

**Eat more veg : and get some for free! / Abel & Cole.**

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**Abel & Cole**

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# Eat more veg

**And get some  
for free!**

We'll give you your 4th  
organic box **FREE (PTO)**



**Fresh, seasonal, organic food  
delivered to your door**

- Inspiring weekly recipes
- 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...**

www.abelandcole.co.uk

## 1 How big is your household?

2-3

### Medium veg box

£12.50 - 8 types of seasonal veg

3-5

### Large veg box

£17.75 - 12 types of seasonal veg

Less or more

We've a box to suit every household - pick yours on our website from £8.50

## 2 Less of what you don't like

If there's anything you don't like, we'll banish it from your box

## More of what you do

Add regular helpings of fruit, herbs and extra veg

## 3 Pick the rest

Organic milk from the happiest, healthiest herd, from 55p

Free range organic eggs from family farms in Wales, 6 for £1.99

Proper organic bread handmade in small batches, from £1.19

Organic English meat from grass-fed heritage breeds, from £2.99

Super fresh fish and seafood, caught daily, from £2.39

Pop onto our website and choose from tractor loads of delicious, organic food

## 4 Get your 4th box totally FREE!

Enter the code **FREEVEG** when you place your first order by 22<sup>nd</sup> April - and get your 4th veg box free.

No silly packaging, no nasty chemicals and no air-freight. Just great food from lovely people who really care.



Now delivering in your neck of the woods. Delivery is just 99p. Call us on 08452 62 62 62 or visit us at [www.abelandcole.co.uk](http://www.abelandcole.co.uk)