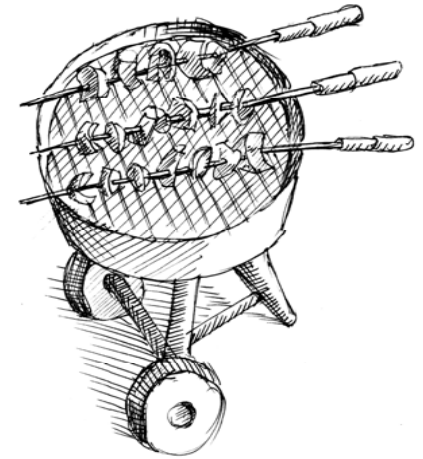


Your Receipt...

24th August 2009

You eat organically.
You recycle. You turn
the lights off when
not in use, and you
even brush your teeth
without the tap
running. How else
can you do your bit?



We've increased our
range of household
goods, so now we can
deliver your bin liners
and bog roll, with your
bananas and broccoli.

Our BBQ box won't be
around for much longer
(nor will the summer!)
For £19.99, you get the
following (all organic!):

- 4 hand-made beef burgers (500g)
- 4 top rump steaks (500g)
- 6 seasonal sausages (450g)
- 4-6 BBQ-glazed pork ribs (600g)

Another reason not to
go to the supermarket!

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

Green clean...

Domestic eco-warriors

We've been sifting through the plethora of eco-household items available to give you a few more green options for your home. Though, we have to warn you, this can be a bit of a minefield. We've been talking to people like Mr and Mrs Green who have an interesting blog called MyZeroWaste. They live in Gloucestershire and their aim is to reduce the amount of rubbish they send to landfill to a bare minimum. Well, their goal actually, as their blog title suggests, is to reduce it to nil!

There are some home comforts that most of us are yet to do without, like toilet roll and bin bags. We've rooted around to save you the trouble - but often there isn't always a clear green winner!

As you probably know, we launched toilet roll a few weeks ago. It's been hugely popular and we initially introduced it because we thought it was the best bet - given it's UK-made and 100% recycled. It turns out the parent company in the States has a bit of a bad reputation with the green community.

So, we decided to give you another option: Cotton Soft, a 100% organic cotton roll. However, it's made in China - so as you can see, it's not always straightforward. For us, the important thing is that we tell you the whole story, so you can decide.



In addition to new toilet roll, we've also just added degradable bin liners, fair-trade rubber gloves, bio-degradable bags for your compost and 100% recycled foil.

With each of these items, of course, there are new cans of worms to be opened. The degradable bin liners are still made from plastic. They contain an additive that makes them break down within 3 years with just exposure to sunlight and air. This means you don't have to bury them in a compost heap. However, some eco-experts argue that bin liners made from recycled plastic or no plastic (i.e. use rice paper, potato or corn starches) is better. Recycled plastic won't degrade, but that also means it won't give off any harmful gases in landfill.

So, it's a step in the right direction - even though it is hard to find products that are whiter than white (greener than green?!). With each product we'll aim to give you as much information as we can to help you make informed decisions about what you buy. And, as ever, we welcome your feedback.

Baked in a pie...



Rustic blackberry pie

Sing a song of six pence! This delicious homemade pie is unlike anything you can buy in the shops. Don't fear there are no blackbirds in it, just gorgeous blackberries, which you can get from us or pluck from the hedgerows. Serves 8.

300g plain white flour
1 tsp salt
165g unsalted butter, diced
225g caster sugar
750g fresh blackberries (or you can use 500g blackberries and 250g blueberries)

1. Sift 240g of the flour and the salt into a large bowl. Add all the butter minus 1 tbsp-worth of cubes. Coat in flour and rub in with your hands until it resembles breadcrumbs.

2. Moisten mixture with 4 to 5 tbsp cold water, adding 1 tbsp at a time until the mix comes together. Gently knead into a ball. Divide into two pieces. Wrap one in clingfilm. Flatten the other one on a lightly floured surface. Roll until ½cm thick. Carefully pick up and use to line a 10-11 inch pie dish.

3. Preheat oven to 220C. Mix the remaining 60g flour and sugar together. Sprinkle over washed and dried berries. Turn the berry mix into the pastry-lined pie dish. Dot with reserved 1 tbsp butter. Roll out remaining pastry and cap over the berries, seal around the edges. Add a few 1-2cm slits on the top of the crust.

3. Bake 35 to 45 minutes or until crust is brown and juice begins to bubble through the slits in crust. Cool and serve with cream or ice cream.

next week's recipe is a Raw Runner Bean Salad. Here's what you'll need..

150g runner beans, 100g Feta cheese, 20 pitted Kalamata olives, 1 tbsp olive oil, ½ lemon, 15g mix of fresh mint and basil, a nice pinch of sea salt

order online at www.abelandcole.co.uk