

ESSENTIAL

The background is a vibrant, stylized tropical scene. At the top right, a large yellow sun with radiating rays is set against a blue sky. A large black silhouette of a bird with its wings spread is the central focus. Below the sun, there are green rolling hills. In the foreground, there are various tropical elements: a pineapple, a pink hibiscus flower, and a hummingbird. The overall style is graphic and colorful.

2014

Open day

Promotions
Booklet

Essential Open Day 2014

14th September

11am to 5pm

The Essential Trading Open day will be held on 14th September 2014 at our warehouse in Fishponds in Bristol. We are aiming to create an open and friendly platform to do business but also a sociable and fun environment on the day.

We believe this kind of event to be bridge building and relationship forming between all parties involved and good strong relationships based on ethical values are very important in the existing market. A variety of themed activities and promotions has been running throughout the year and will culminate in a celebration at the Essential Open Day.

Meet our suppliers

Meet the Essential team, see and taste a diverse range of organic, ethical, vegetarian and vegan goods, and plenty more besides. Guest speakers will talk on a variety of subjects and the Essential team will be on hand to share some social time with valued suppliers, customers and professional partners.

Exclusive promotions

Indulge in business networking opportunities and enjoy 'one-day-only' exclusive supplier price promotions and deals. Place your order with each supplier you visit and we will do the rest. Orders will be available for delivery/ collection from 15th October. Additionally, we are offering a £25 credit note which will be deducted from your open day order.

Christmas 2014 previews

There will be a wide range of exhibiting brands to sample and see, including a preview of festive fare so you can shop early for Christmas.

Goody bag

Don't forget to pick up your great free goody bag before you leave!



Free vegan and vegetarian lunch & free bar

Throughout the day, a free vegetarian and vegan lunch and free drinks will be offered. Food Street will feature delicious samples from Chimans, Campo, and Joannusmolen. Our free bar is stocked by Stroud Brewery, Brecon Carreg, Fentimans and Whole Earth.



Tea Garden

Visit our Tea Garden for a refreshing cuppa, supplied with a wealth of herbal and traditional teas by Clipper, Essential Trading and Pukka

Children's Entertainment

While you strike some great business deals and enjoy networking with industry partners, young guests can enjoy the free children's crèche area, complete with entertainers. This year we are joined by Bristol based APE Project.



APE Project C.I.C. is a non profit organisation which works for children, young people and their families across Bristol.

We are passionate about the importance of play and its ability to transform both individuals and communities. APE is an acronym for Art, Play and Environment and these are the three key principles that drive our work. We aim to promote creativity, healthy lifestyles, community development, environmental awareness and to highlight the value and profile of outdoor freely chosen play. We have a strong focus on practical skills, tool work, craft and cooperation.

Set up in June 2007 with funding from the Scarman Trust, the project has grown to deliver a broad range of services, workshops and training. APE Project staff are CRB checked, first aid trained and qualified play workers/forest school leaders/bike mechanics/practising artists, all with years of experience between them. APE Project activities are ideal for children and young people of all ages and we can work in schools, colleges, clubs, open access play settings, festivals, community events and private bookings.

apeproject.co.uk

Help and Information

There will be two Information Points where Essential Trading Co-op workers will be on hand to help you with any queries you may have on the day.

Information point A

Please call at this information point on arrival to sign in and collect your free Goody Bag. You will also be able to register here on the day if you haven't already done so in advance. Registration will ensure eligibility for promotions offered only at Open Day. Please visit our website www.essential-trading.coop or call our helpline 0845 4580201.

Information Point B

This is where you need to return your completed product order sheets which are given out at the individual suppliers stands for special Open Day Promotions. We will also be administering orders for Stroud Brewery, Equal Exchange and Wild Honey from this point.

We look forward to seeing you!

SPEAKERS CORNER

12:30 LA TERRA E IL CIELO

Organic Agriculture in Italy since 1980

La Terra e il Cielo is an organic agricultural co-operative founded in 1980 in the Marche Region, Italy. It can be considered as one of the pioneer companies to invest in the field of Italian organic production. La Terra e il Cielo has an ethical structure based on: ecological approach, anti-GMO actions, democratic management, co-operative work, profits used for social purposes, support for small organic producers, Fairtrade, social economy network promotion. See stand 54.

laterraeilcielo.it



13:30 WILD FUTURES

Wild Futures is a UK registered charity founded upon five decades of experience as a leader in the field of primate welfare and conservation, environmental education, and sustainable practice.

Wild Futures is committed to protecting primates and habitats worldwide.

Our flagship project "The Monkey Sanctuary" in Cornwall, has an international reputation for the quality of care, enclosure design and innovative management techniques afforded the monkeys there.

Wild Futures is dedicated to:

- * Promoting the welfare and conservation of primates
- * Offering a home for life to primates in need of rescue and rehabilitation
- * Working to end the trade in primates for any purpose and abuse of primates in captivity
- * Conserving and restoring natural habitats in the UK and abroad through funding support, education and sustainable practices

wildfutures.org



14:30 ZAYTOUN

Zaytoun's news from the ground

The talk will bring news from recent visits to Palestine: harvest news, producer updates, the labour & culture behind the products and why fair trade is important in a conflict zone.

zaytoun.org



WinterMoore Ltd.

Recently up-cycled curator of brands, Paul Moore looks forward to meeting you and displaying his wares...intrigued?

If You Care – for all your BBQ, baking, and cleaning needs; found under sinks and in kitchen drawers of all well maintained, relaxed green households!



Marinoë – Beautiful sea vegetables including award winning, mouth watering marine pesto's and salads



Emile Noël – Master millers of organic oils, foods and organic soap



20% off Open Day orders



Wessanen UK

We are WESSANEN UK

We believe life is for living. We're a small company that's proud to have made it big enough to make a difference. We're great at taking the very best natural ingredients and creating lovely, healthy food, which doesn't sacrifice the planet. We make magical tea, delicious rice cakes, sensational spreads and so much more, which we hope you'll love too. Importantly for us we do what we say and given the awards we win, others seem to agree!

QUITE SIMPLY WE ARE WESSANEN UK.

