

Dear Growers

Spicy Mama's is a small vegetarian catering business operating from Bermagui. Most Fridays throughout the year as well as Saturdays through the school holidays we are open from 5pm till 10pm from the River Rock Café just north of the bridge.

In order to make ends meet we also provide food at festivals and other local events.

We try to source as much as our food locally, but unfortunately much of the time we are left with little option but to buy from supermarkets or wholesale distributors. As the demand for organic and/or locally produced food increases we hope to be able to provide this instead.

In February and April next year(2009) we are catering for two retreats at 'The Gar' near Tilba; providing breakfast , lunch and dinner for 150+ participants for a week in February and 2 weeks in April.

If we could negotiate an agreeable price we could pay cash in advance for locally grown produce. We accept that for some produce we might have to pay a premium but hope that with this kind of offer and guaranteed sale the overall costs would not be more than 25% above supermarket .

Here is our shopping list. We would stress that we would like to be buying food in season and are open to alternatives. We would be happy to help harvest to reduce costs.

We are also members of LETS so could buy food for Sapphs, so we then could sell meals for sapphs.

### **Retreat 1 – February 9<sup>th</sup> – 15<sup>th</sup>**

Produce	Quantity	Price
Zuchinnis, mix of colours	12kg	
Tomatoes, Cherry,	5kg	
Beetroots	50	
Peppers	50	
Carrots	20kg	
Potatoes, mix of varieties	60kg	
Chinese Greens(pak choi, bok choi etc)	5kg	
Mixed salad	9kg	
Corn	200+	
Cabbage	5 red , 5 green	
Green Beans	20kg	

Lemons	5kg	
Celery	15 bunches	
Onions	10kg	
Fresh herbs, basil , coriander	10,15 bunches ea	
Fresh Fruit	20kg+	
Total		\$

**Retreat 2 – April 10<sup>th</sup> – 22<sup>th</sup>**

Zuchinnis, mix of colours	25kg	
Tomatoes, Cherry,	10kg	
Beetroots	100	
Peppers	100	
Carrots	50kg	
Potatoes, mix of varieties	120kg	
Chinese Greens	10kg	
Mixed salad	18kg	
Corn	400+	
Cabbage	10 red , 10 green	
Lemons	10kg	
Celery	30 bunches	
Green Beans	40kg	
Onions	20kg	
Fresh herbs, basil , coriander	20,30 bunches ea	
Fresh Fruit	20kg+	
Total		\$

If anyone is interested in helping grow and supply this food, please get in touch, with the quantity you would be able to provide and your price.

Yours hopefully

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