

FRUITFUL NEWS from FRUIT & VEGIES ON THE MOVE January 2010

Hi

Hope you had a lovely Christmas and New Year and are looking forward to a fabulous 2010. We had a great time camping on Fraser Island, it really is spectacular but I can't tell you how good it was to see a flushing toilet and a shower again! We have never seen so many huge March flies either, hundreds of them. Time to get organised now and back to our routines!

Also hope you didn't hate fruit & vegie shopping too much while we were away, it is now one less thing you need to do. We are always surprised at the cost and quality over our breaks, glad we usually have enough to get through.

What's in the Box?

Between the heat wave down south and the soaking rain up here, most produce is in short supply and will probably get worse over the next few weeks. They can't get machinery in to pick produce when the fields are all soaking. Pumpkins have been causing us some problems being a bit moist.

We do have some lovely summer fruits though; nectarines, plums and mangoes are peaking right now and are delicious. We also have some celery and juicy sweet corn too.



Housekeeping.

Our boxes are recycled so it is important that you remember to leave yours out each delivery, otherwise you end up with a room full of them and we have none. Damaged or lost boxes can be purchased for \$5.00 each.

We rely on payment on delivery to keep our prices low and our quality high so if you do forget to leave out your payment, please ring us ASAP to organise an alternative. We accept credit card and direct deposit to our account.

Most of our produce is purchased just a little under ripe so it travels without getting damaged so just leave it on the bench in the light for a couple of days or if you are in a hurry make sure they are with the bananas which will speed up the ripening process.



Your box is packed especially for you and this takes us time to do, we need to be given two days notice for any changes or cancellations. You can ring any time and leave a message or email us. We cannot cancel your box once it is packed and ready for delivery.



What else can we Deliver to Make Your Life Easier?

Farm Fresh Eggs:

Large	\$3.90
Extra Large	\$4.30
Free Range	\$5.00

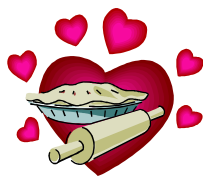
Beautiful freshly roasted coffee from Coffee Marrakech

250gm	\$9.00 (comparable coffee are \$11.00)
500gm	\$17.00
1kg	\$28.00 (what a bargain)

Boutique quality, gourmet coffee at a wholesale price.



Remember if you are in the Uki area to pop in and see Louise at the bakery and have a Uki Pie. (in the old butter factory) I had lamb and rosemary, it was really good. Uki is about 15 km west of Murwillumbah.



Green Vegie Bags

Hope you are making good use of your vegie bags which really do help keep your produce fresher for longer. I have a few packets left over, each containing 20 bags. The RRP is \$9.95 but our special price to you is only \$5.00. Be quick, I only have a few. You can also use them for fresh flowers and herbs.

What's Next?

We should have our fabulous vegetable peelers available at the end of the month; they don't have any in stock at the moment. I have been using mine for the past couple of months and just love it. It makes peeling much quicker and easier plus it's comfortable in your hand.

How to Save even More on Your Fruit & Vegies

Tell your friends and neighbours about us. For every referral we receive from you, you will receive a half price box. 2 referrals = a FREE box! Easy money

Thought for the month:

"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much." Jim Rohn 1930-2009, Author and Speaker



If you're not happy—tell us

If you are happy—tell everyone!

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