

Your Receipt...

16th March 2009

**Mad about
mushrooms?
Bonkers about
bananas?**

You can always order your favourite fruits and veggies as an extra, side order to your weekly box. Our prices are better than ever:

- **Capel Organic's white mushrooms** from Suffolk are now **£1.09** for 250g.
- **Organic broccoli** down to **£1.99** for 500g (was **£2.79**)
- **Homegrown organic carrots** just **66p** for 500g (was **75p**)



This week you can sample the first of Simon Weir's verdant mint from his New Forest herb patch. This is the first of his spring and summer crop - perfect for Moroccan-style fresh mint tea.

We've also just launched our Spring Wine Case. It's full of soft, subtle, floral organic wines. From £47.99 for 6 bottles....

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

VAT number 918 0962 09
VAT is charged at 15%
on standard rated goods.



Eco-friendly Easter...

Hop to it...

We've just unveiled our Easter range! This year, we have a wonderful array of goodies for you - from chocolate eggs, floppy-eared rabbit gingerbread biscuits and the freshest hot cross buns you'll come across - unless you bake your own! Our Easter range is also full of fantastic eco-friendly stories.

Let's start with our hot cross buns. We've sourced them from a handful of traditional-method, regional bakers. Long Crichel Bakery, set in a stunning 18th century stable block on an organic estate in Wimborne, Dorset, is one of them. They grow their own wheat, fruit, vegetables and herbs - all of which are poured into their lovingly-made breads and cakes.

Jamie and Rose Campbell gave up careers as architects to bake fresh organic bread. They actually built the wood-fired oven in the bakery themselves and they only use wood from local, sustainable forests to fire it!



Sussex chocolatier Cocoa Loco has created the ultimate, child-friendly Easter egg alternative: the most adorable chocolate bunnies on a lolly stick. Not only are they as sweet as can be, the organic cacao they source is grown in gaps in the rainforest canopy, not from clear-cut areas.

Cocoa Loco has other green credentials. Each week, the amount of rubbish produced by their business is equal to just one household bin. Everything else is recycled. All the packaging they use is bio-degradable and compostable and there is not a scrap of plastic to be seen.

'We'd rather give you more chocolate and less packaging,' says Simon Pattinson of Montezuma, another one of our Easter chocolatiers. He and his wife Helen have created some stunning chocolate mini eggs for us. The flavours are amazing - milk chocolate with peppermint and vanilla and dark chocolate with orange and geranium!

Simon says, 'We've moved back to our roots with loads of handmade chocolate presented with minimal fuss.'

So with all these artisan chocolatiers supplying our Easter goodies this year, there's plenty of choice. All are available to order now for delivery between 23rd March and 10th April (Good Friday).

A Mother's Day treat...



White Chocolate, Coconut and Lemon Truffles

These decadent truffles are an easy, light and luxurious way to end a Sunday feast. Or, you can simply wrap them up and give them to Mum (or Granny) as a gift. Makes 30.

80ml Berkeley Farm luxury pouring cream
250g organic white chocolate (chopped)
1 teaspoon grated lemon zest
2 tsp fresh lemon juice
45g desiccated coconut, plus extra for decorating

1. Heat the cream and white chocolate in a heat-proof bowl over a pot of simmering water until the chocolate has only just melted.

2. Remove from the heat and stir in the grated lemon zest, juice, and the desiccated coconut.

3. Leave to cool, then refrigerate for 2 hours, until firm. Place teaspoons of the mixture on a parchment paper-lined tray and refrigerate 2 hours more.

4. Roll into balls, then coat with either toasted desiccated coconut, toasted almond flakes, or grated chocolate (dark or white).

5. Keep refrigerated until ready to serve.

Onions are springing from the ground. Take advantage of the glut with **20% off** orders placed this week. We'll help you use them up with next week's recipe... an **Alsace onion tart**. You'll need...

Plain white flour	Unsalted butter
Half-fat crème fraîche	3 Eggs
Smoked streaky bacon	Onions
Caster sugar	

order online at www.abelandcole.co.uk