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Ready for fruit and veg boxes? 🍎

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Hello Roots & Hoots heroes,

Autumn is here and we're ready for it! 🍁

We're stocking up on [candles](#) for those cosy evenings in and getting excited about cooking hearty dishes like apple crumbles, curries and stews with ingredients from the [Roots & Hoots pantry](#) and our NEW [organic fruit and veg boxes](#) - yes they're here and we think, they're a bit of a game changer.

So, let's get started, we've got lots to share with you!

**GET £5 OFF WHEN YOU REFER A FRIEND**

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## ORGANIC FRUIT & VEG BOXES ARE HERE!

This is one launch that we have been SUPER excited for: organic fruit and veg boxes!

Completely plastic free, and available in three sizes, the boxes contain a delicious mix of produce fresh from the field. And because it is all seasonal, the boxes will vary each time you order as we will bring you what's best on the day. Maybe you'll get some sweet potatoes, perhaps it'll be pumpkin, maybe you'll find apples or rainbow carrots!

We hope they inspire you too, whether it's to eat more seasonally, buy other fresh produce that is completely plastic-free or to try out some new recipes - we're thinking cooking up lots of soups and warming stews for cold autumnal days.

 [Organic Fruit & Veg Box Small - £13.99](#)

 [Organic Fruit & Veg Box Medium £17.99](#)

 [Organic Fruit & Veg Box Large £20.99](#)



SHOP ALL NEW PRODUCTS HERE



## IT'S NATIONAL CURRY WEEK 🍛

We never need a reason to eat curry, but the fact that it's National Curry Week this week is a pretty good one! To celebrate one of the nation's favourite dishes we'll be cooking a curry with ingredients from Roots & Hoots! Just don't ask us what our favourite curry is, it's too hard to choose.

As well as being able to use the vegetables from our new organic fruit and veg boxes you'll also find, lots of spices, coconut milk, [tins of tomatoes](#) and plenty of [lentils](#) and rice to get you started.



The only question is, what sort of curry are you going to cook?

 [Whole Dried Red Chillies 100g £2.20](#)

 [Organic Kitchen Coconut Milk £1.49](#)

 [Organic White Basmati Rice 200g £1.00](#)

CHECK OUT ALL OUR HERBS & SPICES

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**THE BEST WAY TO START THE DAY** 

We love autumn and winter but the dark mornings? We're not such fans.

We get it, all you want to do is hit snooze and stay under your duvet, but what helps us

is knowing that once we're up we can tuck into a filling breakfast! At Roots & Hoots we have everything you need to set you up for the day including porridge oats, dried fruit, brown rice flakes, milk alternatives and fresh fruit from our new organic fruit and veg boxes.

Next step, shake up your shower with our invigorating Faith in Nature Tea Tree Body Wash and finally get your caffeine fix with Wolfox's fresh ground beans. Want your coffee to go? We have [thermal travel mugs!](#)

Snooze button, what snooze button?

 [Organic Porridge Oats 200g £0.48](#)

 [Faith in Nature Tea Tree Body Wash 300ml £2.55](#)

 [Wolfox Ethiopia Fresh Ground Coffee 100g £3.99](#)

## DISCOVER ALL OUR CEREALS & BREAKFASTS

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Oh and just to let you know, Roots & Hoots is unaffected by the recent fuel shortages because we deliver all your goods in our eco-friendly electric van - no fuel is needed, so it's business as usual! 🙌

DON'T FORGET, you can have £5 off when you refer a mate using our shiny new referral scheme too.

Team Roots & Hoots

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