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Weekly deliveries of farmfresh Veggies, Meats and other pre prepared meals directly from the local farms to you. With us you get it fresher and **SAVE** up to **30%** [Click here to view our entire range](#) of more than 600 products

WE NOW DO DELIVERIES ON TUESDAY & THURSDAYS

REDUCED HANDLING / DELIVERY FEES

No handling fee for orders over R1000

R25 (Orders R800 - R1000)

R35 (Orders R600 - R800)

R40 (Orders R400 - R600)

R50 (Orders R250 - R400)

1



Register online

2



Choose your products

3



We deliver to your door

IN A RUSH? [click here](#) & we'll repeat your previous order



Home deliveries straight from the farm



NOW EVEN EASIER!

To reorder your last order - simply sms your name, surname & the word "reorder" to 076 593 9636

standard sms rates apply

THIS WEEK'S BEST BUYS



***did you know:** Eggs are one of the only foods that contain naturally occurring vitamin D.

ORGANIC FREE RANGE EGGS (Kings in Wilderness)

half dozen @ R11.25

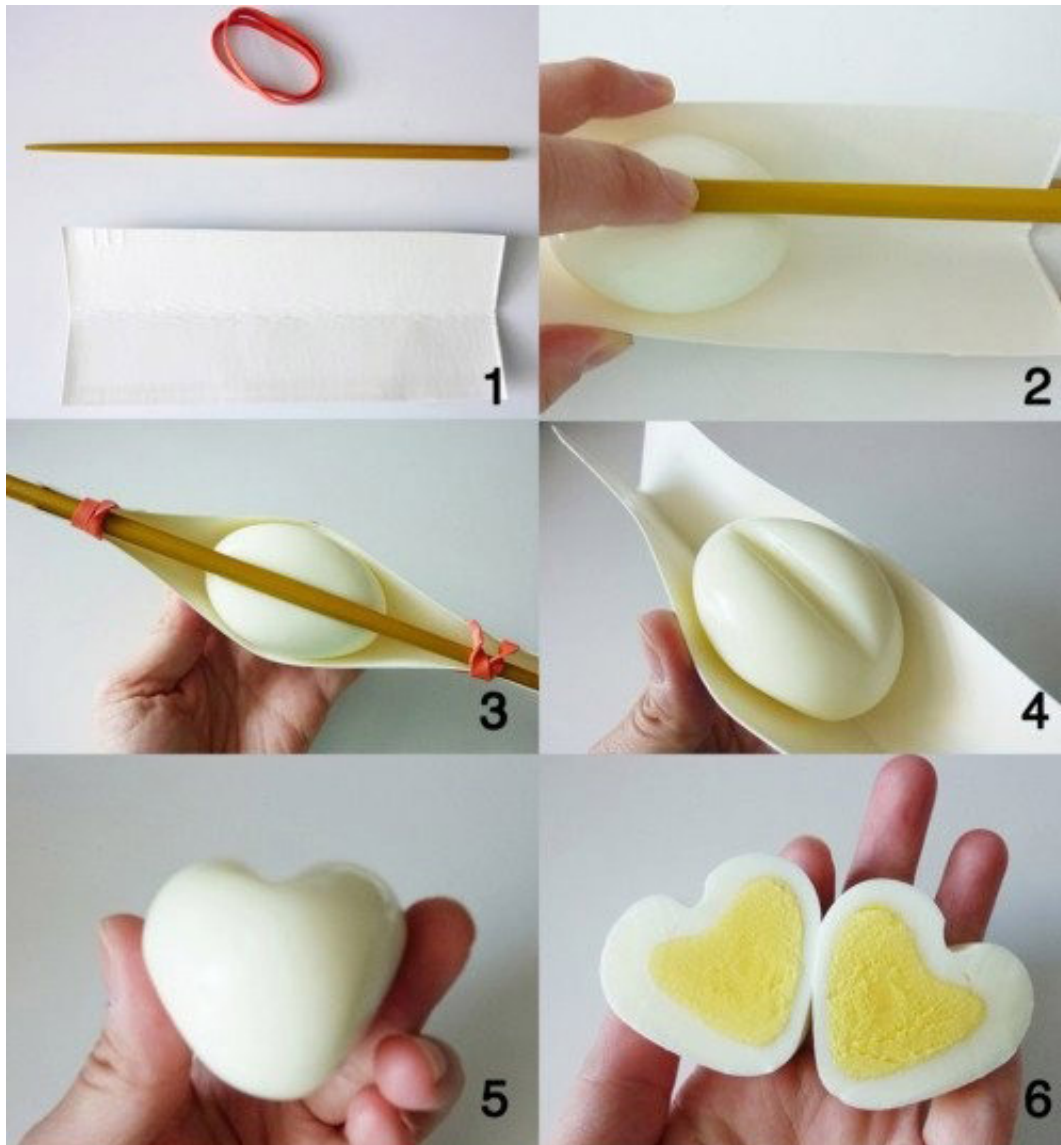
FREE RANGE EGGS LARGE (Haelkraal)


