

Vegetables



The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

Item	Quantity to order	Price per kg/per item
Asparagus	Per kg	£10.00/kg
Aubergines	Per item	£2.75/kg
Avocado	Per item	£1.20 each
Broccoli	Per item	£4.00/kg
Butternut squash	Per item	£2.45/kg
Cabbage (savoy)	Per item	£2.00/cabbage
Carrots	Per item	£1.20/kg
Cauliflower	Per item	£2.15 each
Celeriac	Per item	£1.20/kg
Chillies (red/green)	Per item	£8.15/kg
Courgettes	Per item	£3.00/kg
Fennel	Per item	£3.50/kg
Garlic	Per bulb	£10.50/kg
Ginger	Per kg	£5.50/kg

Item	Quantity to order	Price per kg/per item
Kale	Per kg	£10.15/kg
Leeks	Per item	£3.00/kg
Mushrooms (button)	Per kg	£5.50/kg
Mushrooms (portabello)	Per item	£6.00/kg
Onion (white)	Per item	£1.10/kg
Onions (red)	Per item	£1.10/kg
Parsnips	Per item	£3.50/kg
Potatoes (jacket)	Per item	35p each
Potatoes (mid)	Per kg	£1.80/kg
Potatoes (red)	Per item	£1.70/kg
Potatoes (sweet)	Per item	£2.50/kg
Shallots	Per item	£2.50/kg
Spinach (bunched)	Per bunch	£6.00/kg
Swedes	Per item	£1.50/kg

Fruit & Salad



The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

Item	Quantity to order	Price per kg/per item
Apples	Per item	£2.50/kg
Apples cooking	Per item	£3.70/kg
Bananas	Per item	£1.85/kg
Lemons	Per item	35p each
Limes	Per item	35p each
Oranges (large)	Per item	70p each
Pears	Per item	£2.50/kg
Satsumas (easy peelers)	Per item	£3.50/kg

Item	Quantity to order	Price per kg/per item
Strawberries	Per 500g	£5.50
Celery	Per item	£1.00 each
Cucumber	Per item	75p each
Lettuce (iceburg)	Per item	£1.50 each
Lettuce (Nutbourne Place)	Per item,	£0.85 each
Peppers yellow/red/green (bell)	Per item	£3.80/kg
Spring onion	Per bunch	£0.80/bunch
Nutbourne tomatoes (on-vine)	Per item	£7.50/kg

Pasta & Rice



The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

Item	Quantity to order	Price/kg
Arborio (risotto) rice	Per 100g	2.60
Basmati rice (white)	Per 100g	3.80
Basmati rice (brown)	Per 100g	3.80
Black nerone rice	Per 100g	7.50
Wild rice	Per 100g	18.60
Pudding rice	Per 100g	2.50
Tapioca	Per 100g	4.00

Item	Quantity to order	Price/kg
Penne pasta (white)	Per 100g	3.50
Penne pasta (wholewheat)	Per 100g	3.50
Fusili pasta (white)	Per 100g	3.50
Fusili pasta (wholewheat)	Per 100g	3.50
Pasta bows (white)	Per 100g	3.50
Spaghetti (white)	Per 100g	3.50
Spaghetti (wholewheat)	Per 100g	3.50
Gluten free penne pasta	Per 100g	6.10
Pasta straws	Per straw	0.15

Grains, Pulses & Cereals



The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

Item	Quantity to order	Price/kg
Bransticks	Per 500g	4.00
Deluxe muesli	Per 500g	5.80
Muesli base	Per 500g	2.00
Porridge oats	Per 500g	2.50
Jumbo oats	Per 500g	2.30
Pinhead oatmeal	Per 500g	1.30
Gluten free jumbo oats	Per 500g	4.00
Gluten free porridge oats	Per 500g	4.40

Black eyed beans	Per 100g	3.80
Broth mix	Per 100g	2.40
Buckwheat	Per 100g	4.00
Bulgar wheat	Per 100g	1.60
Butter beans	Per 100g	4.00
Cannelloni beans	Per 100g	3.10

