

Your Receipt...

14th September 2009

Packaging guru Angela Morris had the genius idea of turning sheep's wool (which farmers struggle to dispose of) into a cooling system to replace polystyrene. So, we're bringing it in and taking the crumbly white boxes out as soon as we can. Read more about it, and our smiling sheep, inside...



Have a glass on us! Heck, have a bottle. If you recommend a friend to us and they place an order, we'll send you a bottle of organic wine (or olive oil, if you prefer). And, we'll give your friend a free Abel & Cole cookbook to welcome them on board.

If you'd like to get in touch, please feel free, but make sure you include your account number or postcode!

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Our new meat range...

Lambs and landscapes

Have you ever seen a sheep smile? How about a cow? When we were visiting Philip Mann's farm a few months back, it really looked to us like his animals were actually smiling. While they could have just been playing up for our camera, the surroundings in which they grazed were so lovely, we like to think that they weren't just posing!

Philip is supplying the lamb and some of the beef of our new high-welfare meat range. The view alone from his Gloucestershire farm could turn even the glummost frown upside down. It's stunning. The fields are luscious and wild looking, with wisps of clover. There are hills in the distance and villages built from Cotswold stone.

Philip's farm is part of Natural England's Environmentally Sensitive Areas Scheme. This involves managing the hedgerows, which Phillip's black Angus love munching on, and maintaining low input grassland which the lambs frolic in. Natural England's goal is to encourage farmers to adopt agricultural practices which safeguard and enhance parts of the British countryside with lush landscapes, diverse wildlife and historical value. Phillip is certainly doing his bit!

A deep family history runs through the rich terrain of Upper Farm. The Manns have been farming here since the 1920s, when Philip's grandfather bought the farm. Phillip's father took over after he got married. When Philip was a lad he mucked in and ended up working with his dad for 25 years. Now Philip's son works with him on the farm.

It's a pleasure have such a lovely farmer on board. We certainly think he has a lot to do with all those smiley faces we saw on his farm.



Sheer genius

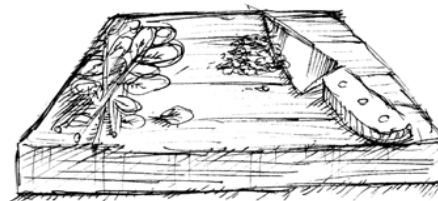
While we're on the subject of sheep, we thought it an apt time to introduce our new eco-friendly way of delivering your chilled items. Packaging guru Angela Morris had the genius idea of turning sheep's wool (which farmers struggle to dispose of) into a cooling system to replace polystyrene. So, we're bringing it in and taking the crumbly white boxes out. However, this is going to take us a bit of time to roll out, as we don't like waste, so please bear with us! By May next year, every chilled item will be cooled by British wool.

This week's recipe...

Two ways with...

Lamb Chops

Lamb chops are perfect grilled or pan-fried and then finished off in the oven for a few minutes. They're quick to cook, making them ideal for a weeknight supper.



Lamb chops with rosemary and redcurrant

Season lamb chops with salt and pepper. Rub in 1 tsp or more redcurrant jelly into the lamb chops. Finely chop fresh rosemary (leaves only). Sprinkle over the chops and gently rub in. Add a tiny sprinkle of freshly chopped red chilli or cayenne pepper for heat, if you like. Pop on a lightly oiled tray and into a 200 °C oven for 25 minutes.

Lamb chops with lemony breadcrumbs, fresh mint and feta

Mix breadcrumbs (preferably homemade ones made with stale bread) with lemon zest, a squeeze of lemon juice, finely chopped fresh mint and finely chopped (stoned) Kalamata olives. Add a touch of salt and pepper. Set aside. Brush chops with olive oil and season. Heat a frying pan over high heat. Add a drop of oil or butter to the pan. Sear the chops on each side for 2 minutes. Lay in a roasting dish and sprinkle the crumb mixture over the top. Finish in an 180 °C oven for 15 minutes. Remove from oven, place on plates and crumble fresh Feta over the top. Serve with heirloom tomatoes and broccoli.

Next week we'll give you tips and recipe ideas for three of our favourite English seasonal things: French beans, globe artichokes and sweetcorn.

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