



organicfruitsandveggies.com
905-213-1884

Organic Fruits and Veggies Price Comparison

Food	Competitors' Price	Our Price
Avocado	\$2.15	\$1.75
Beets	\$3.25	\$2.85
Broccoli	\$7.15	\$6.75
Red cabbage	\$5.40	\$5.00
Carrots	\$3.06	\$2.66
Cauliflower	\$7.85	\$7.45
Celery root	\$5.60	\$5.20
English Cucumber	\$5.85	\$5.45
Fennel	\$5.05	\$4.65
Ginger	\$3.60	\$3.20
Parsley	\$1.95	\$1.55
Thyme	\$3.95	\$3.55
Boston Living Lettuce	\$3.35	\$2.95
Living Lettuce Mix	\$3.76	\$3.36
Portobello Mushroom	\$5.85	\$5.45
White Mushroom	\$3.10	\$2.70
Parsnip	\$5.20	\$4.80
Red Potatoes	\$2.85	\$2.45
Rutabaga	\$4.50	\$4.10
Kale	\$3.50	\$3.10
Sprouts Flavour Mix	\$5.95	\$5.55
Sprouts Sunflower	\$5.95	\$5.55
Vine Tomato	\$2.45	\$2.05
Wheat Grass	\$7.40	\$7.00

Broccollette	\$5.25	\$4.85
Green Cabbage	\$6.30	\$5.90
Celery	\$3.40	\$3.00
Rainbow Chard	\$3.15	\$2.75
Parsley	\$1.95	\$1.55
Leeks	\$6.65	\$6.25
Lettuce living	\$3.80	\$3.40
Brown Mushroom	\$3.60	\$3.20
Yellow Pepper	\$4.85	\$4.45
Potatoes	\$4.75	\$4.35
Sprouts Pea shoots	\$5.95	\$5.55
Grape Tomatoes	\$5.20	\$4.80
Green Zucchini	\$4.85	\$4.45
Red apples	\$1.19	\$0.79
Granny Smith	\$2.10	\$1.70
Apples 3lb	\$7.80	\$7.40
Blueberries	\$5.15	\$4.75
Grapefruit	\$1.45	\$1.05
Kumquat	\$5.57	\$5.17
Kiwi	\$3.15	\$2.75
Lime	\$1.58	\$1.18
Lemon	\$1.91	\$1.51
Cara Cara Orange	\$3.02	\$2.62
Navel Orange	\$1.60	\$1.20
Valencia Orange	\$0.90	\$0.50
Bartlett Pears	\$1.12	\$0.72
Pear D'Anjou	\$1.75	\$1.35
Red Bartlett Pears	\$2.20	\$1.80