

****Updated Feb 15th**

Notes on ordering vegetables and fruit:

***List is updated each week on Monday night**

***If there's something you'd like that's not on the list, let me know, I may be able to get it!**

***Sometimes we are not able to provide certain things that are on the list, either we had more orders than supply or the farms weren't able to harvest them that week**

***All items are certified organic**

***Most items are priced by the kilo but you can order as much or as little as you like- you can also order in units (ex. 5 apples, 10 potatoes, a handful of small onions, ½ of a pumpkin etc.)**

From us at Quinta da Comenda:

Dry white wine- 2019 Reserve/ Vinho 2019 Reserva- branco: €6/bottle

Dry white wine- 2019 Colheita/ Vinho 2019 Colheita - branco: €5/bottle

Rosé wine/Vinho rosé: €5/bottle

5 liter carafe of white wine- colheita/ Garraão, 5 litros, vinho branco colheita: €15/5 liters

Apples/ Maças:

Boujade: €2.2/kg

Abóbora/ Pumpkin: €2/kg

Urtigas fresca- saco grande/ Fresh nettles- large bag: €1.2

Feijão Preto/Black beans: €4/kg

Batata/Potato: €2/kg

Cebola/Onion: €2.5/kg

Hazelnuts-Filberts in the shell/ Avelãs com casca: €5.7/kg

Noz com casca/ Walnuts in shell: €6/kg

Fresh Herbs:

Bay leaves/ Louro: €0.50/large bunch

Mushrooms/Cogumelos from Cogumelos Cultivados:

White Button/Branco: €2/250g

Brown Button/Castanha: €2.5/250g

Oyster/Ostra: €3/250g

Shitake: €3.5/250g

Portobelo: €3.5/250g

Mushroom Mix 5 varieties/Mistura de 5 qualidades: €2.75/250g

Sprouts/ Rebentos from Cogumelos Cultivados:

Rebentos de Lentilhas/ Lentil sprouts: €1.63/100g

Rebentos de Alho Francês/ Leek sprouts: €1.58/50g

Rebentos de Brócolos/ Broccoli sprouts: €1.95/50g

Rebentos de Couve roxa/ Red cabbage sprouts: €1.5/50g

Rebentos de Ervilha verde/ Green pea sprouts: €2.15/100g

Rebentos de Dikon vermelho/ Red Daikon radish sprouts: €1.7/50g
Rebentos Mistura feijões/ Bean mix sprouts: €1.54/ 200g
Rebentos de Trigo/Wheat sprouts: €1.46/200g
Rebentos de Funcho/ Fennel sprouts: €1.54/50g
Rebentos de Alho/ Garlic sprouts: €1.55/50g
Rebentos de Beterraba/ Beet sprouts: €1.7/50g
China rose sprouts/Rebentos: €1.43/ 100g
Rebentos Rabanete mix/ Radish mix sprouts: €1.6/100g

From LafoBio:

Alface verde/ Green lettuce: €3/kg (one head is approximately 200g)
Alface roxa/ Red lettuce: €3/kg
Acelgas/ Swiss chard: €1.75/kg
Couve rabano/ Kohlrabi: €2.7/kg
Couve penca- tronchuda/ Traditional Portuguese butter cabbage: €1.75/kg
Couve Lombarda/ Lombardi cabbage: €1.5/kg
Couve galega/ Portuguese giant collards: €1.25/kg
Couve coração/ Cabbage head: €1.5/kg
Brócolos/ Broccoli: €2.5/kg
Grelos/ Turnip greens: €1.75/kg
Alho francês/ Leeks: €1.75/kg
Espinafre Nova Zelandia/ New Zealand Spinach: €3/kg
Espinafre folha larga/ Large leaf Spinach: €3/kg *limited quantity
Rúcula/ Arugula: €2.5/250g
Salsa/ Parsley: €1.2/250g
Canonegos/ Lambs lettuce: €10/kg

From BioCultura:

Couve Pak Choi/ Pak Choi: €1.5/kg (these are large- around 1kg each)
Coentros/ Cilantro: €1/bunch

From BeriaBio:

Fruit:

Banana das Madeira ou Canário/ Madeira or Canary Banana: €4/kg
Banana Importada/ Imported Banana: €3.50/kg
Abacaxi (Benin)/ Small sweet pineapples (Benin:) €5.5/kg
Manga/ Mango: €6.5/kg
Laranja/ Oranges: €3/kg
Limão/Lemon: €3/kg
Maça Story/ Story apples: €3.25/kg
Maça Juliette/ Juliet Apples: €3.90/kg
Maça Erovan/ Erovan apples: €2.7/kg
Maça Costa/ Costa apples: €2.4/kg

Legumes/ Vegetables:

Tomates/ Tomatoes: €4/kg
Abacate/ Avocado: €6.5/kilo
Cebola/ Onion: €2/kilo

Cebola roxa/ Red onion: €3.2/kg
Couve roxa/ Purple cabbage: €2.2/kg
Betraba/ Beets: €2.5/kg
Batata doce laranja/ Orange sweet potato: €3/kg
Batata doce roxa/ Purple sweet potato: €3/kg
Cenoura/ Carrot: €3kilo

Others:

Aloe vera leaf/ folha: €4/kg
Gengibre/ Ginger: €7/kg
Alho seco/ Garlic: €10/kg
Raiz de curcuma (peru)/ Fresh turmeric root (peru:) €11/kg