



The  
North Mayo  
Heritage  
Centre

## ORGANIC GARDEN

### Produce List W/B 30th June 2025

#### 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 between 1.00pm and 4.00pm.

#### Vegetables

Spring Onions  
Chard  
Lettuce  
Beetroot  
Courgettes  
Kale  
Broadbeans  
Cucumbers  
Artichokes  
Garlic

#### Herbs

Sage  
Oregano  
Fennel  
Coriander  
Lemon Balm  
Basil

#### Fruit

Blackcurrants

Apple Juice €5.00 per bottle  
(750ml)

**Plants:** Herbs & Flowers

#### WHAT WE HAVE IS WHAT WE GROW

Our produce is seasonal and is all grown on site in the Organic Garden here at the  
North Mayo Heritage Centre