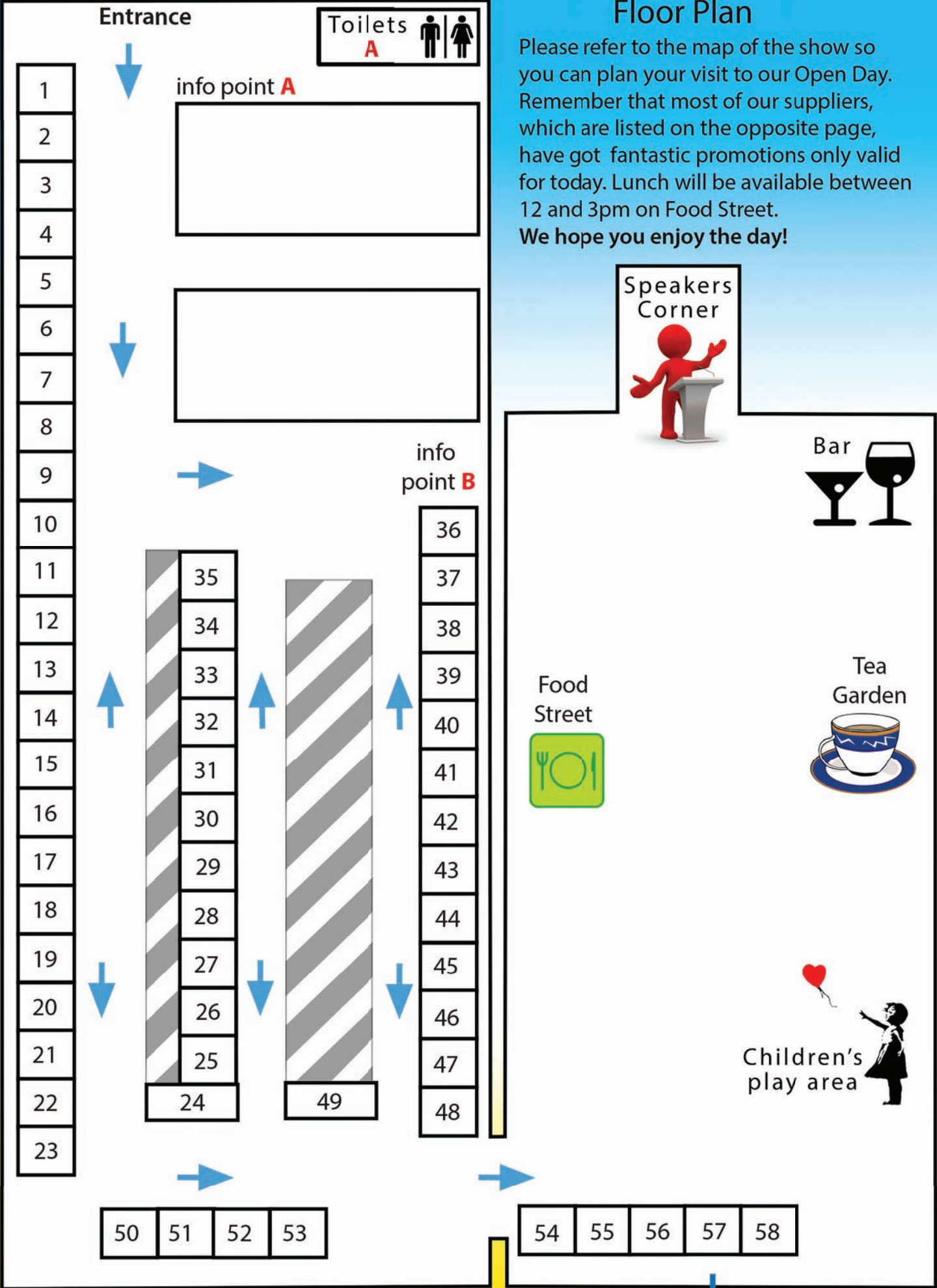
kallø

CLIPPER®
NATURAL FAIR & DELICIOUS™



Floor Plan

Please refer to the map of the show so you can plan your visit to our Open Day. Remember that most of our suppliers, which are listed on the opposite page, have got fantastic promotions only valid for today. Lunch will be available between 12 and 3pm on Food Street. We hope you enjoy the day!



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Bio-Tiful Dairy Ltd.	22	Purple Balance	44
Bravura Foods Ltd.	4	Raw Chocolate Company	13
Chi Drinks Ltd.	55	Real Olive Company	15
Clearspring	35	Revolver Co-operative Ltd.	58
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Community Foods Ltd.	18	Sherriffs Foods Ltd.	14
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Dr Tempeh	28	Stroud Brewery Ltd.	37
Earth Friendly, Michael's Original	43	Sun & Seed Ltd.	23
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Open Day Promotions

1

Whole Earth



From wholeearthfoods.com:

Founded in 1967 by Craig Sams and his brother Gregory to bring natural foods to consumers as he believed they are "better for body and planet". They created Whole Earth, pioneering the production of organic & natural foods that taste great too. These products were made available to a wider market for those who wanted to eat healthy, tasty food and also cared about the planet.



We have kept those ideals with us to this day. Whole Earth products will always be made with natural ingredients sourced from responsible growers and suppliers. We love our products and hope you do to.

wholeearthfoods.com

Promotion:
Cold Drinks 10% Off!
Cereals 15% Off!

2

Kallo



From kallo.com:

At Kallo, we don't think eating sensibly has to mean saying no to the things you love. Life is about what you can, not what you can't have – and eating the right way is about loving food and having a nutritious, balanced diet. That's why we've reinvented the rice cake and created a range of organic stock cubes and other delightful foodie things that are made using the finest natural ingredients and embrace our fab food philosophy.



kallo.com

Promotion:
Rice Cakes: 15% Off!
Stock Cubes: 25% Off!

3

CLIPPER NATURAL, FAIR & DELICIOUS



Clipper Teas

From clipper-teas.com:

At Clipper, we've been making magical teas in Dorset since 1984. From small beginnings in a Dorset kitchen, we are now the 6th biggest tea company in the UK. We believe that every cup of tea is important, so we strive to deliver the best tasting tea, using the highest quality ingredients, always ethically sourced.

Visit our tea garden to sample teas from Clipper's delightful range!



clipper-teas.com

Promotion:
15% Off!

3

Almond Breeze



From almondbreeze.com:

You don't have to be lactose intolerant to enjoy Almond Breeze®, but if you are, you're in for an extra-special treat. The creamy smooth texture and hint-of-almond taste make this nondairy beverage a stand out at standing in for milk. Explore these pages to discover other unique differences that make Almond Breeze one of a kind.



almondbreeze.com

Promotion:
15% Off!

