



GroenGetrou (Pty) Ltd.
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GroenGetrou Price List January 2025

Deliveries: Bloemfontein, Kimberley, North Free State and Gauteng

CATEGORY	PRODUCT NAME	DESCRIPTION	PRICE PER PACK
Pastured Chicken	Whole chicken, round	One whole chicken, traditionally round, +/- 2.3 kg	R240 – R270
	Whole chicken, flat	One whole chicken, flat (“flattie”), +/- 2.0 kg	R220 – R260
	Fillets	4 chicken fillets, approximately 800 g per pack	R90 – R150
	Drumsticks	6 chicken drumsticks, approximately 1 kg per pack	R90 – R140
	Thighs	4 chicken thighs, approximately 1.1 kg per pack	R110 – R170
	Wings	8 chicken wings, approximately 850 g per pack	R85 – R110
	Smoked fillet	1 smoked chicken fillet, vacuum packed, +/- 150 g	R37 – R80
	Sausage: Cheese & Herbs (NEW!)	Chicken sausage with full cream, white Jersey cheese (made with hormone free milk) and healthy herbs; no MSG / sugar; +/- 500 g per pack	R60 – R110
	Sausage: Cheese & Macon	Chicken sausage with full cream, white Jersey cheese (made with hormone free milk) and smoked beef bacon (macon); no MSG / sugar; +/- 500 g per pack	R60 – R110
	Sausage: Curry Mango (NEW!)	Chicken sausage with mango fruit pieces and flavourful curry spices; no MSG or sugar, +/- 500 g pack	R60 – R110
	Sausage: Garlic & Cheese	Chicken sausage with full cream, white Jersey cheese (made with hormone free milk); no MSG / sugar; +/- 500 g per pack	R60 – R110
	Sausage: Honey Mustard	Chicken sausage with pure honey and mustard; no MSG or sugar; +/- 500 g per pack	R60 – R110
	Sausage: Olives, Feta & Rosemary	Chicken sausage with black olives, feta, rosemary and other herbs, no MSG or sugar; +/- 500 g per pack	R60 – R110
	Chicken mince	100% chicken mince, with the perfect ratio of meat, fat and skin; +/- 500 g pack	R160
	Liver	Chicken livers, +/- 8 livers per tub	R45 – R60
	Necks	10 chicken necks, approximately 720 g per pack	R38 – R48
	Gizzards (Tummies)	10 chicken gizzards, approximately 450 g per pack	R20 – R30
	Hearts	Chicken hearts, approximately 500 g per pack	R20 – R30
Heads and feet	5 chicken heads and 10 chicken feet per pack	R25	
Bones	Chicken bones, perfect for bone broth; 1 kg pack	R25	

CATEGORY	PRODUCT NAME	DESCRIPTION	PRICE
Pastured Eggs	Tray of 18 eggs	18 large eggs, each weighing more than 50 g	R90
	Tray of 30 eggs	30 large eggs, each weighing more than 50 g	R130
	Double tray of 60 eggs	60 large eggs, each weighing more than 50 g	R230
	Midi box eggs	15 dozen large eggs, each weighing more than 50 g; (6 trays of 30)	R635
	Maxi box eggs	30 dozen large eggs, > 50 g each, (12 trays of 30 eggs)	R1240



CATEGORY	PRODUCT NAME	DESCRIPTION	AVERAGE PRICE
Pastured Lamb (Out of stock)	Whole lamb	1 whole leg of lamb, 2 ribs whole (<i>geknak</i>), chops and stewing meat, vacuum packed; +/- 16-22 kg per box	R3000
	Half lamb	1 whole leg of lamb, 1 whole rib (<i>geknak</i>), chops and stewing meat, vacuum packed; +/- 9-12 kg per box	R1500
	Liver	Portioned lamb liver, +/- 500 g per pack	R40
	Kidneys	4 lamb kidneys, +/- 300 g per pack	R25
	Fat netting	Lamb fat netting (caul fat), +/- 500 g per pack	R20

