

Tamar Valley Food Hubs Price List: January 2014



You can order online at www.tamarvalleyfoodhubs.org.uk ,
by emailing Rachael Forster at rachaelforster@tamargrowlocal.org
or by calling us on **01579 208 412**.

Orders need to be received by midnight on Tuesday for delivery on Friday afternoons.

You can leave your order on a message if we are not here to take your call.

If you would like a home delivery, there is a delivery charge for parishes outside of the Hamlet zone

Alternatively, there are food hubs where you can collect from without charge on a Friday afternoon.

Food hubs: Quaker Meeting House, Tavistock, 2.30pm - 3.00pm
Bere Alston Post Office, 3.30pm - 5.30pm
Tamar Grow Local office, Pannier Market, Callington 3.45pm-4.30pm
Tamar Valley Centre, Albaston, 4.45pm - 5.15pm
Calstock Railway station, 5.11pm and Gunnislake Railway station, 5.24pm

Below is the information we will require with your order;

Customer Name:

Customer Address:

Customer Telephone Number:

Delivery instructions:

Let us know which food hub or, if you would like home delivery
what to do if you are not at home

£1.50 home delivery charge if you live in the following parishes; Callington, St Mellion, Pillaton, Botus Fleming, Landulph, Calstock, Stoke Climsland, Lezant, Linkenhorne, Buckland Monachorum, Bere Alston, Gulworthy, Whitchurch, Tavistock, Lamerton, Milton Abbot

£2.50 home delivery charge if you live in Saltash and Plymouth

We can take the following forms of payment:

Cash on delivery
Paypal

Cheque on delivery
Direct bank transfer

Vegetables	Weight	Origin	Price
Washed sagitta potatoes	2kg	Callington	£1.60
Washed sagitta potatoes	7.5kg	Callington	£5.25
Washed sagitta baking potatoes	Individual	Callington	40p
Wilja potatoes	2kg	Merritts, Metherell	£2.25
Organic cauliflower	per head	Haye Farm, St. Dominick	£1.85
Organic purple sprouting broccoli	200g	Haye Farm, St. Dominick	£2.90
Organic leeks	500g	Haye Farm, St. Dominick	£2.30
Onions - Tamar Valley grown	2kg	Merritts, Metherell	£3.00
Curly Kale	Big Bunch	Sunningdale, St. Dominick	£1.00
Leeks	Bunch of 4	Sunningdale, St. Dominick	£1.00
Savoy cabbage	per head	Sunningdale, St. Dominick	90p
Oak smoked garlic	3 bulbs	Higher Gawton Meadows	£3.80
Beef - Best quality Aberdeen Angus			
Beef braising steak (frozen)	0.5kg	Trehill Farm, St. Dominick	£2.75
Beef brisket (frozen)	1.5kg	Trehill Farm, St. Dominick	£9.30
Beef chuck Steak (frozen)	0.5kg	Trehill Farm, St. Dominick	£3.50
Beef mince (frozen)	0.5kg	Trehill Farm, St. Dominick	£3.25
Beef Rump Steak (frozen)	0.5kg	Trehill Farm, St. Dominick	£7.25
Beef Sirloin Steak (frozen)	250g	Trehill Farm, St. Dominick	£4.75
Pork			
Pork Belly (frozen)	1 kg	Trehill Farm, St. Dominick	£5.60
Pork Belly slices (frozen)	180g	Trehill Farm, St. Dominick	£1.10
Pork Chops (frozen)	200g	Trehill Farm, St. Dominick	£1.20
Pork Leg (frozen)	1.5kg	Trehill Farm, St. Dominick	£10.65
Pork sausagemeat (frozen)	0.5kg	Trehill Farm, St. Dominick	£3.25
Pork shoulder (frozen)	1.5kg	Trehill Farm, St. Dominick	£9.00
Pork chilli & garlic burgers (frozen)	2 per pack	Patreida Produce, Callington	£2.00
Pork, sundried tomato & basil sausages (frozen)	4 per pack	Patreida Produce, Callington	£2.50
Traditional Pork sausages	4 per pack	Patreida Produce, Callington	£2.50
Fish			
Catch of the Day - 2 portions of what is good & local at	2 portions	Sam Bagshawe, Plymouth	£7.70
Luxury Fish Pie mix for 2 - includes salmon, smoked haddock & white fish		Sam Bagshawe, Plymouth	£7.75
Local Dressed crab	5oz	Sam Bagshawe, Plymouth	£4.00
Fresh Fowey river mussels - enough for 2 to share	1 kg	Sam Bagshawe, Plymouth	£5.00
Local Plaice fillets	2 fillets	Sam Bagshawe, Plymouth	£5.20
Local scallops	6	Sam Bagshawe, Plymouth	£4.00
Scottish salmon portions	2 portions	Sam Bagshawe, Plymouth	£6.60
Smoked Mackerel	3 fillets	Sam Bagshawe, Plymouth	£3.50
Scottish Smoked salmon	200g	Sam Bagshawe, Plymouth	£6.00
Local White fish portion	2 portions	Sam Bagshawe, Plymouth	£6.50
Whole local crab - cooked and ready to eat	whole crab	Sam Bagshawe, Plymouth	£5.50
Whole local Lemon Sole - perfect for 2 to share		Sam Bagshawe, Plymouth	£7.80
Eggs			
Medium free range eggs	6 eggs	Freed Range Farm, Gulworthy	£1.20
Large free-range farm eggs	6 eggs	Freed Range Farm, Gulworthy	£1.40