Promotions *Open Day*



4 Bravura Foods

Freedom Confectionery

Bravura Foods are the UK sales and marketing company for Panda Liquorice and Freedom Confectionery. We are committed to delivering unique, quality products to the UK market that are either suitable for vegetarians, vegans or coeliac. Panda Liquorice which has been in the UK for over 40 years is the country's leading healthier liquorice. Panda's All Natural range only has 4 ingredients and is suitable along with most for Vegan diets. The Panda liquorice is the most popular liquorice brand in this channel. Freedom Confectionery launched Freedom Mallows just over a year ago and they are the first to market with a mallow that suitable for vegan, coeliac, gelatine free, egg and dairy free diets, but still taste great. Freedom Mallows are the fastest growing impulse confectionery product in this sector. To find out more on the brands we help develop visit

www.bravurafoods.com

Promotion:
15% Off!

5 Pukka Teas

Brand NEW - Pukka organic teas bring out their Pukkaside! Come alive to Pukka's deliciously colourful world of teas. Be one of the first to see how we have made our teas sing with even more colour and flavour. Our beautiful tea boxes have been carefully redesigned and we have added some hot new flavours to our bestselling organic range. Whether you want to revive with an energising Supreme Matcha Green tea or seek a tasty thrill with our scrumptious Peppermint & Licorice, we have a delicious, organic herbal tea to inspire your customers with a better tasting cuppa.

Also enter our competition on the day to win a selection of our brand new Pukka teas!

pukkaherbs.com

Promotion:
10% Off!

6 Grumpy Mule

Grumpy Mule is committed to sourcing distinctive, specialty and certified coffees from around the globe. The way we source coffee is driven by quality and sustainability. Our focus is on single origin coffees, from high altitude farms and co-operatives that truly reflect the unique regions in which they grow. All our coffees are profile roasted, in small batches, on Probat and Loring equipment in our very own Yorkshire Roastery, to bring out the natural aromas and best flavour of every bean. As the proud winner of 6 Great Taste Awards in 2013 and Fine Food Digest's winner of Best brand 2013-14 in the prolific coffee category, Grumpy Mule is the coffee of choice for food and drink lovers.

grumpymule.co.uk

Promotion:
20% Off Most Lines!

7 Yogi Tea

Please join us for a refreshing cup of Yogi Tea and sample some of the more recent introductions to the range, such as Bedtime Rooibos Vanilla and Positive Energy Cranberry Hibiscus. We can also show you the new Yogi Tea Gift Pack, which contains 2 packets of Tea Bags [Classic and Detox] and a Yogi Tea branded Travel Mug. In addition, whilst stocks last, every time you order any 2 packets of Yogi Tea you will receive a free Yogi Tea Cup, plus there is a 15% discount across the entire range for orders placed on the day!"

yogitea.eu

Promotion:
15% Off Plus Free Mug!



pukka

Come alive to our
deliciously colourful NEW world



All will be revealed



We've added even more beauty to our world
of best-selling organic teas

Come and see our delicious new designs
and taste our brand new teas

www.pukkaherbs.com



Promotions *Open Day*



8 Bio-D **bio** **D**



Celebrating 25 Sustainable Years. We are proud that Bio-D has been dedicated to promoting the use of environmentally responsible detergents for a quarter of a century. We are proud that our effective, biodegradable and hypoallergenic laundry and cleaning products are exclusively UK manufactured from 100% natural products and that they are free from triclosan, chlorine, synthetic perfumes and optical brighteners. We are also proud of our links with Allergy UK, The Vegan Society, Cruelty Free International and Ethical Consumer. We are indebted to all of the people who have shaped our success, from our dedicated team in Hull, through the retailers and wholesalers who stock our products, to our loyal consumers and we look forward to the next 25 years.



biodegradable.biz

Promotion:
20% Off First Case!

9



Fentimans

From fentimans.com:

Botanical brewing is a simple process involving herbs and plant roots. Thomas Fentiman's original recipe involved milling ginger roots before tumbling them into copper steam jacketed pans and leaving them to bubble and simmer releasing all their flavour. The finest herbs, natural flavourings, sugar, brewer's yeast and fresh spring water were then added to the liquid which was transferred into wooden vats where it was left to ferment ... Our production processes have been updated through the addition of mild carbonation to replace the carbon dioxide lost during pasteurisation, which gives the product a longer life.

fentimans.com

Promotion:
20% Off!

Offer doesn't include Gin & Tonic

10 Wholebake **9bar**

The great tasting nutritious mixed seed energy bar!

The 9bar range from Wholebake is handmade with nothing but natural ingredients and is a great source of compact natural nutrition and energy with a unique blend of wholesome seeds like sunflower, pumpkin, poppy, sesame and hemp.

Wholebake also bring you the 9bar breakfast range, developed in response to consumer demand for an on-the-go breakfast energy boost in a convenient, wholesome form. All new 9bar Breakfast is packed with nutritious seeds, chewy oats, puffed brown rice and protein-packed soya crispies with carefully selected ingredients to provide a cocktail of antioxidants, vitamins and minerals.

What's more the Wholebake flapjacks offer a range of premium flapjacks in 12 deliciously moist and chewy varieties, lovingly handmade in their craft bakery in the beautiful Vale of Llangollen in North Wales, using only the finest natural ingredients from around the world. wholebake.co.uk



Promotion:
20% Off!

11

Faith In Nature



One of the original pioneers, Faith in Nature has been creating products from naturally derived sources for 40 years. Today Faith in Nature is a multi-award winning company offering over 150 formulations for bath, body, baby and home. All made in Great Britain and with the best of nature's ingredients, our cruelty-free ranges are developed to be effective yet gentle on our bodies and the planet. Founded by Rivka Rose who still runs the company today, Faith in Nature combine a knowledge of plants, which goes back thousands of years, with modern production techniques to provide the perfect blend of old and new.

- Natural products that are both ethical and have a minimal environmental impact;
- NO SLS, SLES, Parabens or GM

Ingredients: • NO synthetic colouring or fragrance; • Only natural or ecologically certified preservatives are used; • Most products are Vegan Society approved and none have ever been tested on animals

faithinnature.co.uk



Promotion:
20% Off!



Open Day Promotions

12



Meridian and Rocks

Meridian and Rocks are sister brands, jointly owned by 3 individuals who returned the companies to Independent ownership in 2005 and 2007 respectively. They are fully committed to developing the ranges in the health food retail sector, focusing primarily, but not exclusively, on high quality organic products, produced in the UK. All Meridian and Rocks products are Vegan and Palm Oil Free. We also have a range of Gluten Free Sauces.

Please visit the stand to sample the latest additions to the ranges, including our New Nut and Seed Butters and Nut bars. **Not only are we offering 15% discount across our entire range for the Open Day we have our Peanut Butters and Rocks Squashes and Cordials available at a 30% discount in the current Essential Trading price list..**

meridianfoods.co.uk
rocksorganic.com

**Promotion:
See Above!**

13

The Raw Chocolate Co.



