



Our Harvest Tote order form

Orders for the Week Ending 24th Oct

This order form includes our weekly basics and Grass fed & Raw dairy from Mysthill farm in George.

*New to the Group?

Welcome! If you're new to our community, feel free to message me with any questions. You can also check the WhatsApp group description for more information.

Delivery & Collection Options

Please indicate your preferred option below.

Collection: Available from Ultgezocht Estate after midday on each delivery days (mon/wed & fri)

Home Delivery: Available at an additional charge—please specify in the order form if required. We are currently delivering in Paarl/ Wellington/ Val de vie & Pearl Valley.

In an effort to reuse and recycle - your order will be delivered in supermarket paper bags / cardboard boxes

Weekly Delivery Schedule

To ensure freshness and nutrient quality, all produce is harvested either the day before or the day of delivery. Multiple delivery days are scheduled due to supplier routes, storage limitations, and product freshness.

TAKE NOTE OF THE DELIVERY DATES IN THE DESCRIPTION OF EACH SECTION BELOW.

- Monday: Bakery items, broths, eggs, So natural nut and date products
- Every second week: frozen meals
- Wednesday: Fresh vegetables and fruit
 - Every second week: Gluten-free bakes and pasture-raised frozen chicken
- Every second Friday: Raw dairy from Mysthill

Important Notes

- Orders are confirmed on Fridays based on this form and/or WhatsApp group polls.
- Once confirmed, you are committed to the order.
- A standard delivery/collection fee of R15 applies, split among all who order that week.
- Additional door-to-door deliveries are charged separately, depending on your request.

Invoices & Payment

Invoices and payment links will be sent out via WhatsApp between Friday and Sunday

gm.tarb@gmail.com Switch accounts

* Indicates required question

Email *

Your email address

Name & Surname *

Your answer

Contact number - If this is your first time ordering

Your answer

Delivery address - If this is your first time ordering for delivery

Your answer

Pantry & Bakery - Del MONDAY 20th Oct

	x 1	x 2	x 3
Eggs - Pasture raised x12 - R65	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs - Pasture raised x 30 - R150	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sourdough loaf - Vadas - R65	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Farmers loaf (mix of seeds/ honey/ rye sprouted berries/spice mix) - Vadas - R70	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plaasbrood loaf (stoneground flour/milk/salt/sugar/ yeast/ olive oil)- R45	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza bases x 2 - Vadas 48hr ferment sourdough (no cheese) - R130	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gluten Free vadas pizza bases x 2 (chickpea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

flour/ yeast/sugar/olive
oil/ xanthem gum)
R130

Broths & Brothcicles - Del MONDAY 20th Oct

	x 1	x 2	x 3
Beef broth - grass-fed & finished, made by Broth co 800ml - R110	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef broth cubes - grass-fed & finished 600ml - R110	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken broth - pasture reared, made by Broth co 800ml - R110	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken broth cubes - pasture reared 600ml - R110	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mixed fruit brothcicles pack of 5 - R98	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mango brothcicles pack of 5 - R98	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strawberry brothcicles pack of 5 - R98	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Banana and blueberry brothcicles pack of 5 - R98	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apple cinnamon brothcicles pack of 5 - R98	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SO Natural nourished by nature - Del Mon 20th Sep

Raw nuts & fruit (locally grown export quality - pesticide tracing by Global Good agricultural practice)

	x 1	x 2	x 3
Pomegranate juice frozen (no added sugar/no preservatives) 500ml - R70	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pomegranate juice frozen (no added sugar/no preservatives) 1L - R120	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Medjool dates 250g - R50	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Medjool dates 500g - R70	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dark choc dates (nut butter filled & dipped in dark choc) 3 pack - R60	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dark choc dates - gift box of 6 - R120	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White choc dates - cashew coconut charms 3pack - R60	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White choc dates - cashew coconut charms gift pack 6 - R120	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Choc dates - assorted gift box 6 - R120	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almonds raw 500g - R150	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Macadamia halves raw 500g - R190	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pecan large pieces raw 500g - R180	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cashews raw 500g - R170	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walnuts large pieces raw 500g - R170	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mixed nuts 500g - R190	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raisins (sun-dried/ seed oil free/sulphur free) 500g - R80	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nut butter - Crunchy mix roasted 350g - R120	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nut butter - roasted almond 350g - R95	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nut butter -			

