cooking)			Pink Peppercorn Vegan Chease	£8.88	Each
Shea Butter	£11.00	Kg	Provencal Vegan Chease	£10.48	Each
			Rosemary Vegan Chease	£8.83	Each
ORGANIC VINEGARS	PRICE	PER	Smoked Vegan Chease	£8.88	Each
Apple Cider Vinegar (with Mother)	£2.60	Kg	Sun-Dried Tomato Vegan Chease	£8.88	Each
Balsamic Vinegar	£6.70	Kg	Truffle Vegan Chease	£10.48	Each
White wine vinegar	£4.44	Kg	Za'Tar Spice Vegan Chease	£8.88	Each
wince wine vinegai	4 r. TT	118			

ORGANIC CONDIMENTS

Dijon Mustard

Tahini - Dark

PRICE PER

£6.12 Kg

£12.45 Kg

DAIRY, MEAT, FISH			SHELLFISH	PRICE	PER
			Lobster	£7.50	Lb
ORGANIC CHEESE	PRICE	PER	Brown Crab	£3.50	Lb
Cropwell Bishop Stilton	£24.00		Spider Crab	£5	Each
Caerphilly	£24.95	O	Crab Meat	£7.50	Pack
Comté	£31.67	O	Crevettes	£4.50	Pack
Hafod Welsh Mature Cheddar	£29.42	O	Peeled Prawns	£3.50	Pack
Douet Farm Jersey Goat's Cheese		Unit	Scallops	£8	Pack
Parmiggiano Reggiano	£41.44	Kg	Whelks	£3.50	Pack
Welsh Blue (Perl Las)	£26.22	Kg	Oysters	£0.80	Each
Welsh Brie (Perl Wen)	£23.06	Kg	Small tub brown crab meat	£1.50	Each
Pitch Fork Cheddar	£28.32	Kg	Large tub brown crab meat	£4	Each
Truffle Gloucester	£32.88	Kg	Line fish subject to availability		

JERSEY DAIRY	PRICE	PER
Organic Reduced Fat Milk 11	£1.60	Each
Organic Skimmed Milk 500ml	£0.90	Each
Organic Douet Farm Goat's Milk	£2.85	Each
Jersey Whipping Cream 250ml	£1.40	Each
Jersey Double Cream 250ml	£1.50	Each
Jersey Double Cream 500ml	£2.35	Each
Jersey Single Cream 250ml	£1.25	Each
Jersey Creme Fraiche 250ml	£1.55	Each
Jersey Creme Fraiche 500ml	£2.85	Each
Jersey Yoghurt 1l	£2.95	Each
Jersey Yoghurt 500ml	£1.80	Each
Jersey Low Salt Butter	£t.b.c.	Each

#### FISH AND SHELLFISH

We include sustainably caught shellfish and line fish from Rock Fisheries. This can be included on Friday or Saturday. Contact Mick or Lorraine directly to place your order and make a note on your order with us.

Lorraine 07797816400 Mick 07797712320

Email: rockfisheries@gmail.com

#### **MEAT**

Cuts are priced individually. We support local supplier Classic Herd and Award Winning Conservation Farmers in the Lake District Dodgson Wood. Dodgson Wood meat is priced higher and is a premium product. We believe in supplying meat with the highest welfare and environmental standards.

#### **DODGSON WOOD LAMB**

Shoulder, Mince, Chops, Leg Steak, Leg, Neck, Shank

#### **DODGSON WOOD PORK**

Gluten Free Sausage, Bangers (Sausages), Cumberland Sausage, Belly Bone, Belly Rolled, Chops, Leg Joint, Steak

#### **DODGSON WOOD BEEF**

Lean Steak Mince, Silverside, Brisket, Shin, Lean Diced Steak, Sirloin, Rib-eye, Rump, Braising Steak, Topside

#### **CLASSIC HERD BEEF**

Mince, Burgers, Steak, Stewing Steak

#### **CLASSIC HERD PORK**

Sausages

Call us during opening hours for more information!