CATEGORY	PRODUCT NAME	DESCRIPTION	PRICE
Pantry	Vegetable seed 8-pack	Packs of non-GM heirloom vegetable seed: <i>Beet root, Butternut, Cabbage, Carrot, Onion, Rape, Swiss Chard, Tomato</i>	R140
	Himalayan salt 3 kg	Fine, pink Himalayan salt in a 3 kg bucket	R170
	Raw honey 500 g	Varieties: <i>Aloe, Eucalyptus, Grape, Onion, Prosopis, Pumpkin, Summer Selection, Sunflower, Swarthaak (Black thorn Acacia), Wag-'n-Bietjie (Buffalo thorn)</i>	R100
	Raw honey 3 kg		R546
	Raw onion honey 3 kg	SPECIAL! This honey is the product of bees pollinating seed onions. The honey has a distinct onion taste.	R450
	Shopper bag	Pretty, reusable shopping bag; large box type Tote bag with looped handles; volume 30 L; 100% recycled fibre	R55
	Cooler bag	Modern, large reusable cooler bag with lid & zip, woven handles; volume 30 L; 30 kg weight limit; 63% recycled fibre, thermo-reflective foil inside	R100

CATEGORY	PRODUCT NAME	DESCRIPTION	PRICE
Dairy & Cultures	Milk 2 litre	NEW! Organic, raw Jersey cow's milk, in a 2 litre bottle, frozen	R40
	Milk kefir culture	40+ g live milk kefir starter grains (enough to ferment 1 litre of milk), in raw cow's milk, with directions & unbleached linen cloth	R150
	Unbleached linen cloth	Unbleached linen cloth (29 cm x 29 cm) for kefir or kombucha	R40
	Cheesecloth	Cheesecloth (47 x 47 cm) to produce kefir cheese, strain liquids, make a poultice, etc.	R40
	Kombucha culture	Kombucha SCOBY with starter fluid to produce kombucha, with directions and unbleached linen cloth	R200
	Sourdough culture	Wheat sourdough starter for the making of bread, pizza bases, crumpets and more; basic instructions and recipes included	R150
	Potato bread baking culture	Potato bread baking culture with potato and/or sweet potato for the making of fermented bread; directions and recipe included	R150
	White cheese	Full cream white Jersey cheese, without colourants, made from hormone free cow's milk; 300 g to 1.3 kg loaves	R155/kg
	Herb cheese	Full cream white Jersey cheese, without colourants, made from hormone free cow's milk and herbs/spices; 150 g - 350 g wedges Flavours: <i>Bell peppers, Black pepper, Caraway, Chilli, Coriander, Cumin, Fenugreek, Garlic, Garlic & Origano, NEW: Sundried Tomato, Onion</i>	R165/kg



CATEGORY	PRODUCT NAME	DESCRIPTION	PRICE
Triple Orange Cleaning Products	Bio Detergent 1 kg	Powerful laundry cream for hand washing or washing machine (no additional softener needed)	R133
	Bio Detergent 5 kg		R580
	Wonder Gel 500 g	Multi-purpose gel cleaner for hand-washing dishes, general cleaning, windows, floors, bathroom, oven, etc.	R110
	Wonder Gel 2.5 kg		R510
	Wonder Gel 5 kg		R777
	Wonder Spray 500 ml	Multipurpose spray for ovens, tiles, walls, surfaces, grease, oil stains on clothes, hand washing greasy dishes, and more; effective against pathogens	R55
	Wonder Spray 2 l		R204
	Wonder Spray 5 l		R440
	Bio Sanitise Spray 500 ml	Alcohol-based disinfectant spray for hands, kitchen-, bathroom-, and other surfaces; effective against harmful pathogens	R86
	Bio Sanitise 2 l		R315
	Bio Sanitise 5 l		R800
	Fruit & Veg Wash 500 ml	Harmless, but powerful soap to clean fruit and vegetables of toxins and other dirt	R79
Fruit & Veg Wash 2 l	R294		
Fruit & Veg Wash 5 l	R706		
Dishwashing Liquid 750 ml	Dishwashing liquid without any harmful chemicals, but a lovely scent of citrus!	R120	
Nourish and Shine 125 g	Leather food suitable for wood and leather products such as briefcases, leather jackets, shoes, sofas, etc.; also to be used as a lip or heel balm	R100	
3-Pack Home Basket	Bio Det Laundry Cream (1 l), Wonder Gel (500 g) and Wonder Spray (500 ml) packet	R270	
4-Pack Home Basket Plus	Bio Det Laundry Cream (1 l), Wonder Gel (500 g), Wonder Spray (500 ml) & Bio Sanitise (500 ml) packet	R346	