

**SPRING ONIONS**

Keep refrigerated. Wash before use. See reverse for nutrition. For more information on Nurture please visit [www.tesco.com/nurture](http://www.tesco.com/nurture) Packed for Tesco Stores Ltd., Cheshunt EN8 9SL, U.K. © Tesco 2013.

**TESCO eat fresh**

**NURTURE**

PLU 39659

**SAFeway**

CLASS I **BUNCHED CARROTS**


To retain freshness, store in a refrigerator. Packed for Safeway, 6 Millington Road, Hayes, Middlesex UB3 4AY © Safeway 1995, 1997

**POIREAUX BOTTE**

**FILIERE QUALITE CARREFOUR**




Flat Leaf Parsley




5 050854 513992 >

Waitrose Organic

**leeks**

organically grown 



**SAINSBURY'S**


**Bunched Radish**

HEALTHY BALANCE

KEEP REFRIGERATED AFTER PURCHASE

EAT WITHIN 2 DAYS

Coriander



5 050854 514876 >


**TESCO Organic**

**Spring onions**

1 of 5 a day (Half the pack)

Typical composition: 100g provides: Energy 104kJ/25kcal (1% GDA); Protein 2.0g; Carbohydrate 3.0g (of which sugars 2.8g (5% GDA)); Fat 0.5g (1% GDA); (of which saturates 0.1g (1% GDA)); Fibre 1.5g; Sodium trace (1% GDA); Vitamin 26µg (43% RDA). RDA = Recommended Daily Allowance. For guideline daily amounts please visit [www.tesco.com](http://www.tesco.com)

• HIGH IN VITAMIN C



**SOMERFIELD**

**SPRING ONIONS**

KEEP REFRIGERATED AFTER PURCHASE




**TESCO Organic**

**Dwarf Leeks**

1 of 5 a day (on 100g serving)

Typical composition: 100g provides: Energy 95kJ/23kcal (1% GDA); Protein 1.6g; Carbohydrate 2.9g (of which sugars 2.2g (4% GDA)); Fat 0.5g (1% GDA); (of which saturates 0.1g (1% GDA)); Fibre 2.2g; Sodium trace (1% GDA). RDA = Recommended Daily Allowance. For guideline daily amounts please visit [www.tesco.com](http://www.tesco.com)



**WAITROSE**

**SMOKED GARLIC**

Waitrose Limited Bracknell Berkshire



Mint



5 050854 514852 >

**Poireaux d'Aquitaine**

**TESCO** CLASS I

**British asparagus**

1 of 5 a day = 100g serving

Nutrition: Per 100g (typical composition): Energy 106kJ/25kcal; Protein 2.9g; Carbohydrate 2.0g (of which sugars 1.9g); Fat 0.6g (of which saturates 0.1g); Fibre 1.7g; Sodium trace; Salt equivalent trace. For guideline daily amounts please visit [www.tesco.com](http://www.tesco.com)



**SOMERFIELD**

**SPRING ONIONS**


KEEP REFRIGERATED AFTER PURCHASE



*jeunes échalotes*

*jonge sjalotten*

Methi



5 050854 514869 >

**TESCO Organic**

**bunched beetroot**

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**La Suzfeuse**

OP MAISADOUR à HERM Tél. : 05 58 91 91 55



**CHEVALIER**

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terre et savoir et de la nature

par respect du goût