macadamia raw 350g - R95	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nut butter - Pecan & date 350g - R110	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nut butter cashew roasted 350g - R95	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vanilla man - vanilla powder R60	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vanilla man 125ml extract - R135	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vanilla man 1L extract - R880	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raw honey - fynbos 500g - R110	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raw honey - fynbos 1,3kg - R230	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Macadamia oil 750ml - R150	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Macadamia oil 4L - R420	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Organic/ Biodynamic veg - Del for WED 22nd Oct

- freshly harvested & seasonal
- fertilised with natural manure & compost
- Eikelaan farm & Quick Crop Veg

	x 1	x 2	x 3
Snacking Cucumber 500g - R60	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asparagus green bunch - R65	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pak choi - R38	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Baby spinach pack 120g - R37	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Baby marrow 500g - R55	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beetroot bunch - R30	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green beans 500g - R40	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diced green beans 350g - R35	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fennel Bulb - R10 each	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onions 1kg - R35	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ginger 200g - R60	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soup/ roast mix of farm veg 400g - R37	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soup/ roast mix of farm veg 800g - R52	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
QC Leeks - R32	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
QC spring onion - R25	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
QC Italian parsley 50g - R20	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mint bunch - R25	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rosemary 40g - R25	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mixed herb bunch 40g - R25	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jerusalem artichokes 500g - R30	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Herb salad - rocket/ mizuna/ mustard - R32	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lettuce - baby leaf 115g pack - R32	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lettuce cos head - R27	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lettuce butter head - R25	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
QC table celery bunch - R35	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pre cut celery sticks 130g - R35	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green peppers 500g - R30	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet potato 1kg - R42	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White cabbage - R35	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Red cabbage - R35	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Waterblommetjie fresh 500g - R60	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turnip bunch - R32	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Radish - R34	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Organic & Non organic fruit - Export quality - Del Wed 22nd Oct
- Farmers comply with max residue limits for pesticides used in the control of pests and diseases not only to safeguard consumer health but also to minimise the presence of these residues in the environment.

	x 1	x 2	x 3
Organic lemons 1kg - R35	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frozen dragon fruit 500g - R70	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frozen blueberries 500g - R70	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frozen blueberries 1kg - R120	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organic Grapefruit 1kg - R40	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organic Limes 500g - R60	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apples Granny Smith - non organic export quality - R38	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apples Fuji - non organic export - R38p/kg	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pears - non organic export - R42 p/kg	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried Parisian figs 200g - R75	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Local farm produce

	x 1	x 2	x 3
Organic olive tepenade 125g tub - R58	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Free range beef biltong piece +/- 100g - R70	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cold smoked trout ribbons 80g - R75	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Tabu - Organic plant based foods Macrobiotic / naturally fermented/Non GMO/ preservative free

	x 1	x 2	x 3
Tempeh single pack 220g - R40	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Black bean tempeh single pack 220g - R40	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu 350g - R60	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu smoked 350g - R60	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Silken tofu 350g - R40	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seitan 280g - R60	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Miso organic Hatcho 300g - R197	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tamari organic soy sauce (wheat free) 250ml - R121	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nama soya - unpasteurised soy sauce organic 250ml - R120	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tamari Teriyaki (gluten free) 125ml - R71	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worcestersauce (only vegan & preservative free in SA) 250ml - R130	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutritional yeast 150g - R47	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ramen noodles with shoya flavoured soup sachet (their version of 2 min noodles) - R55	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ramen noodles with miso flavour soup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

sachet - R55						
Black beans dry non-gmo 500g - R47	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Chickpeas dry non-gmo 500g - R36	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			

