



OCT 2009  
Week 5  
Box Contents

The contents of your box this week will be made up of the following:

<b>Name</b>	<b>Method</b>	<b>Source</b>
Potatoes		Tenterden
Cabbage	No Spray	Ash
Parsnips	No Spray	Ash
Swede	Organic	Wye
Squash	No Spray	Ash
Mixed Salad (Lrg Only)	Organic	Wye
Apples		Maidstone