



ESSENTIAL

GREENER FUTURES OPEN DAY

Supplying vegan, vegetarian
and natural foods since 1971



www.essential-trading.coop



Sales 0117 9583550



@EssentialTrading



@EssentialFoods

We welcome everyone to the Essential Trading Open Day 2023

This is our first Open Day event in over 5 years, and we are thrilled to welcome our wonderful suppliers and customers to our warehouse in Bristol. We are transforming the warehouse into a vibrant exhibition space to host our suppliers, customers, and affiliated organisations.

The day will be a great opportunity to meet and greet those working within the ethical produce industry and network with like-minded individuals and organisations. Throughout the day, we will be providing free food and drinks in addition to live family entertainment.

It is also a great opportunity to meet the workers that make up Essential, and members across our teams will be on hand to help throughout the day, so feel free to approach us with any questions that you may have!

We hope you have a wonderful time with us today, and we look forward to properly meeting all the wonderful organisations and individuals that we trade with.

What's on

- Meet our suppliers
- Meet our Essential workers
- Exclusive Promotions
- Goody bags
- Free food and drink
- Children's entertainment
- Campaign groups and charities
- We will be holding a raffle which

includes many great products kindly donated to us from our exhibitors.

With thanks to our sponsors
Pukka and Ecotone:

PUKKA

Mrs Crimble's
GLORIOUSLY GLUTEN FREE

kallø

**ALTER
ECO**

CLIPPER
NATURAL, FAIR & DELICIOUS[®]

WHOLE EARTH.
DOWN-TO-EARTH GOODNESS



**UK's No. 1
Rice Cake brand**



**No. 1 Organic soft drink
in health food trade**



**Delicious, Organic, Ethical
chocolate since 2002**

FOOD YOU CAN FEEL GOOD ABOUT



**UK's No. 1
Organic & Fairtrade tea brand**



**UK's No. 1
Peanut Butter brand**



**UK's No. 1
Free From cake brand**


ecotone

Source: IRI 52 w/e May 2023

Food + Drink


We will be providing a range of amazing vegetarian and vegan food and drink throughout the day! Everything will be included with the price of your ticket (that's £0). All of the businesses below are based within 2.5 miles of our warehouse and they really are some of Bristol's finest. We're also proud to call all of the food suppliers on this list either customers or suppliers or both; it's a circle of wholesome wholefoods.

Arbor Ales

Arbor have been brewing authentic craft beers in the heart of Bristol for the best part of twenty years. They really know how to make delicious liquid and put it in a can or glass; you will love them.
www.arborales.co.uk  [@arbor.ales](https://www.instagram.com/arborales)




Chiki Monkey

The guys from Chiki Monkey will be bringing their unique brand of vegan street food to the party. Delicious, nutritious and about as local as you can get (we share a postcode).
www.chikimonkey.co.uk  [@chikimonkeyuk](https://www.instagram.com/chikimonkeyuk)




Everest Bread

Everest bread makes purely vegan bakes, cakes, cookies and amazing breads of all kinds. Ethically sound and super local (you could throw an old ciabatta into Everest's garden from the back of our warehouse).
www.instagram.com/everest_bread  [@everest_bread](https://www.instagram.com/everest_bread)



Radek's Chocolate

We're so pleased that Radek's will be joining us for Open Day. They'll be serving some amazing hot chocolate alongside their legendary vegan brownies! You do not want to miss those bad boys.
www.radekschocolate.co.uk  [@radekschocolate](https://www.instagram.com/radekschocolate)



perfect for
festive joy



PUKKA

- ✓ 100% organic herbal teas
- ✓ 100% recyclable premium packaging
- ✓ variety of festive flavours



Entertainment

Live Music from Biff Bang Pow

Smart Skiffle Rock Quartet sparking up some fiercely fun-packed versions of Country, New Wave and Rock 'n' Roll. They are to music what Snap, Crackle and Pop are to puffed rice.

www.facebook.com/TheBBPTrio



Lino printing with the Bristol Print Collective

The collective are going to be running some of their very popular lino printing workshops. The workshops are suitable for all ages (bring your kids) and levels and are a great way to explore your creative side.