The Raw Chocolate Company was established, after many experiments and chocolate binges, in 2006. Our products are pure, organic, fairtrade and vegan certified. They are also raw – relatively untreated to retain nutrients. We minimise our environmental impact where possible, our factory is solar and wind powered. We have three product ranges: award winning



Raw Chocolate Bars, Raw Chocolate Snacks and Supreme Foods.

The Raw Chocolate Bars come in six flavours, all in two sizes, 22g and 44g. We make the chocolate from scratch, from Peruvian crillo cacao beans, resulting in very pure, smooth chocolate. Our Goji and Orange Bar recently was awarded 2 Gold Stars in the Great Taste awards, rating it as the best chocolate bar in Britain.

therawchocolatecompany.com

**Promotion:
15% Off!**

14 Sherriffs Foods



At Sherriffs we pride ourselves on delivering some of the

best organic, gluten free and health conscious brands and products available. We have built up a portfolio of products that cater for those with certain food

intolerances and those who wish to maintain a balanced diet encompassing good food for certain lifestyle choices. Whether it's our own Nature's Store Corn Cakes for a healthy snack on the go or at work, yummy organic and gluten free Amaizin Corn Chips, the taste of the Mediterranean with the La Bio Idea Organic Pasta range, or enjoying a welcomed cuppa and treat with one of Kelkin's biscuits. We have a range for all, and don't compromise on taste.

We welcome you to visit our website where you can learn more about our extended range of brands and products:

sherriffsfoods.co.uk

**Promotion:
20% Off!**

15

The Real Olive Co.



Based in Bristol since our formation in 1998, we have developed excellent relationships with producers that allow us to import and distribute top quality olives and antipasti products from around the Mediterranean.



From our production facility at Olive HQ we create delicious

marinated olive mixes inspired by Near Eastern and Mediterranean regional flavours, the full range of which can be seen within the premium marinated section of the product list.

Specialists in our field, we use decades of collective experience in restaurant, delicatessen and market stall management to offer a truly effective customer-focused approach with the businesses that we supply..

therealolivecompany.co.uk

**Promotion:
20% Off
Selected Products!**

Promotions *Open Day*



16

Aqua Oleum

aqua
oleum

JULIA LAWLESS

Aqua Oleum is a company with a heritage spanning over three generations, based on expert family knowledge of essential oils. For over 30 years, it has built its market reputation based on outstanding product expertise and high ethical standards together with a real commitment to providing top quality oils at a fair price. Aqua Oleum was one of the first aromatherapy companies to be established in the UK and has pioneered many innovations in the field over the years. Since the 1980's, it has maintained its



reputation for supplying a large and comprehensive range of high quality essential oils, absolutes, carrier oils and aromatic products both in the UK and internationally.

aqua-oleum.co.uk

17

Divine Chocolate

*Divine*TM
CHOCOLATE

Divine Chocolate's irresistible range of bars, gifts and seasonal specialities are made with the best cocoa, grown with pride by the farmers in Ghana who co-own the company. Everything we do is Fairtrade certified, with all natural ingredients, and each delicious treat is beautifully packaged and decorated with traditional Adinkra symbols. The Divine Christmas range has something to tempt everyone – an Advent Calendar telling the nativity story with a delicious milk chocolate heart behind each window, novelty Christmas stars, a beautiful box of luxury milk & dark Belgian chocolates, stocking filler milk & dark chocolate coins, festive flavoured Limited Edition bars, and darkly decadent After Dinner Mint & Ginger Thins.



divinechocolate.com

Promotion:

10% Off Xmas Lines!

18

COMMUNITY

Community Foods



Community Foods have been trading for over forty years, importing Organic and Conventional ingredients and acting as a Brand Wholesaler. Community are proud to own Sanchi Japanese Foods and Crazy Jack Organic brands, whilst being brand partners to Le Pain des Fleurs Gluten Free Crispbreads, Orgran Gluten Free Foods and Barleycup Coffee Substitute Drinks.



communityfoods.co.uk

Promotion:
15% Off!

19



granoVita

How can something so healthy taste so good?

granoVita brings a high-quality selection of healthy, nutritious vegetarian foods to the UK and European markets. With a bright, modern outlook and a fast-growing range of products, granoVita are at the forefront of the industry. Public demand has indicated a powerful trend towards GMO-free, organically produced food products, and this is where we continue to focus our attention, whilst maintaining links to our traditional vegetarian and vegan customers. Our Christian integrity informs our business practice – we care about quality, fairness, people and the environment. Whenever possible, our packaging is recyclable. granovita.co.uk



Promotion:
10% Off!



Open Day Promotions

20

MARRIAGE'S
THE MASTER MILLERS

Marriage's Flour

Family run flour millers since 1824, Marriage's produce premium quality bread, cake and pastry flours for home bakers. Specialties include stoneground wholemeal bread flours traditionally milled on hundred year old horizontal French Burr stones. These flours have a 'nutty' flavour and deliver the natural goodness of all the wheatgrain. Marriage's organic light brown flours are ideal for making healthier cakes, pastry and biscuits. These varieties retain the wholemeal flavour, but are as easy to use as white flour. Marriage's source as much wheat as possible from local Essex farmers. Marriage's organic flours are Organic Food Federation certified and all Marriage's strong flours are suitable for bread machines.



flour.co.uk

Promotion:
20% Off!

21

Green & Black's



We make and sell premium chocolate using fine organic ingredients which are ethically sourced.

At Green & Black's our aim is to create great tasting chocolate. We believe that every step from bean to bar is equally important - whether it's sourcing and using the finest organically grown cocoa beans or taking that extra time and care to bring out the distinct flavour that has become our trademark.



greenandblacks.co.uk

22

Bio-tiful Dairy



Winner of the Dairy Innovations Awards 2013 and Gold Star winner in Great Taste Awards 2013, Bio-tiful Dairy is the only UK producer of a range of top quality organic cultured milk drinks. The company has chosen to produce the drinks on-site at a beautiful organic dairy farm in Devon, to ensure that the milk is at its freshest and highest quality. The cows are well over 90% grass-fed. Natasha Bowes, the Company's founder and driving force, is a Russian ex-athlete and, like many others from her homeland, has always used Kefir and other cultured milk drinks as a crucial part of a super-healthy diet. They are a perfectly balanced and delicious natural food that picks you up every day, and particularly so, if you have any digestive tract issues or after taking antibiotics. Kefir and Riazhenka contain billions of live microorganisms (including Bifidobacterium) and are a source of a number of essential vitamins (including B2, B12) and minerals (including calcium, phosphorus). These naturally contribute to your normal digestion, metabolism, immune and nervous systems, and enhance your energy levels.

biotifuldairy.com

Promotion:
20% Off!