Mysthill raw dairy & grass-fed Beef - FRI 24th Oct

	x 1	x 2	x 3	x 4	x 5	x 6
Jersey full cream yogurt 1L - R78	<input type="radio"/>					
Yogurt - Lemon curd 1L - R88	<input type="radio"/>					
Yogurt - Strawberry 1L - R82	<input type="radio"/>					
Yoghurt - Blueberry 1L - R82	<input type="radio"/>					
Kefir 1L - R68	<input type="radio"/>					
Buttermilk 1L - R58	<input type="radio"/>					
Raw milk 750ml glass - R42	<input type="radio"/>					
Raw milk 1L plastic - R37	<input type="radio"/>					
Raw milk 2L plastic - R54	<input type="radio"/>					
Raw milk 2L glass - R73 (R20 returnable deposit on bottle)	<input type="radio"/>					
Ghee 250ml - R84	<input type="radio"/>					
Ghee 1L - R310	<input type="radio"/>					
Feta 250ml - R62	<input type="radio"/>					
Cream cheese 250ml - R45	<input type="radio"/>					
Haloumi 300g - R67	<input type="radio"/>					
Paneer 200g - R48	<input type="radio"/>					
Mozzarella block 300g - R55	<input type="radio"/>					
Grated mozzarella 500g - R90	<input type="radio"/>					
Young cheddar block 300g - R72	<input type="radio"/>					
Grated cheddar 500g - R90	<input type="radio"/>					
Boerenkaas 250g - R105	<input type="radio"/>					
Gouda wedge 300g - R70	<input type="radio"/>					
Gouda baby round 500g - R110	<input type="radio"/>					
Mature cheddar 300g - R90	<input type="radio"/>					
Beef Sirloin steak 500-600g (2 pack) - R170	<input type="radio"/>					
Beef Ribeye steak 200-250g - R110	<input type="radio"/>					
Beef rump steak 400-450g - R120	<input type="radio"/>					
Beef sausage 500g - R95	<input type="radio"/>					
Beef biltong sliced 100g - R49	<input type="radio"/>					
Beef steak mince 500g - R95	<input type="radio"/>					
Beef Burger patties 4 x						

150g each (no filler) - R95	<input type="radio"/>					
Jersey cream 250ml - R75	<input type="radio"/>					
Jersey Cream 1L - R122	<input type="radio"/>					

Montagu cheese - Organic & Regenerative fruit & Dairy
Handmade/ Preservative free/ Family owned micro dairy
Grass-fed & free roaming - 24th Oct

	x 1	x 2	x 3
Traditional feta 200g - R58	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Haloumi wedge 200g - R70	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wynland mature cheddar 7-9 months 200g - R78	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wynland mature cheddar 3-5 months 200g - R78	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plaaskaas 200g - R64	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spotted black pepper boerenkaas 200g - R75	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Boerenkaas wedge 200g - R70	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cumin seed boerenkaas 200g - R75	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cream 500ml- R65	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cream 1L - R98	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Buttermilk 1L - R45	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Double Thick yogurt 750ml - R110	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Farm yogurt 750ml - R80	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raw farm milk 2L - R58	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raw farm milk 1L - R39	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whey 1L - R35	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raw butter 500g salted - R110	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raw butter 500g unsalted - R110	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Collection/ Delivery

Products arrive in Paarl on the following days and delivery is divided by the days- at our discretion to guarantee freshness. I will try combine deliveries to reduce costs.

Mondays: Bakery/ Broths/ Eggs/ frozen meals/nuts

Wednesdays: Veg / Gluten free bakes/ Fruit

Fridays: Dairy

Collection Uitgezoch estate - Mon & Wed & Fri Wed & Fri after 1pm	Delivery Paarl (Mon & Wed & Fri) R35 per delivery	Delivery Val De Vie (Mon & Wed & Fri) R35 per delivery	Delivery Wellington (Mon & Wed & Fri) R50 per delivery	Delivery Pearl Valley (Mon & Wed & Fri) R50 per delivery
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Please indicate whether you'd like Collection at Uitgezoch & Green School or delivery for the week

To save on delivery costs and collection admin - if your orders are small and don't include items such as fresh bread I can group them up.

Note: my fridge space is limited and I cannot take responsibility for any loss in quality or freshness beyond my control.

- Group my Monday & Wednesday items for delivery on Wednesday
- Group my Wednesday & Friday items for delivery on Friday

Notes:

If there any changes/ FYI's or additions to your order - please share here

Your answer

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