



The  
North Mayo  
Heritage  
Centre

## ORGANIC GARDEN

### Produce List W/B 2<sup>nd</sup> September 2024

#### Vegetable Box

Vegetable boxes contain a mix of seasonally available produce and cost from €20.00. If you wish to order a vegetable box please email

[nmhreception2018@gmail.com](mailto:nmhreception2018@gmail.com)

Orders must be received by 12:00pm on Wednesday for collection on Thursday or Friday between 1.00pm and 4.00pm.

#### Vegetables

Courgettes  
Mixed Bag of Lettuce  
Rainbow Chard  
Spring Onions  
Carrots  
Mangetout  
Beetroot  
Tomatoes  
Garlic  
Kale  
French Beans  
Celery  
Peppers  
Chilli Peppers  
Red Onions  
White Onions  
Shallots  
Potatoes

#### Herbs

Sage  
Basil

#### Fruit

Apples (Eating)  
Apples (Cooking)

#### WHAT WE HAVE IS WHAT WE GROW

We do **not** buy in **any** produce. Our produce is entirely seasonal and is all grown on site in the Organic Garden here at North Mayo Heritage Centre