

MEADOWSWEET ORGANICS 2017 VEGBOXES IN FIFE

*100% fresh, seasonal, organic & local vegboxes! you can't do much better than that!
From June until November you could be getting all your veggies from our market
garden on the Falkland Estate.*

Each week you will receive a box of seasonal veg as fresh as can be!

WHEN & WHERE?

- Monday – Central & South Fife: Glenrothes, Kirkcaldy, Aberdour, Kinghorn & Inverkeithing only.
- Wednesday – Falkland & surrounding villages, Cupar & St Andrews only.
- Friday – Loch Leven & Kinross only.

WHAT'S IN IT?

- Approx 8 items depending on value. It's a good deal because it works out cheaper than if you bought it from us at the farmer's market.
- A selection of seasonal veg from our farm, and occasionally some additional items from other neighboring organic farms in Falkland.
- Always salad or lettuce and leafy greens like kale, chard or spinach and herbs. Tatties and onions from July onwards.
- Other items may include; carrots, beets, tomatoes, kohlrabi, cucumbers, cabbage, celery, beans etc, depending on the time of year
- It's a set box; we do not alter or exclude items from boxes, unless in case of allergies.

HOW MUCH IS IT AND HOW DO I PAY?

- £10 for pick up from the farm or delivery to Falkland, Strathmiglo, Auchtermuchty, Newton of Falkland or Freuchie.
- £12 for the rest of Fife due to higher delivery cost.

* Set up a standing order with us; Meadowsweet Organics, Co-operative bank, 08-92-99 69688078

* Buy a month's worth of boxes from our website shop; <http://www.meadowsweetorganics.co.uk/shop>

WHAT NOW?

- * Send us a message/email/text/phone call and tell us your address and check that we deliver to your area.
- Let us know a place that we can leave your box if you're out and delivery instructions, and remember that the box is your responsibility once delivered.

rosy@meadowsweetorganics.co.uk

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