1 dozen @ R17.00

FREE RANGE EGGS X LARGE (Speelmanskraal)

1 dozen @ R21.00

CLEVER IDEA FOR MOTHERSDAY BREAKFAST



order now 

BUTTER (First Choice)



500g @ **R25.00**

Choose between salted and unsalted

order now



MILK (First Choice)

2L @ **R15.90**

choose between 2% low fat or full cream

order now



DICED PUMPKIN (Chefs Choice)

500g @ **R6.50**

***did you know:** *Pumpkin is low in fat and calories and rich in disease-fighting nutrients*

order now




RASBERRIES ONLY FOR THIS WEEK!

125g @ **R12**

1kg @ **R28**


***did you know:** *Raspberries possess almost 50% higher antioxidant activity than strawberries, three times that of kiwis, and ten times the antioxidant activity of tomatoes*

order now 

CREAMY CHICKEN SOUP (Amaqueta)

500ml @ R18.00

Ingredients: *celery, carrots, onions, chicken, chicken stock, starch, salt and pepper* Just add crispy bread!


order now 



TRADITIONALLY SMOKED BACON (Robertsons)

250g @ R16.00

Smoked bacon, hardly any fat.

order now 



Competition

WINNERS

Winner of our competition for orders over R1000 in the last 2 weeks :

Elize van der Merwe from George - won a free nights stay for her and 8 friends @ Karoo Retreat

relax • refresh • revive
The KAROO 'Retreat'



The Karoo house is for rent on a daily basis.

CONTACT: ESTE SMIT
EMAIL: este.smit@telkomsa.net
MOBILE: +27 (0) 72 777 7225
ADDRESS: 238 JAN VAN RIEBEECK

Winner of our competition for orders over R500 in the last 2 weeks :

Ronald Lareman from Mosselbay - won a free nights stay for him and a friend @ Rinkink



044 877 0525 danmar.marais@gmail.com www.rinkinkbeachhouse.co.za



SOME ADMIN - ANNOUNCEMENTS

Please note that all orders must be in by 12h00 Tuesdays for Thursday delivery.

Office Number 044 8730076 (8 - 2)

You can also email orders to info@farmfreshdirect.co.za

NEW HANDLING FEES

R50 (Orders R250 - R400)

R40 (Orders R400 - R600)

R35 (Orders R600 - R800)

R25 (Orders R800 - R1000)

No handling fee for orders over R1000

Please remember! You have to receive a confirmation e-mail with order number few minutes after you've placed your Farmfresh order or mail/phone office.....

you are receiving this email because we believe that
we can help you live healthier |
If you no longer wish to receive emails from Farm

Farm Fresh Direct 1 Ring Road George Industrial,
Western Cape 6530 info@farmfreshdirect.co.za
<http://www.farmfreshdirect.co.za>

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