

**Organic & seasonal, honest & ethical, free & easy Abel & Cole : free delivery straight to your door.**

**Contributors**

Abel & Cole.

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## What makes us different?

### We offer outstanding service

No silly delivery charges, no need to be in when we deliver and if you call, you'll speak to a real person.

### We support British farmers

We work with over 60 British farmers, bakers and producers - as well as some further afield (for Fairtrade bananas, coffee and chocolate).

### We work with the seasons

It makes sense (and tastes better) to eat strawberries in June and wonderful root vegetables in the winter. Seasonal variety is healthier for you and the planet!

### We are guided by our ethics

We give a fair deal to farmers, fundraise with local schools and insist on the highest levels of animal welfare. All things we've done for years.

### We look after the environment

We re-use and recycle our packaging and we never air-freight anything. Ever.

[www.abelandcole.co.uk](http://www.abelandcole.co.uk)  
**08452 62 62 62**

We accept payment by credit or debit card.

Printed on paper from a sustainably managed source.

**Abel & Cole**

02/2008



**organic&seasonal  
honest&ethical  
free&easy\***

**Abel & Cole**

**\*Free delivery straight to your door**



# 1 Pick your box

and don't forget... If you are bored of broccoli or sworn off swede, tell us what you don't want and we'll give you something else!

It's for...

Just a couple of us

**Mixed organic box**

**£14.80**

7 types of vegetable  
4 types of fruit

My growing family...

**Family mixed organic box**

**£22.00**

Bigger portions &  
10 types of vegetable  
4 types of fruit

Someone with selective tastebuds

Other boxes to choose from include:

- a baby weaning box
- the deluxe chef's box
- a small mixed box for 1

## 2 Add your firm favourites

Whether you always eat apples, constantly cook with courgettes or are bonkers about bananas, we've got over 60 different types of fruit, veg and herbs - so add your firm favourites to your regular order!



## 3 Select your weekly essentials

Here's a taster of what we have on offer

### Dairy & Eggs

Fresh organic milk from Guernsey cows  
**96p for 1ltr**  
Organic eggs  
**6 for £1.65**

### Bakery

Hand made by local bakers.  
Sliced white loaf  
from **£1.50**

### Meat

Organic, award winning British meat.  
Beef mince (500g) **£4.50**

### Fish

Fresh fish caught by small boats off the Cornish coast.  
Whole mackerel  
**£3.90**

### Treats & Tipples

Organic chocolate, biscuits, wine, cider...  
Fine wines from **£4.99**, chocolate treats from **99p**



## 4 Place your order

You can shop online at  
**[www.abelandcole.co.uk](http://www.abelandcole.co.uk)**

or call us on

**08452 62 62 62**

We would be delighted to help you put together the order that is just right for you.



**Abel & Cole**

www.abelandcole.co.uk

08452 62 62 62

# Eat more veg

**FREE**  
COOKBOOK  
**FREE**  
VEG BOX

## And get some for free!

Excellently fresh, seasonal, organic food

- Delivered to your door each week
- No need to be in when we deliver
- Great value for you and a fair deal for our farmers

.....  
It ticks all the  
right boxes...





# Abel & Cole

## Weekly inspiration to eat healthily ever after

### There's a box to suit every household



**FREE**  
COOKBOOK  
**FREE**  
VEG BOX

- Get a **FREE** copy of our **NEW** cookbook (£12.99 RRP) with your 1st delivery
- And your 4th seasonal set box for **FREE** (save up to £25.00)



Enter the code **HELLO**  
when you get to the checkout:  
[www.abelandcole.co.uk](http://www.abelandcole.co.uk)

Order before Friday 12<sup>th</sup> October



## Eat well, shop wisely, stay healthy

[www.abelandcole.co.uk](http://www.abelandcole.co.uk)  
or call 08452 62 62 62



Min order just £10  
.....  
Delivery only 99p

9/2012