

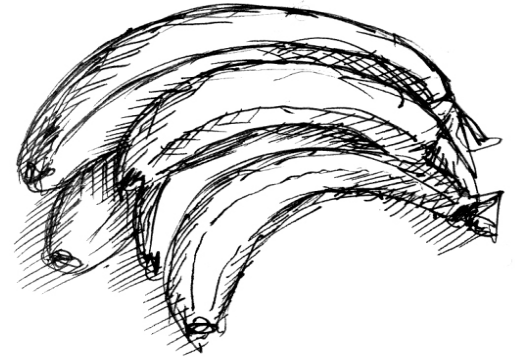
Your Receipt...

23rd February 2009

IT'S FAIRTRADE FORTNIGHT!

Did you know we
sell organic,
Fairtrade rum?
All of our coffee,
tea and cocoa is
Fairtrade. We even
have Fairtrade
flapjacks, dried
mango, Brazil
nuts and more!

Visit our new
Fairtrade section to
see what else we have
in store, and make
sure you read some of
the fascinating stories
behind these products.



To celebrate Fairtrade
Fortnight we are offering
25% extra free when you
buy our Fairtrade
bananas. We also have
offers on our Fairtrade
coffee, teas, cocoa and
more. This is at no loss to
the growers, of course.
It's a gift from us to
tempt you into trying
these wonderful
products.

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.



Abel & Cole
www.abelandcole.co.uk
08452 62 62 62

Meet our Fairtrade farmers...

Fairtrade makes a difference

Approximately 5 million farmers, workers, family and community members in 50 countries benefit from Fairtrade. Here's how some of our Fairtrade farmers profit:

Our Brazil nuts...

...are from COINACAPA, a co-operative in Bolivia. Casildo Quispe says the Fairtrade premium has been of great benefit to the 270 gatherers in his organisation. "One of our gatherers, Luciano, who is 57 years old, needed an operation on his eyes. He had cataracts, but thanks to a health insurance payment we can all receive with the Fairtrade premium, he was able to have an operation. He could hardly see and this has changed his life."

Our bananas...

...are grown by BANELINO, a cooperative group of over 300 small producers in a small region of the Dominican Republic.

Fairtrade has enabled them to set up education centres and medical clinics right on the farms. They've also established fumigation programs against malaria and a sports curriculum to keep adolescents away from drugs and alcohol.

Our cocoa...

...is from CONACADO, a co-op of some 9,500 in the Dominican Republic.

"We find ourselves a thousand times better since we joined the co-operative. I have children and grand children and they are now able to attend school and I can feed them a better diet. Last year, we built ourselves a new house." Pedro Santo, a CONACADO cocoa farmer.

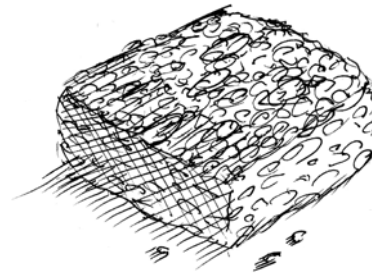
Sales from their Fairtrade cocoa have enabled the co-op to set up a nursery supplying low-cost plants to farmers so they can grow most of their own food.

Inspired by their husbands' successes, some producers' wives have formed associations and have started businesses making wine, liquor, jams, chocolates and organic fertilisers.

Fairtrade is about harnessing the power of the global market - to make it work for struggling farmers in the third world. And, Fairtrade Fortnight is all about reminding us what that little logo we see all the time is really about.



Time for a tea break...



Fairtrade Banana Flapjacks

These sugar-free flapjacks are great for children; adults will love them equally. Wash them down with Fairtrade tea or coffee. Makes 12 flapjacks

3 tbsp Wildflower honey
100g butter
3 tbsp sunflower seeds
1 tbsp pumpkin seeds
375g jumbo porridge oats
1 tbsp sesame seeds
2 tbsp sultanas
3 ripe bananas

1. Preheat the oven to 170°C, gas mark 4. Line a square cake dish or baking tin with parchment paper, or use one with a removable base and just give it a little rub of butter to prevent sticking.

2. Put the butter and honey in a saucepan and heat gently until the butter has melted.

3. Grind the sunflower and pumpkin seeds in a food processor (leave them whole if you like but ground is better for younger children - it's easier for them to digest). Combine the oats, seeds, sultanas and bananas.

4. Pour the melted butter and honey over. Stir to combine. Spread mixture out evenly to fill the baking sheet. Bake for 20 minutes or until golden in the centre, brown at the edges.

5. Cool for 10 minutes. Cut into 12 squares. Serve warm or at room temperature. Store in the fridge if you don't eat it up within 24

Next week, our recipe is Beetroot Consomme with Parsley Potato Dumplings. Here's what you'll need..

Beetroot	Potatoes
Flat leaf parsley	Butter
Plain white flour	Eggs
Chicken or vegetable stock	

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