SPICES, HERBS, SALT			ORGANIC DRIED HERBS	PRICE	PER
			Dried Aniseed	£29.95	Kg
ORGANIC SPICES	PRICE	PER	Dried Basil	£24.65	Kg
Dried Allspice Berries	£32.30	Kg	Dried Dill Leaf	£29.15	Kg
Baobab Powder	£32.30	Kg	Fennel Seeds	£26.90	Kg
Brown Mustard Seeds	£21.50	Kg	Dried Herbs de Provence	£28.90	Kg
Green Cardamom Pods	£60.60	Kg	Dried Juniper Berries	£24.05	Kg
Caraway Seeds	£29.95	Kg	Dried Lemongrass	£21.50	Kg
Cayenne Powder	£35.10	Kg	Dried Marjoram	£39.35	Kg
Celery Seed	£23.80	Kg	Dried Oregano	£34.00	Kg
Ground Cinnamon	£31.70	Kg	Dried Parsley	£26.60	Kg
Whole Cinnamon	£100.00	Kg	Dried Rosemary	£23.20	Kg
Whole Cloves	£47.85	Kg	Dried Tarragon	t.b.c.	Kg
Ground Coriander	£23.80	Kg	Dried Thyme	£23.80	Kg
Coriander Seeds	£14.45	Kg	Dried Vervain	£24.05	Kg
Ground Cumin	£26.86	Kg	Dried Sage	t.b.c.	Kg
Cumin Seeds	£37.65	Kg	Dried Spearmint	t.b.c.	Kg
Curry Powder	£17.00	Kg	Dried Chamomile	t.b.c.	Kg
Fenugreek Seeds	£15.30	Kg			
Garam Masala	£49.30	Kg	SALT	PRICE	PER
Garlic Bulb Powder	£35.70	Kg	Les Herbes de St. Pierre Herbal	625.00	17 -
Ground Ginger	£28.05	Kg	Salt	£25.00	Kg
Mixed Spice	£45.05	Kg	Jersey Sea Salt Crushed Chilli	£39.20	Kg
Yellow Mustard Seeds	£23.20	Kg	Jersey Sea Salt Pepper Dulse	£39.20	Kg
Whole Nutmeg	£68.00	Kg	Jersey Sea Salt Smoked	£35.00	Kg
Onion Powder	£37.60	Kg	Jersey Sea Salt Black Pepper	£39.20	Kg
Ground Paprika	£35.70	Kg	Jersey Sea Salt Premium Crystal		Kg
Smoked Paprika	£39.00	Kg	Pink Hamalayan Sea Salt	£8.40	Kg
Black Whole Peppercorns	£25.50	Kg	Sel de Guerande	£6.38	Kg
Mixed Peppercorns	£24.30	Kg	Fine Sea Salt	£5.10	Kg
Spirulina Powder	£41.70	Kg			
Star Anise	£43.60	Kg			
Sumac powder	£41.14	Kg			
Ground Turmeric	£21.25	Kg			
Vanilla Essence	£162.50	Kg			

# FLOUR, BAKING AGENTS, OTHER ITEMS

FLOUR	PRICE	PER
NEW: Local Stoneground		
Wholemeal Bread Flour 1kg	t.b.c.	Each
NEW: Local Stoneground White Bread Flour 1kg	t.b.c.	Each
NEW: Local Stoneground Wholemeal Rye Flour 1kg	t.b.c.	Each
NEW: Local Stoneground White Rye Flour 1kg	t.b.c.	Each
NEW: Local Stoneground White Spelt Flour 1kg	t.b.c.	Each
NEW: Local Stoneground Wholemeal Spelt Flour 1kg	t.b.c.	Each
Organic Chickpea Flour (Gram Flour)	£3.00	Kg
Organic Cornflour	£6.80	Kg
Organic Fava Bean Flour	£3.55	Kg
Hodmedods Organic Quinoa Flour	£8.00	Kg
Infinity Foods Organics Buckwheat Flour 500g	£4.20	Each
Shipton Mill Organic Chestnut Flour 500g	£7.48	Each
Infinity Foods Organics Coconut Flour 500g	£3.47	Each
Doves Farm Organic Einkorn Flour 1 kg	£3.90	Each
Gluten Free Doves Farm Organic Self-Raising Flour - 1 kg	£2.80	Each
Doves Farm Organic Kamut Khorasen Flour - 1kg	£5.45	Each
Doves Farm Organic White Rye Flour - 1kg	£2.40	Each
Doves Farm Organic Wholemeal Rye Flour - 1kg	£2.05	Each
Doves Farm Organic Wholemeal Self Raising Flour - 1kg	£1.70	Each
Infinity Foods Organic White	60.40	п '
Semolina Flour - 500g	£2.40	Each
Organic Polenta	£3.35	Kg