Item	Quantity to order	Price/kg
Chickpeas	Per 100g	2.00
Chickpeas (spicy)	Per 100g	4.30
Couscous	Per 100g	1.90
Dark speckled lentils	Per 100g	6.50
Freekah grain	Per 100g	9.70
Haricot beans	Per 100g	2.40
Lentils green	Per 100g	xx
Lentils red	Per 100g	1.80
Mung beans	Per 100g	3.20
Pearl barley grain	Per 100g	1.50
Pearl couscous	Per 100g	3.40
Pinto beans	Per 100g	2.10
Red kidney beans	Per 100g	4.20
Quinoa	Per 100g	5.90
Yellow split peas	Per 100g	1.54

Baking & Dried Fruit



The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

Item	Quantity to order	Price/kg
Apple rings	Per 100g	13.33
Banana chips	Per 100g	4.38
Cherries (glazed)	Per 100g	7.59
Coconut (dessicated)	Per 100g	4.70
Coconut (flaked)	Per 100g	4.90
Cranberries	Per 100g	9.70
Dates (chopped)	Per 100g	3.06
Dates (medjool)	Per 100g	9.90
Ginger crystallized	Per 100g	7.95
Goji berries	Per 100g	16.00
Mango slices	Per 100g	23.28
Prunes	Per 100g	4.67
Lemon caps	Per 100g	8.78
Mixed peel	Per 100g	3.31
Pineapple (diced)	Per 100g	5.66
Raisins	Per 100g	4.36
Sultanas	Per 100g	4.16

Baking chocolate	Per 100g	16.33
Arrowroot	Per 100g	10.00

Item	Quantity to order	Price/kg
Psyllium husk	Per 100g	20.60
Coconut flour	Per 500g	3.23
Self-raising flour	Per 500g	1.60
Plain flour	Per 500g	1.60
Strong white/wholemeal bread flour	Per 500g	1.60
Spelt wholemeal flour	Per 500g	2.77
Stoneground wholemeal flour	Per 500g	2.00
Gluten free plain flour	Per 500g	2.16
Gluten free self-raising flour	Per 500g	2.16
Baking powder	Per 100g	5.64
Almond flour	Per 100g	20.35
Organic pasta flour	Per 100g	xx
Cornflour	Per 100g	6.20

Granulated sugar	Per 500g	1.00
Demerara sugar	Per 500g	4.10
Muscavado sugar	Per 500g	4.70
Soft brown sugar	Per 500g	4.60

Nuts & Seeds



The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

Item	Quantity to order	Price/kg
Fruit and nut mix	Per 100g	13.60
Cashew nuts	Per 100g	15.80
Almonds whole	Per 100g	19.60
Almonds flaked	Per 100g	18.20
Brazil nuts (broken)	Per 100g	13.70
Hazelnuts	Per 100g	16.90
Pecan nuts	Per 100g	29.72
Chopped nuts	Per 100g	11.40
Pine nuts	Per 100g	43.82
Walnuts	Per 100g	15.30
Pistachios	Per 100g	33.40
Bombay mix	Per 100g	3.70

Item	Quantity to order	Price/kg
Omega 5 seed mix	Per 100g	7.60
Chia seeds	Per 100g	7.80
Hemp seeds	Per 100g	8.90
Sesame seeds	Per 100g	6.08
Sunflower seeds	Per 100g	2.70
Pumpkin seeds	Per 100g	8.30
Poppy seeds	Per 100g	12.30

Bread, Tea & Coffee



The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

From Jengers Bakery in Billingshurst

Item	Quantity to order	Price per loaf
White sandwich	Per loaf	3.10
Sussex nutty	Per loaf	1.70
Wholemeal tin	Per loaf	1.65
White tin	Per loaf	1.65

From SDDT Bakery in Petworth

Item	Quantity to order	Price per loaf
Sourdough	Per loaf	2.90
Cornbread	Per loaf	2.90
Donker rye	Per loaf	2.90
4 seed sourdough	Per loaf	2.90