Very large free-range eggs	6 eggs	Freed Range Farm, Gulworthy	£1.60
Tray of 30 medium free-range eggs	30 eggs	Freed Range Farm, Gulworthy	£5.00
Cheese			
Cornish Brie	250g	Hansons Fine Foods	£2.75
Davidstow Cheddar	250g	Hansons Fine Foods	£2.40
Cornish Blue	175g	Cornish Blue Cheese	£2.30
Cornish Gouda - semi mature	200g	Hanson Fine Foods	£3.25
Dairy			
Cornish Butter	250g	Trewithen Dairy	£1.45
Clotted Cream	113g	Trewithen Dairy	94p
Double Cream	100z	Trewithen Dairy	£1.33
Single Cream	5oz	Trewithen Dairy	70p
Milk semi-skimmed 1 litre	1 litre	Trewithen Dairy	£1.02
Milk semi-skimmed 2 litre	2 litres	Trewithen Dairy	£1.70
Milk semi-skimmed 1/2 litre	1/2 litre	Trewithen Dairy	55p
Milk skimmed	1 litre	Trewithen Dairy	£1.02
Milk skimmed	1/2 litre	Trewithen Dairy	55p
Milk skimmed	2 litres	Trewithen Dairy	£1.70
Milk full-fat	1/2 litre	Trewithen Dairy	55p
Milk full-fat	1 litre	Trewithen Dairy	£1.02
Milk full-fat	2 litres	Trewithen Dairy	£1.70
Natural Yoghurt	400ml	Trewithen Dairy	£1.33
Store cupboard			
Tomatoes - tinned	400g tin	Essential Trading	83p
Chick Peas - tinned	400g tin	Essential Trading	57p
Mixed beans - tinned	400g tin	Essential Trading	92p
Baked Beans - tinned	400g tin	Essential Trading	98p
Organic Passata	700g bottle	Essential Trading	97p
Organic tomato puree	130g	Essential Trading	£1.17p
Vegetable Boullion	500g tub	Essential Trading	£5.32
Dried soup mix - pearl barley, lentils, green split peas	500g	Essential Trading	£1.49
Sage & onion stuffing	125g	Essential Trading	£1.14
Dried Red Lentils	500g	Essential Trading	£1.61
White Basmati Rice	500g	Essential Trading	£1.73
Wholewheat fuselli pasta - organic	500g	Essential Trading	£1.36
White fuselli pasta - organic	500g	Essential Trading	£1.22
Organic Bran flakes	375g	Essential Trading	£2.02
Deluxe museli	500g	Essential Trading	£2.88
Cornish Seasalt	125g pouch	Essential Trading	£1.56
Organic Rice Cakes	100g	Essential Trading	87p
Sugar - raw cane	500g	Essential Trading	£1.21
Yeast	125g packet	Essential Trading	£1.07
Cotehele Wholemeal flour	1.5kg	Cotehele - National Trust	£2.25
Organic Strong White Flour	1.5kg	Essential Trading	£1.78
Beverages Juices and cordiales			
Rich Roast instant coffee	100g	Essential Trading	£3.73
Ground coffee - medium roast	227g	Essential Trading	£3.85
Fairtrade Tea Bags - 80 bags	80 bags	Essential Trading	£2.72
Plymouth Tea	40 bags	Plymouth Tea	£3.50
Apple Juice - Tamar Valley Apple Co-operative		Tamar Valley Apple Co-op	£3.00
Apple & Elderflower cordial	330ml	Cornish Country Cordials	£3.00
Snacks			
Ready Salted Cornish Crisps	40g bag	Cornish Crisp Co. Kelly Bray	80p
Flapjack	40g	Essential Trading	33p
Sesame Snaps	30g	Essential Trading	26p
Honey, Jams, Chutneys, Mustards & Preserves			
Honey - Tamar Valley Honey Co-op	340g	Tamar Valley Honey Co-op	£5.50
Strawberry Jam	210g	Janner Jam	£3.50
Raspberry Jam	227g	Tamar Valley Preserves	£3.80
Damson Jam	230g	JB Preserves	£3.60
Red onion marmalade	224g	Cornish Country Cordiales	£2.90
Cornish Honey wholegrain mustard	170g	Berrio Mill	£3.25
Dr. Plattens White & Redcurrant conserve	227g	Red Leaf Farm	£3.50
Cakes & Puddings			
Carrot Cake -	1lb loaf cake	Val's Cakes	£3.25
Chocolate Chip loaf cake	1lb loaf cake	Val's Cakes	£3.00
Coffee & walnut loaf cake	1lb loaf cake	Val's Cakes	£3.00
Fruit loaf cake	1lb loaf cake	Val's Cakes	£3.00
Barm Brack tea loaf	1lb loaf cake	Meadowood	£3.00
Plain scones	4 scones	Patreida Produce	£2.00
Bread			
Half n Half loaf 50% white, 50% wholemeal flours		Pepper Street Breads	£2.50
Malted Multi-Seed Loaf: Made using a mixture of flours and seeds		Pepper Street Breads	£2.85
Organic Wholemeal loaf		Pepper Street Breads	£2.50
Spelt Half & Half Loaf: wholemeal & white spelt flours		Pepper Street Breads	£2.75
Traditional White Loaf		Pepper Street Breads	£2.50
White baguette		Pepper Street Breads	£1.30

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