

Fresh N Fruity Organic Veg & Fruit Boxes

delivered directly to your door!

Why choose organic produce?

Quite simply, it tastes better! Despite reports in the press recently that organic produce is no better for you than mass produced, forced vegetables, all you need to do is compare the taste of an organic carrot and a non-organic carrot and the results speak for themselves.

So, why local?

By buying from local farmers we are not only addressing the environmental issues of food miles and wastage but Fresh n Fruity assures that the produce is at optimum freshness as it has not been sitting in a cooled warehouse for up to weeks on end.



Why Fresh n Fruity?

Dawn and Jane first met at Bronte School when they lived in Oakworth and now, 35 years down the road they both live in Silsden and are not only business partners but also the best of friends. Fresh n Fruity was formed two years ago when Jane and Dawn discovered that they both enjoyed organic veg boxes that were bought from a national company; but they wanted local,



The Fresh n Fruity ladies, Dawn & Jane, proudly display their produce.

Fresh n Fruity
Dawn 01535 654351
 07932 300322
Jane 01535 657374
 07905 321567

seasonal produce as well as organic; so they contacted a local organic farmer and switched to his boxes which are filled predominately with his own crops from his farm near Boston Spa. "Johnny, the farmer, has a cropping plan with over 50 different varieties of vegetables coming to fruition throughout the seasons," Dawn explained,

"With autumn and winter around the corner, this is the perfect time to try a box, as our British veg is at its very best this time of year."

Because they are selling something that they buy for themselves, Dawn and Jane remain enthusiastic about their produce and the service they provide; they find that both busy people and pensioners alike appreciate and enjoy the fact that their boxes will arrive on their doorsteps on the same day each week accompanied by a familiar and friendly face.

All in all it is a satisfying way to support British farming whilst buying wholesome produce and supporting two enthusiastic ladies who are providing a super community service. Give them a ring and tell them you read about them in the new community magazine!

Say you saw it in the Aire Valley Mag!



Firth's
 OF HAWORTH
 Fine Ladieswear Specialist

Autumn Winter stock arriving daily with an extensive range of

sandwich this year plus...
 Tivoli, Pomodoro, Oscar B,
 Lisa Campione, Emreco, and more!

FIRTH'S AUTUMN FASHION SHOW Carousel

Sept 29th 2pm & 7pm Tickets £10@Firth's
 To benefit Manorlands & Marie Curie

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FAIRTRADE PARTY



- ◆ Get together for a great night in
- ◆ We bring our beautiful collection of Fairtrade products to your home
- ◆ Jewellery, bags, scarves and fabulous gift items
- ◆ Relax and shop at home with friends

FAIRTRADE FOR A FAIRER WORLD
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 Dawn
 01535 654351/07932 300322
 Jane
 01535 657374/07905 321567
FRESH N FRUITY FAIRTRADE

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 Rural Business Networking

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 at
Worth Valley
 Railway

Oxenhope Station
 Thursday 17th September
 5.30pm - 7pm

Parky Style Q&A session!
 Networking for Success & Winning Ways
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 Includes evening supper
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