From Honeybee Roastery in Fittleworth

Item	Quantity to order	Price/100g
Coffee beans	Per 100g	2.20
Coffee ground	Per 100g	2.20
Loose tea: Peppermint	Per 100g	5.30
Loose tea: Earl grey	Per 100g	5.30
Loose tea: English Breakfast	Per 100g	5.30
Loose tea: Lemon & Ginger	Per 100g	5.30
Loose tea: Rooibos	Per 100g	5.30

Herb & Spices



The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

Item	Quantity to order	Price/100g
Allspice	Per 50g	2.50
Aniseed	Per 50g	2.50
Basil	Per 50g	5.00
Bay leaves	Per 50g	10.00
Black pepper	Per 50g	2.00
Bouillon powder	Per 50g	1.35
Bouquet garni	Per 50g	10.00
Cajun seasoning	Per 50g	2.00
Caraway seeds	Per 50g	2.20
Cardamom ground	Per 50g	5.50
Cardamom pods	Per 50g	4.50
Cayenne pepper	Per 50g	2.00
Chinese five spice	Per 50g	5.00
Chilli flakes	Per 50g	2.50
Chilli powder	Per 50g	2.00
Chipotle	Per 50g	2.00
Cinnamon ground	Per 50g	2.50
Cinnamon quells		6.50
Cloves	Per 50g	3.00
Coriander ground	Per 50g	2.50
Coriander seeds	Per 50g	3.00

Item	Quantity to order	Price/100g
Cumin ground	Per 50g	2.00
Cumin seeds	Per 50g	2.50
Curry powder madras mild	Per 50g	1.20
Curry powder madras medium	Per 50g	1.20
Curry powder madras hot	Per 50g	1.80
Fajita seasoning	Per 50g	2.00
Fennel seeds	Per 50g	2.50
Garam masala	Per 50g	2.50
Garlic powder	Per 50g	1.00
Ginger ground	Per 50g	2.00
Juniper berries	Per 50g	3.50
Marjoram	Per 50g	6.00
Mixed herbs	Per 50g	5.00
Mixed spice	Per 50g	2.50
Mustard seeds yellow	Per 50g	1.50
Mustard seeds brown	Per 50g	1.50
Nutmeg ground	Per 50g	2.00

Item	Quantity to order	Price/100g
Nutmeg whole	Per 50g	2.50
Oregano	Per 50g	6.00
Onion powder	Per 50g	0.88
Paprika ground	Per 50g	2.00
Paprika smoked	Per 50g	2.00
Parsley	Per 50g	6.00
Peppercorns	Per 50g	2.10
Pickling spice	Per 50g	3.00
Porcini mushrooms	Per 50g	6.00
Ras El Hanout	Per 50g	2.00
Rosemary	Per 50g	4.00
Sage	Per 50g	6.00
Star Anise	Per 50g	5.00
Sumac	Per 50g	4.00
Sea salt coarse	Per 50g	0.25
Sea salt fine	Per 50g	0.25
Tarragon	Per 50g	6.50
Thyme	Per 50g	6.00
Tumeric	Per 50g	2.00

Sweets & Snacks



The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

Item	Quantity to order	Price/kg
Chocolate covered peanuts	Per 100g	6.45
Chocolate covered raisins	Per 100g	6.45
Chocolate covered fruit and nut	Per 100g	5.50
Chocolate covered brazils dark/milk	Per 100g	11.15
Yoghurt coated raisins	Per 100g	5.80

Item	Quantity to order	Price/kg
Carob peanuts	Per 100g	5.80
Carob raisins	Per 100g	5.80
Pick and mix sweets	Per 100g	5.00
Popping corn	Per 100g	4.10
Flying saucers	Per 100g	7.50

Tins

The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

Item	Quantity to order	Price/kg
Suma Organic black beans	Per 400g tin	1.25
Suma Bolotti beans	Per 400g tin	0.87
Suma Organic baked beans	Per 400g tin	1.37
Suma Organic black chickpeas	Per 400g tin	1.26
Suma Organic blackeye beans	Per 400g tin	1.26
Suma Aduki beans	Per 400g tin	1.26