ORGANIC BAKING AGENTS	PRICE	PER
Doves Farm Gluten Free Baking Powder	£5.80	Kg
Bicarbonate of Soda (food grade)	£4.05	Kg
Pack of instant yeast	£1.42	Pack
MISCELLANEOUS	PRICE	PER
Brewer's Yeast	£15.00	Kg
Nutritional Yeast	£31.62	Kg
Psyllium Husk	£33.22	Kg
Organic Bee Pollen Granules	£70.00	Kg

HOUSEHOLD ESSENTIALS			CLEANING ACCESSORIES	PRICE	PER
			EcoCoco Scourers - 2 Pack	£3.40	Each
ETHICAL CLEANING			LoofCo Bottle Brush	£3.55	Each
PRODUCTS AND REFILLS	PRICE	PER	LoofCo Brush with Handle	£3.45	Each
EcoLeaf Dishwasher Tablets 25	£5.27	Each	LoofCo Cleaning Pad	£3.00	Each
EcoLeaf Dishwasher Tablets 70	£13.55	Each	LoofCo Scraper	£2.65	Each
Bicarbonate of Soda (cleaning)	£1.55	kg	LoofCo Vegetable Scrubber	£2.95	Each
Castille Soap	£6.25	kg	LoofCo Washing Up Brush	£2.65	Each
SESI Cream Cleaner	£3.10	kg	LoofCo Washing Up Pad	£2.95	Each
SESI Washing Powder	£3.98	kg	Vegetable Brush	£6.50	Each
SESI Glass Cleaner	£1.60	kg	Clothes Pegs	£3.70	Each
SESI Biological Laundry Liquid	£3.00	kg			
SESI Delicate Laundry Liquid	£2.80	kg	KITCHEN ESSENTIALS	PRICE	PER
SESI Non-Bio Laundry Liquid	£2.60	kg	Aluminium Foil - 10m	£3.70	Each
SESI All Purpose Surface Cleaner	£2.10	kg	Strong Aluminium Foil - 7m	£5.05	Each
SESI Toilet Cleaner	£2.45	kg	No 2 Coffee Filters - Pack of 100	£3.00	Each
SESI Spiced Ginger Washing Up	<b></b>	,	No 4 Coffee Filters - Pack of 100	£3.00	Each
Liquid	£2.00	kg	Baking Parchment - 19.8m	£4.00	Each
SESI Unfr. Washing Up Liquid	£2.00	kg	Stainless Steel Tea Strainer	£7.00	Each
SESI White Vinegar (Cleaning)	£1.10	kg	Who Gives A Crap Kitchen Roll	£2.85	Each
SESI Fabric Conditioner	£2.00	kg	EcoLeaf Kitchen Roll - 2 Pack	£1.80	Each
SESI Dishwasher Powder	£3.79	kg - ·	Tea Filters (pot)	£3.40	Each
Jersey Coconut Laundry Soap	£4.50	Each	Tea Filters (cup)	£2.80	Each
SOAPNUTS	PRICE	PER	CHELEDY O CEDAMIC	DDICE	DED
Living Naturally Soapnuts - 1kg	£11.90	Each	CUTLERY & STRAWS	PRICE	
Living Naturally Soapnuts - 250g	£4.00	Each	Bamboo Spork Bamboo Utensils - Pack of 4		Each
Living Naturally Soapnuts - 500g	£8.25	Each		£11.00	
Soapnuts - Loose	£11.65	Kg	Bamboo Mixing Spoon	£2.85	Each
			Handmade Spoon	£5.95	Each
BATHROOM	PRICE	PER	Bamboo Straw	£0.60	Each
Essential Eco Toilet Roll - 4 Pack			Straw Cleaner	£0.70	Each
(very limited supply)	£2.20	Each	Stainless Steel Straw	£0.70	Each
WGAC Bamboo Tissues	£1.45	Each	PHPLC	DDICE	DEE
WGAC Bamboo Toilet Paper	£1.00	Each	FUELS	PRICE	
			Firelighters 28pk	£2.30	Each
			Firelighters 72pk	£5.25	Each
			Kindling Bundle	£1.50	Each

