



# ADVANTAGES OF SHOPPING AT YOUR LOCAL GREENGROCERS

- ✓ Local sourcing and traceability
- ✓ Fruits and vegetables are harvested directly from farmers
- ✓ More flexible with portion sizes
- ✓ Eco-friendly packaging and does not use plastic
- ✓ Join a health conscious and environmentally sustainable community



**OPEN**

**TUESDAY - SATURDAY**

**8AM-4PM**

**More Information**

[www.kaleandcorn.com](http://www.kaleandcorn.com)

[@kaleandcornduffield](https://twitter.com/kaleandcornduffield)



**Location**

**16 Town Street, Duffield, DE56 4EH**



**Contact Us**

**07764411732**



# HEALTHY FOOD FOR A HEALTHIER LIFE

One small change can have a huge impact.  
Eat Healthy From Now On.

**#healthiswealth**



## OUR SHOP

Kale and Corn was established in 2022 as a pop-up market stall to sell fresh produce to our village. When 'Kale' and 'Corn' outgrew their original tent-based operation, they looked into a more permanent home. A few months later, they moved into the 16 Town Street (old Godfrey's building) and the rest is history. Expanding the product range to fill the shelves in the new shop, they are now home to lots of foodie finds from the Midlands.

## WHAT DO WE HAVE?

### POTATOES, CABBAGE, ONIONS & MUSHROOMS



### OTHER VEG



Potatoes - Baking	<b>£1.70/kg</b>
Potatoes - Jazzy/New	<b>£2.20/kg</b>
Potatoes - Marfona	<b>£1.00/kg</b>
Potatoes - Red	<b>£0.80/kg</b>
Potatoes - Sweet	<b>£3.00/kg</b>
Potatoes - Wilja	<b>£1.00/kg</b>
Cabbage - Savoy	<b>£1.75 each</b>
Cabbage - Hispi	<b>£2.50/kg</b>
Cabbage - Primo	<b>£1.50 each</b>
Cabbage - Red/White	<b>£1.30/kg</b>
Shallots - Banana	<b>£0.40/100g</b>
Shallots - Round	<b>£0.30/100g</b>
Onions - Brown	<b>£1.50/kg</b>
Onions - Red	<b>£1.50/kg</b>
Mushrooms - Chestnut	<b>£0.65/100g</b>
Mushrooms - Closed Cup	<b>£0.50/100g</b>
Mushrooms - Flat	<b>£0.70/100g</b>
Mushrooms - Portobello	<b>£0.80/100g</b>

Asparagus	<b>£3.50 bunch</b>
Aubergine	<b>£4.50/kg</b>
Beans (fine)	<b>£1.85 pack</b>
Beans (runner)	<b>80p/100g</b>
Beetroot	<b>£3.00/kg</b>
Broccoli	<b>£5.00/kg</b>
Brussel Sprouts	<b>£3.00/kg</b>
Butternut Squash	<b>£2.50/kg</b>
Carrots - Topped Bunch	<b>£1.60 each</b>
Carrots - Loose	<b>£1.20/kg</b>
Cauliflower	<b>£2.00/kg</b>
Celeriac	<b>£3.00/kg</b>
Courgettes	<b>£5.00/kg</b>
Fennel	<b>£5.00/kg</b>
Leeks	<b>£4.00/kg</b>
Parsnips	<b>£3.00/kg</b>
Purple Sprouting Broccoli	<b>60p/100g</b>
Swede	<b>£1.50/kg</b>

## SALADS



Avocado	<b>£1.50</b> each
Celery	<b>£1.50</b> each
Chillis	<b>£1.10</b> /100g
Cucumber	<b>£1.50</b> each
Mini Cucumbers	<b>£1.00</b> each
Kale*	<b>£0.60</b> /100g
Lettuce - Cos/Romaine	<b>£1.50</b> each
Lettuce - Iceberg	<b>£1.50</b> each
Lettuce - Flat/Butterhead	<b>£1.00</b> each
Lettuce - Little Gem	<b>£0.75</b> each
Mixed Leaf Salad (100g)	<b>£2.00</b> (100g)
Pak Choi	<b>£0.50</b> each
Peppers	<b>£1.00</b> each
Radish (per bunch)	<b>£1.00</b> bunch
Rocket (500g)	<b>£5.00</b> (500g)
Spinach (200g)	<b>£1.50</b> (200g)
Spring Onions*	<b>£1.00</b> bunch
Tomatoes - Cherry Vine	<b>£0.75</b> /100g
Tomatoes - Salad	<b>£0.30</b> /100g
Tomato - Vine	<b>£0.50</b> /100g
Watercress	<b>£2.50</b> (100g)

## FRUIT



Apples (Bramley Cooking)	<b>£2.50</b> /kg
Apples	<b>£2.50</b> /kg
Bananas	<b>£2.00</b> /kg
Blueberries	<b>£3.00</b> pack
Figs	<b>£0.50</b> each
Grapefruit (Pink)	<b>£0.80</b> each
Grapefruit (Red)	<b>£0.90</b> each
Grapes	<b>£0.60</b> /100g
Kiwis	<b>£0.40</b> each
Lemons	<b>£0.40</b> each
Limes	<b>£0.30</b> each
Mango	<b>£1.75</b> each
Melons	<b>£2.50</b> each
Oranges	<b>£0.50</b> each
Passion fruit	<b>£0.50</b> each
Peaches	<b>£0.50</b> each
Pears	<b>£2.50</b> /kg
Pineapples	<b>£2.00</b> each
Plums	<b>£0.50</b> each
Pomegranate	<b>£1.25</b> each
Raspberries	<b>£3.00</b> pack
Satsumas	<b>£0.40</b> each
Strawberries	<b>£3.50</b> pack

## OTHER



Derbyshire Apple Juice	<b>£4.00</b> each
Duffield Honey	<b>£6.00</b> each
Fresh Herbs	<b>£2.50</b> (100g)
Garlic	<b>£0.65</b> each
Ginger	<b>£0.45</b> /100g
Large Free Range Eggs	<b>£0.40</b> each
Two Farmers	<b>£1.00</b> (40g)
Two Farmers	<b>£3.00</b> (150g)
Clearspring Rapeseed oil	<b>£4.99</b> each
Clearspring Sesame oil	<b>£7.99</b> each
Clearspring Sunflower oil	<b>£5.99</b> each
Clearspring Virgin Olive oil	<b>£9.49</b> each
Clearspring Virgin Coconut oil	<b>£4.49</b> each
Biona Coconut Milk	<b>£2.29</b> each
Al'fez Harissa Pasta	<b>£3.75</b> each
Al'fez Natural Tahini	<b>£2.99</b> each
Organic Bay Leaves	<b>£1.99</b> pack
Organic Passata	<b>£1.99</b> each
Olives	<b>£4.00</b> pack
Doves Farm Plain flour	<b>£2.09</b> (1kg)
Doves Farm Self Raising flour	<b>£2.09</b> (1kg)
Doves Farm Strong White flour	<b>£2.59</b> (1.5kg)