Item	Quantity to order	Price/kg
Suma/Essential Chopped tomatoes	Per 400g tin	1.15
Essential/Biona Red kidney beans	Per 400g tin	1.40
Biona Organic Butter beans	Per 400g tin	1.40
Biona Cannellini beans	Per 400g tin	1.15
Essential Organic mixed beans	Per 400g tin	1.26
Passata	Per 700g jar	

Household Essentials & Refills



The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

From SESI (Oxford) www.sesi.org.uk

Item	Price/kg
REFILL: Hand soap (rose)	6.50
REFILL: Hand soap (fig)	6.50
REFILL: Washing up liquid	2.50
REFILL: Laundry liquid (non-bio)	4.00
REFILL: Laundry liquid (bio)	4.00
REFILL: Washing powder (non-bio)	4.40
REFILL: Fabric conditioner	2.50
REFILL: Cream cleaner	3.50
REFILL: Toilet cleaner	3.00
REFILL: All purpose cleaner	2.50
REFILL: Rinse aid	3.00
REFILL: Dishwasher powder	4.20
REFILL: White wine vinegar	2.00
REFILL: Bicarbonate of soda	1.60
REFILL: Window cleaner	2.50

From Cole and Co (Wales) www.coleandco.com

REFILL: Shampoo	£6.00/500g
REFILL: Conditioner	£6.00/500g
REFILL: Body Wash	£6.00/500g

Item	Price
Washing up brush	4.50
Replacement head for washing up brush	1.50
Castille soap bar	5.85
Loofco bottle brush	3.80
Loofco washing up brush	3.00
Loofco washing up brush + handle	3.80
Aluminium foil	3.50
Scrubbing brush	6.85
Household gloves (small/medium/large)	3.99
Baking parchment	4.00
Bamboo pegs	4.65
Sponge cloths (x4)	6.45
Pot brush	3.75
Vegetable brush	4.65
Loofco Washing up scraper	3.00
Baking cups large	1.55
Dishwasher loofah x 2	5.50
Beeswax wraps x 3:	15.99

info@thegreenhouse.shop



01062020

Toiletries



The following are usually available for ordering – we may update this list daily. Prices may be subject to change.

Item	Price
Exfoliating Soap saver bag	3.15
Cotton buds	2.20
Bath and shower loofah x 5	6.50
Grapefruit and aloe vera	2.50
Make up remover pads x 7	7.50
Soap on a rope: <i>Sea salt and moss, felberry, moroccan roll</i>	5.50
Ben and Anna deodorant: <i>Pink grapefruit, Persian lime</i>	10.50
Kutis deodorants: <i>Grapefruit and mandarin, unscented, orange and petuli</i>	6.50
Kutis lip balm: <i>Naked, peppermint</i>	4.20
Bath salts: <i>Rose petal and ylang oil, Lavendar</i>	7.65
Toothbrushes: <i>Soft, medium, child</i>	2.95
Dental floss double pack	2.95
Toothpaste: <i>Cinnamon</i>	11.75
Toothpaste: <i>Sensitive</i>	9.50
Mouthwash	11.60
Interdental brushes: pink, green, blue	4.75

Item	Price
Shaving soap: <i>Coffee and cedarwood</i>	3.95
Facial cleansing bar: <i>cocoa butter</i>	3.00
Detox bar activated charcoal	3.95
Faith in nature loose soap: <i>Tea tree, Rosemary, Grapefruit, Aloe vera,</i>	2.00
Conditioner bar: <i>Coconut and argon oil, Petulia and sandlewood, Rose and geranium, Lavendar and geranium</i>	5.95
Shampoo bar: <i>lavendar and tea tree, lavendar and geranium</i>	3.95
Face cream: <i>Rose + geranium and camomile</i>	8.50
Nailbrush	5.95