PERSONAL HYGIENE			SOAP BARS & BALMS	PRICE	PER
			Shaving Soap	£3.30	Each
			Alter/Native bar (Patchouli		
ACCESSORIES	PRICE	PER	Sandalwood, Lavender Geranium, Coconut Argan Oil)	£5.78	Each
Crotchet Face Cloth	£9.00	Each	Dodgson Wood Gold Top Soap	£6.80	Each
Crotchet Soap Pocket	£3.75	Each	Dodgson Wood Shampoo bar	L0.00	Lacii
Cotton Swabs - Humble Bamboo	£1.94	Each	(Lavender Fig for Normal Hair,		
Hydrophil Cotton Swabs	£2.70	Each	Peppermint for Dry Hair,		
Dodgson Wood Shampoo Dish	£3.40	Each	Marjarom for Dry Hair, Unfragranced for Sensitive Skin,		
Dodgson Wood Soap Dish	£4.25	Each	Daisies and Pine for Normal		
LoofCo Body Loofah	£2.95	Each	Hair, Rosemary for Oily Hair, Fennel for Oily Hair)	£6.40	Each
DENTAL HYGIENE	PRICE	PER	Dodgson Wood Travel Soap (Fennel, Jersey Milk and		
Georganics Peppermint Toothpowder	£6.45	Each	Seaweed for Oily Hair, Daisies, Jersey Milk and Seaweed for		
Georganics Charcoal	a	- 1	Normal Hair)	£6.80	Each
Toothpowder	£6.45	Each	Dodgson Wood Sensitive Soap	C20 F0	17 -
Georganics Spearmint Natural Toothpowder 80ml	£6.45	Each	Block Dodgson Wood Balm	£29.50 £3.45	Kg Each
Georganics Spearmint 180	CO 22	г 1	Friendly Shampoo Bar		
Mouthwash Tablets	£8.22	Each	(Lavender & Geranium,	CD EE	п. 1
Hydrophil Child's Natural Toothbrush	£3.95	Each	Lavender and Tee Tree)	£3.55	Each
Hydrophil Medium Natural			Friendly Hair Selection Box	£13.36	
Toothbrush	£3.95	Each	Friendly Facial Selection Box	£9.82	Each
Hydrophil Soft Natural	60 OF	<b>.</b>	Kali-ma Lip Balm	£6.00	Each
Toothbrush	£3.95	Each	The Printed Peanut Travel Soap/Shampoo	£5.95	Each
Hydrophil Toothbrush Holder	£9.60	Each	The Printed Peanut Soap Bar	£5.95	Each
Dentabs, with or without Flouride	£93.50	kg	Friendly Soap Bar	£3.55	Each
	_,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	8	Jersey Propolis Balm	£10.50	
DEODORANTS	PRICE	PER	,errey respective name		
Kutis Deodorant (Lavender			LIQUID SOAPS	PRICE	PER
Geranium, Grapefruit Mandarin,			Cole & Co Lime, Basil, Mandarin	111102	1 211
Lemongrass Tea Tree, Lavender  Borgamet Unscented)	£6.50	Fach	Hair Conditioner	£11.33	Kg
Bergamot, Unscented)	20.50	Each	Cole & Co Lime, Basil, Mandarin Shampoo	£11.33	Kg
WOMEN'S HEALTH	PRICE	PER	Cole & Co Pomegranate Body		
Mooncup Size A (Large)	£20.65	Each	Wash	£11.33	Kg
Mooncup Size B (Small)	£20.65	Each	SESI Fig Liquid Hand Soap	£5.30	Kg
			SESI Rose Liquid Hand Soap	£5.30	Kg

## **BEESWAX CANDLES**

For cosy nights in!

BEESWAX CANDLES	PRICE	PER
Local Beeswax Hexagonal	£4.50	Each
Local Beeswax Piggy	£3.00	Each
Local Beeswax Round	£3.00	Each
Local Beeswax Tower	£3.50	Each
Standard Extra Long x 2	£12.75	Pair
Standard Long x2	£7.80	Pair
Standard Medium x 2	£5.27	Pair
Standard Short x2	£3.05	Pair
Giant Stumpie x2	£20.40	Pair
Medium Stumpie x2	£16.40	Pair
Short Stumpie x2	£9.20	Pair
Thin Medium x2	£2.30	Pair
Thin Long x 2	£3.20	Pair
Thin Short x 2	£1.20	Pair