23

Sun & Seed



Sun & Seed started as a family business, with its production facility as a part of the converted farm. Sun & Seed has grown into co-operative with both neighbouring and far flung farms. We maintained traditional methods to produce quality cold pressed oils and spreads made from seeds and nuts. Aside from nutritional properties our main aim is to create products which taste exceptionally good.

sunandseed.com



Promotion:
10% and 15% off Selected Products!

Promotions *Open Day*



24

Kiptik



We are a UK-based solidarity group who have been working on a series of projects in the autonomous communities of Chiapas in South East Mexico, since May 2000. The aim of KIPTIK is to support the Zapatista struggle directly through the construction of drinking water systems, ecological stoves, health and mural projects. The work of KIPTIK has grown according to the needs identified to us by the communities where we've worked. We try to work with people at a community level rather than with large, remote institutions. We work directly with the Juntas de Buen Gobierno ("good government assemblies") to try and help them meet their own needs.

We want to keep our projects small and human-scale, and to promote self-sufficiency by leaving skills and materials in the hands of the people in the communities. Wherever possible, we try to use appropriate technology solutions: i.e simple, low cost, efficient and easy to maintain.



All funds raised go directly towards project costs. No KIPTIK members are paid, and their work is entirely voluntary. For every 1 kg of Zapatista Coffee sold by Essential Trading £0.40 is donated to Kiptik.

kiptik.org



25

Bottle Green

bottle green




Bottlegreen Drinks Co. has always believed in creating the finest and most natural soft drinks possible. Blending wonderfully sublime flavours into the most exquisite drinks is their one driving passion. It really is all about the taste. Bottlegreen Drinks Co. invites you to experience these delicate, subtle flavours for yourself in their award-winning and beautifully crafted drinks range.

bottlegreendrinks.com

Promotion:
20% Off!

26

Equal Exchange

 Our fair trade is an honest and **EQUAL EXCHANGE** You enjoy the world's finest organic & natural products, the farmer gets a better life. Simple really.



Equal Exchange is a 100% Fair Trade Worker Owned Co-op, distributing premium Organic and Authentic Fair Trade products to the natural food sector. Choosing Equal Exchange isn't just about delicious products. You're also making a big difference to the small farmers who grow this gorgeous food, and where ever possible we process and package at source ensuring added value for their product.

equalexchange.co.uk

Promotion:
20% Off
Roast & Ground Coffee & Coffee Beans!

27

Venture Foods



Venture Foods, a small and friendly, independently owned and run company, provides Geo Organics and Organica across the following ranges: Thai Curry Pastes, Indian Curry Pastes, Mango Chutney, Canned Ready Meals, along with various Sea Salts and Agave Syrups. Organica has an ever-increasing range of chocolate for Vegan Diets, in 40g and 100g sizes. NEW PRODUCTS : newly-packaged Agave Syrups, Sweet Chilli Sauce, Worcester Sauce and the 40g Marzipan Bar.

venturefoods.com

Promotion:
10% Off!



Open Day Promotions

28

Dr Tempeh



For the first time available in the UK! This is real Indonesian tempeh from the island of Java, made only from local variety (non GM) soybeans. It is vegan and vegetarian, and is a ready-meal in a hand-made sauce made from all local Javanese spices; fresh lemongrass, galangal root, turmeric and a variety of other rare spices found only in Java. This tempeh has been made under scrupulous hygiene conditions and captured in a can to stop the fermentation so you can enjoy real Javanese tempeh. It is fair trade and creates a market for soybeans to be exported as tempeh for the first time ensuring profits go direct to local farmers and tempeh makers.



doctortempeh.com

Promotion:
15% Off!

29



Plamil Foods Ltd.



Plamil Foods Ltd. Established 1965. Plamil Foods passionately believe in producing food made to the highest vegan standards possible. They understand their customers should be able to enjoy food knowing that every care is taken in production. They use only the purest of ingredients. Plamil products are totally dairy free, gluten free and made in a factory run on 100% renewable energy where no nuts are ever used. Plamil is a brand to trust. Their vegan logo guarantees that you will not see statements like: "may contain dairy, eggs or other animal products."

plamilfoods.co.uk

Promotion:
15% Off Selected Lines!

30

Natural Balance Foods Ltd.



Natural Balance Foods, the UK's fastest growing natural snack company, are dedicated to making the most delicious 100% natural snacks out there. The hugely popular Nākd range contains no added sugar or syrups, wheat and gluten free and count towards one of your five a day making Nākd a must stock range of snacks! Nākd is a delicious range of cereal bars and snacks that have revolutionised healthy snacking and continue to surprise and delight all who indulge. Our range of healthy snacks and bars are a fantastic choice for those who want to look good, feel good, and do good, no matter what their busy lifestyles bring.



naturalbalancefoods.co.uk

Promotion:
25% Off!

31

Luscombe Drinks



Artisan Soft Drinks made by Luscombe on the Farm in Devon. Crafted by the team using the finest ingredients from locally sourced Apples and Elderflower or specific Lemons from our Sicilian growers. Luscombe Drinks offers its customers an adult soft drink that cannot be found in supermarkets. Luscombe rolls back the preconceptions about soft drinks (oversweet, flavoured waters). Luscombe is a brand that has the strength to be the only viable alternative to a glass of wine or Beer. These are genuinely good soft drinks and if nearly 30% of ones clients don't want to drink alcohol at any given time, serving a Luscombe shows you respect them.



luscombe.co.uk

Promotion:
20% Off!

Promotions *Open Day*



32



Tyrrell's Potato Chips Ltd.

We cook our crisps by hand in small batches and we always leave the jackets on. We reckon they're rather special, but don't take our word for it – dig in and let us know what you think.



tyrellscrisps.co.uk

33

Essential Vitam-R



VITAM produces tasty, vegetarian health food since 1925. In close cooperation to the German health food shops we have since then developed a high expertise in full-value nutrition. VITAM-R yeast extract is a completely unique product, which distinguishes itself by a very mild, delicious taste from other yeast extracts. It can be used as a sandwich-spread or for low-salt seasoning. Adds a hearty taste to any vegetarian sauces, stews, etc. Its richness in B-Vitamins — including folic acid — essential amino acids and minerals makes VITAM-R yeast extract the ideal sandwich spread for vegetarians, for growing children and others with special need for B-Vitamins (also available organic).



vitam.de

**Promotion:
20% Off!**

34

Natural Vitality



Natural Vitality are producers of certified organic and certified gluten free houmous, dips, salads and cakes. Based just outside Bath we received 5 awards in this years Taste of the West competition, including a Gold Award for our extra smooth Houmous.



