



The  
North Mayo  
Heritage  
Centre

## ORGANIC GARDEN

Produce List W/B 11<sup>th</sup> September 2023

### Vegetable Box

Vegetable boxes contain a mix of seasonally available produce and cost from €25.00.

If you wish to order a vegetable box please email [nmhreception2018@gmail.com](mailto:nmhreception2018@gmail.com)

Orders must be received by 12 pm on Wednesday for collection Thursday.

Please note that we still have some plants available for sale.

### Vegetables

Mixed Bag of Lettuce  
Chard  
Spring Onions  
Courgettes  
Courgette Flowers  
Garlic  
Beetroot  
Onions  
Cucumbers  
Padron Chillies  
French Beans  
Kale  
Peppers  
Tomatoes

Potatoes - €2.50 per kilo  
€7.50 per 3 kilos

### Herbs

Parsley  
Thyme  
Lemon balm  
Rosemary  
Coriander  
Sage  
Basil

### Fruit

Apples (cooking and eating)  
€2.50 per kilo

*Please note that some items are limited*

**Stall open every Tuesday - Thursday in the  
Organic Garden, 12:00pm – 3.30 pm**

#### 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