



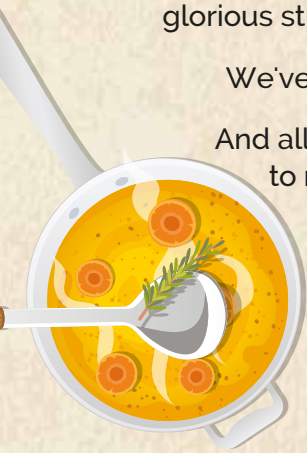
Our Family Kitchen

LocalFarmBox is a family business - and what a big, extended, multi-generational family we are! We love cooking and eating together using our own produce, so each month we are going to share with you what we are rustling up in Our Family Kitchen. There will be seasonal recipes, from quick and easy meals for families on the go to more elaborate weekend feasts.

We like to eat healthily but we love a few indulgent treats as well, from zingy breakfast smoothies to spicy vegetarian chilli to a glorious strawberry Eton Mess with Devon clotted cream.

We've got it all covered so you can indulge too.

And all at the click of a button or two, via our easy to navigate website, for next day delivery!



localfarmbox.co.uk



ISOLATION BOXES

We have devised these fabulous boxes to keep you healthy and nourished with enough fresh produce to last one person for a week, priced at £20. We will be bringing you recipe suggestions and cooking tips across all our social media platforms. The boxes are available through our website for non-contact delivery to your doorstep. We will also be doing pop-ups for as long as is practical. Please register with us via our website to ensure a smooth service.

Subject to availability the box will include:

2 jacket potatoes – 2 sweet potatoes – 1 bag spinach –
3 onions – 6 eggs – 6 carrots – 1 sweet pepper –
500g large tomatoes – punnet cherry tomatoes –
1 butternut squash – 1 head of broccoli – 1 cauliflower –
3 leeks – 1 garlic bulb – 3 courgettes – 1 cucumber –
1 punnet strawberries – 3 oranges – 3 apples – 3 bananas

MENU SUGGESTIONS:

BREAKFAST: Overnight oats with apple –
banana pancakes – strawberry smoothie

LUNCH: Leek soup – eggs Florentine – Spanish omelette

DINNER: Cauliflower cheese – pasta with fresh tomato
sauce – loaded sweet potatoes in their jackets

Please stay safe and well, with all our best wishes x



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