As suppliers to a National Veg box scheme we maintain the highest standards of hygiene in the kitchen.

We are proud to introduce the first Organic Smoked Houmous to the market and feel sure that were you to

take advantage of our 50% offer on all orders taken today that you will enjoy its unique flavours.

natural-vitality.co.uk

**Promotion:
50% Off!**

35

Clearspring

The Clearspring brand promises premium quality Japanese specialities and Organic Fine Foods that are authentic, versatile and support good health. Made to traditional recipes by master artisan producers, they bring you full, authentic flavours of some of the most exciting food cultures from around the world. They respect local food traditions and are made of the finest ingredients without using artificial additives, colourings or preservatives. Clearspring always works directly with their producers to



build long term partnerships of ethical trade that support sustainable organic farming and benefit local communities. Enjoy the great taste of good' (insert Free From images) The Clearspring range includes many Free From items.

clearspring.co.uk

**Promotion:
20% Off!**



Open Day Promotions

37

Stroud Brewery



We are a local food producer recognised for our ethos: We use local ingredients to brew distinctive beers with the best of care for our environment, our suppliers, and our community. The brewery is committed to using Cotswold grown and organic malting barley. We do not sell through the supermarkets and sell our cask ales across the Cotswolds, and our range of organic bottle beers is distributed nationally. We are committed to



community development and host regular community events.

stroudbrewery.co.uk



Promotion:
10% Off!

Offer doesn't include Maris Otter Ale

38

JOANNUSMOLEN®

Joannusmolen B.V.

Joannusmolen is a Dutch family-owned company with a long and successful history in the organic food market worldwide. The company has been producing high-quality organic products for more than 30 years and was the first certified organic production company in the Netherlands.

Our team of experts and food specialists continue to work on product development and product innovation, in order to improve the quality of our products and develop even tastier and better products for each individual market. The history of Joannusmolen goes back to 1894, when our Dutch windmill was built. Today, more than 120 years later, Joannusmolen has a state-of-the-art production facility, designed according to the highest European standards. Joannusmolen is dedicated to producing high-standard products for our own brands and for private label brands worldwide.

joannusmolen.com



Promotion:
20% Off!

39

VEGUSTO

Swiss 100% plant-based gourmet

Vegusto

Vegusto specialise in Swiss 100% plant based gourmet: suppliers of All Natural, Multi-award winning vegan cheeses and meat-free alternatives. Free from Dairy, Cholesterol, Phosphate, Palm Oil, Sugar, Soya, and GMO. Are suitable for vegans and vegetarians, Kosher & Halal friendly. We have up to 40+ vegan society approved products, including 'cheeses', meat alternatives and dips.giving you a meat free product for every occasion. Our products have won numerous awards including Joint Winner of Store Cupboard Category - 2014 Free From Food Awards, Great Taste Gold Star Award 2013, PETA Vegan Food Awards 2013:Winner of best Dairy-Free Cheese & Winner of Best Vegan Burger, and the overall 2012 Free From Awards winning the FAIR Foundation Trophy, to name a few.

vegusto.co.uk

Promotion:
10% Off!

For New Customers Only

40

Pulsin'



& Beond

At Pulsin' we are committed to be sustainable and ethical, producing high quality natural protein bars, protein powders and healthy treats that are as good for you as they taste. Packed full of natural ingredients and organic goodness, our products are free from nasties, high in protein and low GI, making them perfect for the whole family.

Our Beond bars are 100% organic, containing only the finest natural ingredients, in a range of tantalizing flavours, guaranteed to put a smile on your face and a bounce in your step.

Pulsin' protein bars make the ideal pre- or post-exercise boost or handy, healthy meal-replacement for people on the go.

Pulsin' protein powders are all GM and pesticide free, containing no nasty chemicals, only pure protein derived from plants. Sprinkle into soups, cereal, juices and smoothies for an easy, great-tasting protein health boost.



pulsin.co.uk

Promotion:
20% Off!

Promotions *Open Day*



41

Yeo Valley



We've been farming in the beautiful Yeo Valley since 1961, when the Mead family first bought the farm here in Blagdon, Somerset.

Today we are the largest family-owned dairy business in the UK, with 1200 acres of farmland and 420 award-winning British Friesian cows. We're 100% Yeoganic which means we go the extra country mile to look after our land and livestock and we always strive to do the right thing. Supporting British Family Farms is at the heart of everything we do, which includes buying British produce where we can. We are the UK's largest organic brand and make everything from yogurts, butter and cream to compote, ice-cream and children's products.

yeovalley.co.uk



42

Florentin Organic Kitchen



Florentin Organic Kitchen is located in Mijdrecht, The Netherlands. Since 1995 we have been producing authentic Mediterranean delicatessen. Our range includes Middle Eastern classics as well as fresh new ideas from the Mediterranean Kitchen. In Florentin we stick to our motto – "Nothing but pure ingredients!". We use organic ingredients free of any artificial colouring or flavouring. Our products are GM free and have no artificial additives. We do our best to preserve the simple, authentic recipes that create the products our customers love & enjoy. Florentin products are available in retail and foodservice packaging. Ideal for Vegans, Vegetarians and everyone who enjoys pure and good food.



florentin-bio.com

**Promotion:
15% Off!**

43

Earth Friendly



Our in-house chemists have used their decades of experience to create a range of household cleaning and laundry products from plant-extracts that have impressive cleaning performance, impeccable eco credentials and competitive price per use. Our vegan & carbon neutral products are made using solar energy, fragranced with essential oils and are free from; SLES, phosphates, petrochemicals, chlorine, ammonia, caustics, formaldehyde, palm oil, GMO's and 1,4 dioxane. The extensive range includes products for laundry, kitchen, bathroom, surfaces and air fresheners.

greenbrands.co.uk



43

Michael's Original



Michael's Original is an ingenious range of environmentally responsible cleaning and personal care items made from loofah, coconut and abaca plants. The Washing-Up Pad and Scraper, Bathroom Scourer, Root Vegetable Cleaner and Body Exfoliator are plastic-free products, proven over generations that are completely biodegradable, long-lasting & value for money. The range is created on a family farm in the Philippines.



greenbrands.co.uk

**Promotion:
15% Off!**



Open Day Promotions

44 Purple Balance



Purple Balance specialises in manufacturing 100% plant-based/gluten-free/dairy-free/soy-free protein powders and delicious raw snack bars, developing nutritional products at their finest, for the health conscious consumer and the sport and fitness enthusiast alike, made from organic, natural and wholesome ingredients sourced straight from nature. Every product offers a colourful and vibrant identity that is the true essence of what the brand is about.



