

Local Veg box, break down of Food miles & CO₂ emissions.

Food	Produced	Collection Miles	Delive ry Miles	Total Miles to consumer	CO ₂ in Kg
Spring onions, chives	Pwlllyn Farm, Brecon	0	22.9	22.9	4.7
Spring greens	Pwlllyn Farm, Brecon	0	22.9	22.9	4.7
Chard	Pwlllyn Farm, Brecon	0	22.9	22.9	4.7
Rosemary	Pwll Cwrt, Llangynidr	11.7	22.9	34.6	7.1
Sage	Pwll Cwrt, Llangynidr	11.7	22.9	34.6	7.1
Fennel	Pwll Cwrt, Llangynidr	11.7	22.9	34.6	7.1
Rhubarb	Pwll Cwrt, Llangynidr	11.7	22.9	34.6	7.1
Cake	Pwll Cwrt, Llangynidr	11.7	22.9	34.6	7.1
Salad	Penpont Estate, Brecon	3	22.9	25.9	5.3
Rocket	Penpont Estate, Brecon	3	22.9	25.9	5.3
Coriander	Penpont Estate, Brecon	3	22.9	25.9	5.3
Spinach	Penpont Estate, Brecon	3	22.9	25.9	5.3
Radish	Penpont Estate, Brecon	3	22.9	25.9	5.3
Fresh Garlic	Blaencamel Farm, Lampeter	48.1	22.9	71	14.6
New Potatoes	Blaencamel Farm, Lampeter	48.1	22.9	71	14.6
Carrots	Blaencamel Farm, Lampeter	48.1	22.9	71	14.6
Swede	Blaencamel Farm, Lampeter	48.1	22.9	71	14.6
Bay Leaves	Blaencamel Farm, Lampeter	48.1	22.9	71	14.6
Beetroot	Blaencamel Farm, Lampeter	48.1	22.9	71	14.6
Watercress	Blaencamel Farm, Lampeter	48.1	22.9	71	14.6
Leeks	Gwernyfed sch Garden, Three cocks	17.4	22.9	40.3	8.3
Granary Loaf	Caroline's real bread co	8	22.9	30.9	6.3
Organic eggs	Aber organic, Crai	7.3	22.9	30.2	6.2
				969.6	199.1

*Veg box, producer and food mile details supplied by Beacons veggie boxes
www.beaconsveggieboxes.co.uk, CO₂ emissions calculated using
www.transportdirect.info

