

The Apricot Centre Local Food Round FAQ

Q. What is the local food round?

- The local food round brings together high quality nutritious vegetables, fruit and other produce, grown as much as possible from local small scale producers, and delivers to your door or to local food hubs near you.

Q. How do I order?

- To order a box, email bob.mehew@apricotcentre.co.uk or call / text 07507841158 for enquiries.

Q. How much does it cost?

- These are the prices of the veg bags
 - Small: £9.50 1-2 people
 - Standard: £12.00 2-3 people
 - Medium: £15.00 3-5 people
 - Large: £17.50 Those who really like a lot of veg!

Q. What fruit and veg are in the bags?

- We try to be seasonal and local as far as possible, and mix things up so you don't get the same veg every week. Recent 'autumn' bags had the following:
 - Potatoes, carrots, onions, salad bag (most weeks),
 - Plus: crown prince squash, leeks, curly kale, swede
 - Previous week plus: beetroot, chard, savoy cabbage, purple carrots
- Larger bag customers get the same veg, and have more of each veg
- In the fruit box recently we have had apples, pears, bananas, oranges, grapes. Next summer there will be soft fruit from Huxhams Cross Farm, and we are planting apples, plums, damsons etc so that the autumn bags become more local

Q. How do I pay?

- We would prefer you to either settle your account monthly by bank transfer (we will invoice you a statement), or set up a regular standing order for the relevant amount. If you need to pay cash or cheque, please pay the driver on delivery.

Q. Can I change the bag size?

- Yes you can move between sizes as your needs or diet changes. Let us know by Thursday for the following weeks delivery

Q. Can I change the bag contents?

- We will accept substitutions of items if there is veg you really don't like or can't eat them. Sometimes this will mean doubling up of other items.

Q. Can I have a bag bi-weekly?

→ Yes absolutely, just tell us when ordering

Q. Can I cancel my bag for holidays?

→ Yes, we do need to know by the previous Thursday, as we order on Friday and we cannot afford to waste produce that will not keep.

Q. Can I get Pure Dartmoor Water?

→ Yes, see [Pure Dartmoor Website](#) for more information and to ask questions about their water. We are a distributor and can deliver with your veg bags, or separately on Thursdays.

Q. When and where do you deliver?

→ We deliver all food on Wednesdays to Totnes, South Brent, Buckfastleigh, Ashburton and villages in and around. Please get in touch if you are further afield and we will try to get veg to you.

Have a question? Email us and we'll add it to the list

Supplying our Fruit, Veg and Eggs



East Moore Orchard (Noni Mackenzie): a 10 acre farm, 3 miles from Totnes, near Harberton and has been certified organic by the Soil Association since 2004. Michael and Noni came to this holding in 2007 and have been growing fruit and vegetables, herbs, flowers, eggs and willow for sale. They are members of the South Devon Biodynamic Association and use Biodynamic methods.

Hazelrowen Wood: a low impact smallholding on the edge of Dartmoor supplying most of the salad for the bags. 1/4 acre of No Dig beds in a steep valley are topped annually with 2 inches of well rotted manure. The undug soil holds moisture when dry, drains well when wet, grows very few weeds and most importantly, grows wonderfully vibrant, strong and delicious vegetables. "One of the most beautiful gardens I have ever seen, a visual feast!" – Charles Dowding



Huxhams Cross farm: 34 acres based in Dartington, we will start producing vegetables and fruit in 2017 and already produce eggs. The farm is in conversion to Biodynamic status, and is part of the Dartington Hall Learning campus.



Squash co-operative: supplying the squash, they grow food co-operatively and communally. They have chosen to grow squashes and pumpkins as they provide a good winter food, and are easy to grow with very low maintenance and watering. The Squash Co-operative gives people the opportunity to meet, socialise and experience the joy of eating vegetables that they have grown themselves. The surplus goes into the Vegetable round so we too can experience the joy.

Martin Crawford's Agroforestry project: Huxhams Cross farm is next door to Martin Crawford's Nut and Apple and Pear orchards, he has allowed us to harvest some fruit from there to go into the box scheme whilst we wait patiently for our orchard to come into cropping.

Plus... (information to follow)

Sunny

Rachel Sykes;