Our most important mission is to offer truly good quality, plant-based products, and to inspire positive changes in other's lives.

purplebalance.co.uk

**Promotion:
15% Off!**

45 Amy's Kitchen



After our daughter Amy was born in 1987, we had little time to prepare the wholesome and nutritious meals we normally enjoyed. Realising there were many others, just like us, we started Amy's Kitchen with one thing in mind: to produce delicious, nourishing meals for health-conscious people who are too busy to cook. With organic ingredients and treasured recipes, we cook with the same careful attention and love that you use at home. No meat, fish, shellfish, poultry, eggs or peanuts are ever used in any Amy's Kitchen products. We offer a complete range of organic canned soups and frozen ready meals. There is something for all the family. Find out more at: www.amyskitchen.co.uk amyskitchen.co.uk



**Promotion:
25% Off!**

46 Ogilvy's Honey Xa Trading



Isn't it time you offered more than standard blossom honey on your shelf? Ogilvy aka 'The Honey Hunter' scouts the world for the best honey available, often getting on first name terms with our beekeepers to make sure we source the best. Ogilvy's award winning pure artisan cold pressed honey, high in pollen count, rich in minerals and enzymes, low GI, ranging from mild to strong. Winner now of 6 great taste awards in just two years, we like to think we're on the right track.



ogilvys.com

**Promotion:
10% Off!**

47 Zaytoun CIC



Initially funded by hundreds of people willing to put up their money in advance of receiving their olive oil, it soon became clear that there was a huge demand for Palestinian products amongst supporters and fairtraders in the UK. Zaytoun received a loan from Triodos Bank which enabled them to place another order with the Palestinian producers, and they began to bring in not only oil but maftoul (couscous), dates, za'atar, almonds and soap. Zaytoun is a Fair Trade company and a member of WFTO. In 2009 they launched the world's first ever Fairtrade olive oil, a tribute to the hard work of the Palestinian producers and processors with whom they work.

**Hear about Zaytoun at Speakers Corner,
2.30pm.
zaytoun.org**

**Promotion:
10% Off
Selected Olive Oils & Dates!**

Promotions *Open Day*



48

Greenfrog Soap Company



THE GREENFROG SOAP COMPANY

Nick and Julie Bridger – both qualified economists with strong ethical values and a love for the environment, started this business in India, where Nicks father in law, saw in a local market, a botanical soap shell that he used as soap in his home in Paris! Thus the Greenfrog soap company was born and a few years later, headed back to the UK.

Greenfrog soap company today is an ethical, ecological company. Based on the South Coast, that manufactures, sells and markets an exclusive, premium, exotic, certified organic collection of shower, bath and soap products. Our products are unique, as they are based on a Himalayan botanical mountain soap, soft on the skin, vegan, free from toxic chemicals, made in the UK. Giving you a great outdoor spa feeling, indoors – with exotic Eastern scents such as neroli.

Greenfrog offers your customers something different and you great return for shelf space, POS support and national and local marketing campaigns.

Pre-order now for a 20% discount on all products.

greenfrogsoap.co.uk

Promotion:
20% Off!

49

Natural Products

Natural Products Magazine

Natural Products is Britain's leading trade magazine for the natural and organic products industry. Each month we provide must-read news, views, analysis of current trends and interviews with key industry figures. Read by independent health stores, managers of chain stores, pharmacies, wholesalers, supermarket buyers, brand owners and distributors, Natural Products' reputation for quality journalism and informed industry comment is unrivalled.

npnews.co.uk

Natural & Organic Products Europe – 19-20 April 2015 – ExCel, London

Natural & Organic Products Europe is your No.1 opportunity to stock up on the best choice of quality natural, organic, Fairtrade, sustainable, ethical, free-from, eco and



19-20 April 2015 ExCel | London healthy-living products for your customers. Keep your shelves stocked with the latest innovations and stay up-to-date with evolving natural trends.

naturalproducts.co.uk

50



Wild Honey NZ

At Wild Honey, our HIVES ARE NEVER MOVED so OUR bees are allowed to work in harmony with nature and the natural rhythm of the seasons to bring you their royal gift.

You will smell and taste pure FRESHNESS and WELLBEING in each spoonful of Wild Honey Raw Natural Manuka Honey. New for September 2014: MG300+ Raw Natural Manuka Honey, part of our new range of methylglyoxal(MG) tested honeys - on offer for Open Day at 10% Off!.



wildhoney.co.nz

Promotion:
10% Off MG300+ Manuka!

51

Essential

Essential Trading Co-op Ltd

Please refer to pages 25 and 26:

10% Off Essential Tinned Fruit, Teas, Chocolate Spreads and Tahini!

and back cover:

15% Off Essential Retail Packs!

essential-trading.coop



Open Day Promotions

52 If You Care WinterMoore Ltd.



Quality with Integrity

If You Care – for all your BBQ, baking, and cleaning needs; found under sinks and in kitchen drawers of all well maintained, relaxed green households - environmentally friendly products that work!

ifyoucare.com



Promotion:
20% Off!

52 Marinoë WinterMoore Ltd.



Marinoë – Beautiful sea vegetables including award winning, mouth watering marine pesto's and salads: inventive and delicious, and made using the oldest plants on the planet!

marinoe.fr



Promotion:
20% Off!

52 Emile Noël WinterMoore Ltd.



Emile Noël – Master millers of organic oils, foods and organic soap

emilenoel.com



Promotion:
20% Off!

53 FZ Organic Food



FZ Organic Food BV is a production company with four renowned

organic brands:



Fryslaner Organic cheese, Bionova vegetable and fruit preserves, Yakso Oriental (macrobiotic) kitchen, Tra'fo Organic crisps.

FZ Organic Food produces over three hundred certified organic products that are mainly sold in health food stores in over 26 countries. FZ Organic Food in Wolvega is located in a building of 6500 square meters with four different production areas.



Fzorganicfood.com

Promotion:
10% Off!

Promotions *Open Day*



54

La Terra e il Cielo

La Terra e il Cielo is an organic agricultural co-operative founded in 1980 in the Marche Region, Italy. It can be considered as one of the pioneer companies to invest in the field of Italian organic production. La Terra e il Cielo has an ethical structure based on: ecological approach, anti-GMO actions, democratic management, co-operative work, profits used for social purposes, support for small organic producers, Fairtrade, social economy network promotion.