www.bristolprintcollective.com @bristolprintworkshops



Crèche from Pitch Up and Play

Ever wished you could just peruse the pulses in peace? At the Essential Open Day you can. Pitch Up and Play are the "crème de la crème of childcare and entertainment", they will keep them safe and happy so that you enjoy the show and maybe treat yourself to a chocolate brownie without having to hide behind the fridge.

www.pitchupandplay.co.uk @pitchupandplay



Prize & Charity Draw

There will be two fantastic prize draws at the Essential Open Day; attendees will automatically be entered into a raffle to win boxes of goodies, generously donated by some of our sponsors & exhibitors. Gert lush eh!

If that's not enough for you then please enter Kiptik's Essential Hamper raffle. Tickets are £2 or 3 for £5. All money goes directly to water projects in the autonomous Zapatista communities.

www.kiptik.org



Essential

20% OFF



  @EssentialTrading
 @EssentialFoods

Introducing our NEW range of Peanut Butter!
Now available in a range of sizes including a giant 1kg tin for those that REALLY love peanut butter.



EXHIBITORS STAND LIST

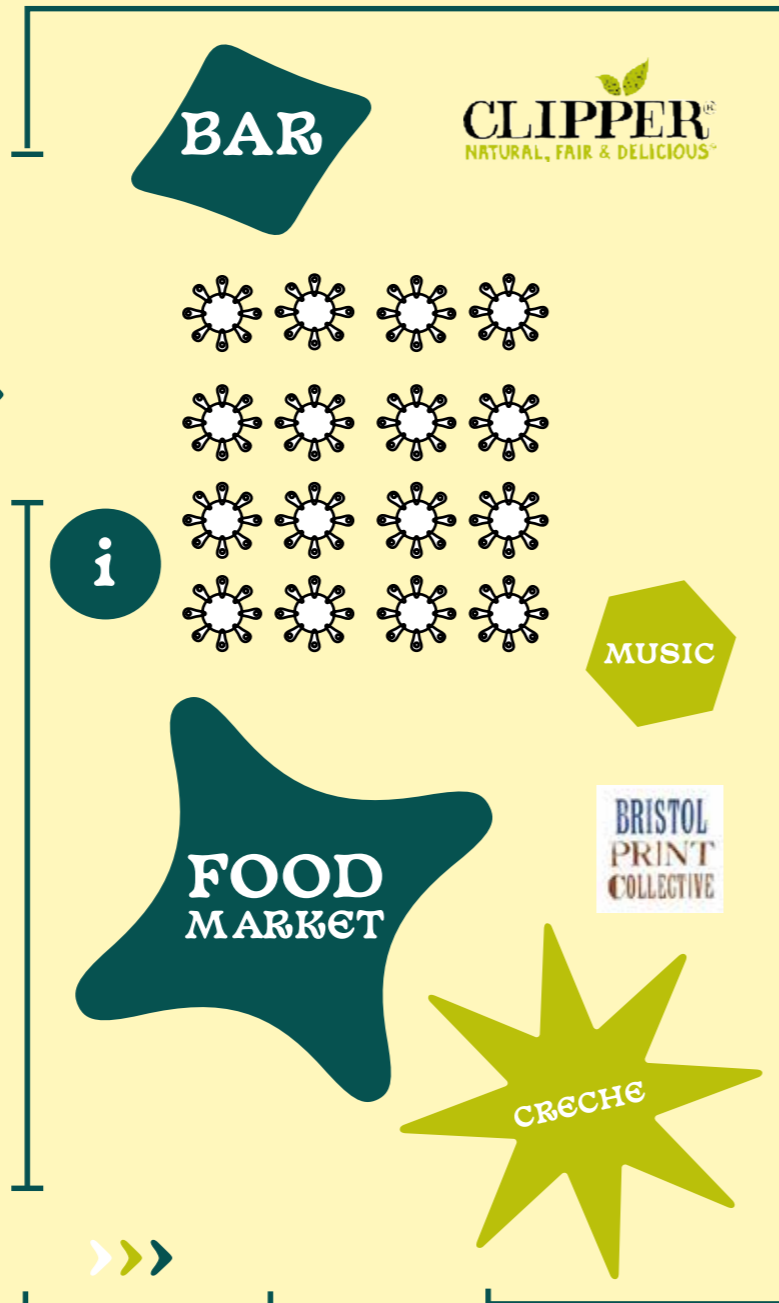
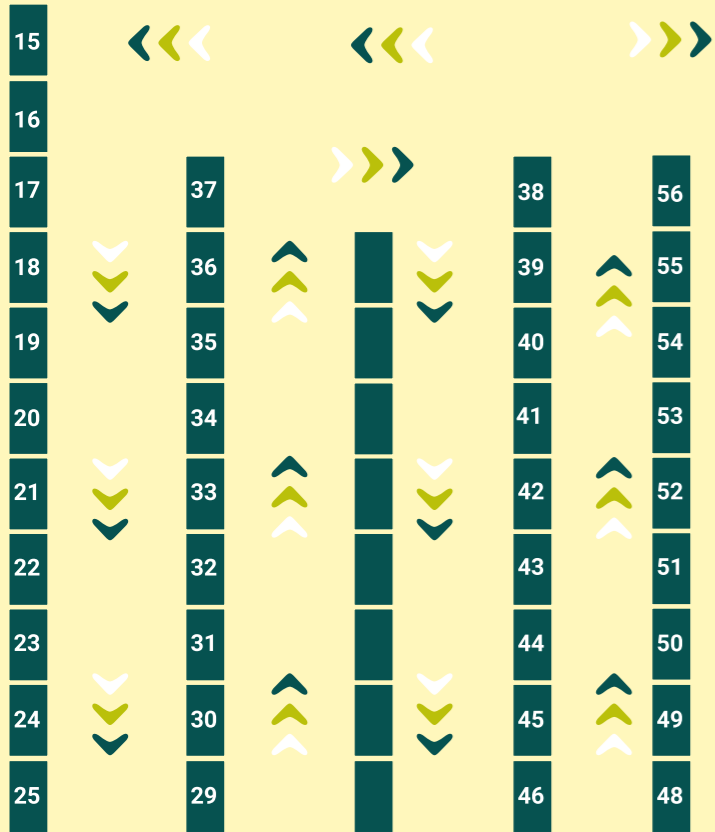
Please feel free to ask a member of staff if you do need some guidance to the stands and other facilities on site.

