

WEEKLY ORGANIC VEGETABLE BASKETS

Mlango Farm grows the following vegetables, and a few fruits:

Amaranth, Arrowroot, Avocado, Baby Carrot, Bananas (+ matoke), Beetroot, Broccoli, Cabbage, Cauliflower, Carrots, Celery, Chayote, Chinese cabbage, Chives, Courgette, Cucumber, Daikon, Coriander, Eggplant, Fennel, Green capsicum, Kohlrabi, Leek, Lettuce (12 different types), Lemon Verbena, Mizuna, Nasturtium (edible flowers), Paksoi, Parsley, Peaches (only in November), Red radish, Red Cabbage, Rhubarb, Rucola, Sage, Savoy cabbage, Spinach, Spring Onion, Sukuma Wiki, Sweet potato, Swiss Chard, Tatsoi, Treetomatoes, Turnips.

Every week we deliver baskets with a variety of vegetables at pickup points, you can sign up for only 950 Ksh per week. On Mondays we deliver on Rhapta Road and Kileleshwa/Kilimani, on Tuesdays Lavington, Muthaiga and Spring Valley, on Wednesdays in Loresho, Riverside, Karen, LakeView and Lower Kabete, on Thursdays in Runda (Meadows and the Nest) and Thigiri (Red Hill Road), on Fridays in Kitisuru, on Saturdays in Karen. The basket comprises of around 10 varieties and changes weekly, depending on availability.



Payments can be done by M-Pesa (preferable!) or by cheque in a closed envelope at the pickup point. (After trying our services and you see how it works) we prefer to receive payments monthly in advance. Please return the basket for the vegetables the next week so Mlango Farm can recycle them.

About Mlango:

Mlango Farm is situated on a 25-acre plot in Ngecha, Limuru Area. The farm is run by Kamande Njenga, his wife Els Breet and many others. Since 2007, the fertile but neglected farmland of Mlango was cleared and planted with fruit trees and vegetables. 10 Acres are now under irrigation. Mlango Farm aims at a sustainable way of farming, without using chemical pesticides or artificial fertilizers.

Mlango Farm is also a beautiful getaway from Nairobi, groups can visit for lunch and a tour on the farm - - on appointment only. Karibu! See www.mlango.org/daytrips.html

For school visits and more information about the Mlango Farm Foundation; see www.mlango.org/foundation.

In case you have any questions, please call us on 072-8848296 or send an email to info@mlango.org.