Hear about La Terra e il Cielo at Speakers Corner, 12.30pm.

laterraeilcielo.it

Promotion:
20% Off Selected Lines!

55

Chi Drinks Ltd.



At Chi we are passionate about making healthy products full of goodness that taste delicious. The Chi products are 100% pure & natural, high in potassium and packed with electrolytes, which keep the body rehydrated, vibrant and healthy. Our range of products includes 100% Pure Coconut Water, 100% Pure Coconut Water & Mango, 100% Pure Coconut Water & Pineapple, 100% Pure Coconut Water & Tropical Fruits, 100% Natural Chocolate Coconut Milk, 100% Natural Espresso Coconut Milk and 100% organic, raw Coconut Oil. All Chi coconut waters come from a single plantation in Thailand and are not blended. Chi is also the only coconut water company that gives back to communities as a percentage of all proceeds goes to Thai Orphanages.



chilondon.com

Promotion:
10% Off!

56



Sunita, Hellenic George Skoulikas



George Skoulikas Ltd began business in 1977 importing olive oil and olives from Greece and has developed a specialist range of delicious natural and organic Mediterranean foods under the brands Sunita and Hellenic Sun.

skoulikas.com

Promotion:
15% Off Selected Lines!

57

Hodmedod's Hodmedod Ltd.

Hodmedod works with British farmers to source and produce a range of pulses and grains, with a commitment to providing quality food that's sustainably produced. All our pulses and grains are British-grown – and always will be

Our first product was the fava bean, grown in Britain since the Iron Age but little eaten in recent centuries. They're delicious, nutritious and good for the soil and bees. Split fava beans are especially versatile and easy to cook as they don't need soaking. More recently we've been searching out and developing production of other less well-known foods, like black badger peas and quinoa.

We offer our products as dried ingredients for cooking as well as in more accessible cans and as roasted ready-to-eat snacks.



hodmedods.co.uk

Promotion:
20% Off!



Open Day Promotions

58

Revolver

Revolver Co-operative Ltd.

Revolver Co-operative's organic coffees are individually sourced from farming co-operatives across the developing world. We can trace the origin of every bean, such as our roast & ground Guatemala, produced by Cooperativa FEDECOCAGUA in Huehuetenango within the San Marcos & Zacapa regions. Whilst just 2% of coffee production in this region is organic, the transparency of our 'field to store co-operative' supply chain means you can guarantee our coffees are not only certified organic but also strictly GM free and fairtrade, ensuring the farmers' a minimum price for their yield.

In addition to our promise of an ethical product, we assure the quality of our coffees by refusing to blend, using only 100% single-origin Arabica beans in every pack. From the chocolaty undertones of our Mexico de Chipas to the toasted hazelnut aromas of Peru Sandiain, each coffee has its own unique characteristics to be experienced and enjoyed.

revolverworld.com.com

**Promotion:
20% Off!**



Campo Co-operative

We are a co-operative of farmers and workers. Our project was launched at the end of the seventies at Isola del Piano, a small town in the countryside in the Region Marche. Our mission is to ensure organic food becomes a part of people's daily life and not only an exception or a niche for the minority. We work every day to ensure that anyone in this world can have everyday products without poison. We have contributed to the development of organic farming for over thirty years and we have a well established network of relationships, skills, knowledge and expertise, which makes us a point of reference for those seeking basic organic foodstuffs.

In Food Street, Campo Co-operative will be cooking traditional Italian fare using the best organic Italian ingredients.

Campo Co-op supply the Essential tomato range.

coopcampo.it



Authentic Spice Blenders

Our dry spice blends contain only premium quality spices - so they are free of all flavourings, preservatives and colourings - and they're gluten free. Many of our spice blends are also available in organic varieties.

The recipe on the back of the pack is easy to follow. Chiman's have been selling spice blends for over 20 years so our recipes have been tried and tested!

Each pack will make a delicious meal for around 4-6 people. If you're cooking for fewer, our tip is to cook the whole meal and freeze portions for another day. Alternatively, halve the ingredients and just use half the sachet. You can reseal the sachet and it will keep for 2 months without losing flavour.

chimansfoods.com



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joannusmolen.com



Promotions *Open Day*



The Naked Kitchen is the leading supplier of home-made falafel, vegetarian sausages, vegetarian burgers and houmous in Bristol and the South West. We use only the finest, fresh and locally sourced ingredients. All of our food is vegetarian and most are vegan friendly.

Established in 2011, our products give caterers of all types a healthier and friendlier choice for the vegetarian / vegan client.

Our Falafel have been very well received locally, bringing to many a new selection of quality products which are both versatile and profitable.

nakedkitchen.co.uk

**THE
NAKED
KITCHEN**



Clipper Teas

At Clipper, we've been making magical teas in Dorset since 1984. From small beginnings in a Dorset kitchen, we are now the 6th biggest tea company in the UK. We believe that every cup of tea is important, so we strive to deliver the best tasting tea, using the highest quality ingredients, always ethically sourced.

clipper-teas.com

CLIPPER
NATURAL, FAIR & DELICIOUS



Essential Trading Co-op Ltd.

The Egyptian farm from which Essential sources its tea range is built on reclaimed desert sand. It has been cultivated with biodynamic farming methods since 1977, providing one of the most inspired eco systems in the world. The company behind this is SEKEM and its specialised form of organic farming is at the heart of this successful, self-sustaining farming unit.

As far as possible the farm relies on home produced composts, manures and animal feeds. The balance of nature is neither disrupted nor compromised. The success is shown by the farm having grown 28-fold, from 70 acres to over 2,000: proving its sustainability as well as the growing thirst for biodynamic tea!

essential-trading.coop

ESSENTIAL



Brecon Carreg

Brecon Carreg is a small yet professional company which began life as a cottage industry – a team of 29 people, with a passion for bottling a pure and natural mineral water right at the heart of Wales.

With low sodium and balanced minerals, Brecon mineral water is filtered through limestone strata in the Brecon Beacons National Park, before being extracted from deep underground.

breconwater.co.uk

**BRECON
CARREG**

Open Day

Exclusive discounts 10% off

* offer valid 14.09.14 only,
max 10 units per
customer



10% off our beautiful teas

Open day only!



Come to the tea garden
and sample a brew!

- ☘ Six glorious flavours
- ☘ Biodynamic
- ☘ Organic
- ☘ Pure
- ☘ Good for everyone!
- ☘ Unbleached tea-bags

Essential
www.essential-trading.coop

Essential



Open day

Promotion

15% off all Essential
own brand pre-packs
max 10 cases per customer
* offer valid 14.09.14 only