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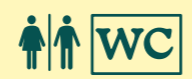
ESSENTIAL

OPEN DAY

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+++ SUPPLIERS +++

Essential



1

Organico Real Foods Limited

Organico

At Organico we buy and sell good food. Good food is food that's well made and tasty but also that's good for the planet and fair to the people we work with and who work for us... from farm to fork and from boat to plate.

We commit to sourcing foods that are planet-positive, that help support and enhance biodiversity and ecosystems, that protect soils and the water supply, that are resilient, not wasteful, not polluting or damaging and where the resources used are endlessly renewable.

We aim to source products from makers, growers and fishers who are themselves dedicated to a higher standard of socially responsible and sustainable practices.

www.organicorealfoods.com



3

Zest

Zest

Here at Zest we're simple folk, just like our products. We make delicious pestos and pasta sauces using simple ingredients that are always dairy, soy and gluten free so that everyone can enjoy them!

You'll never find any dairy or animal products in our sauces or pestos. That's because we believe they're just as delicious and healthy without. Good for you, good for the planet.

All our products are made without gluten and soy, so you don't have to worry about searching on the back of pack! Bursting with flavour, our pestos and sauces never compromise on the taste. We just use simple ingredients with no added extras to create the classic flavours you love.

www.zestplantpower.co.uk



2

Little Pod

LittlePod

Since its launch in 2010, the natural ingredients company, LittlePod, has used its Campaign for Real Vanilla to support farmers in the Equatorial regions, helping communities to sustainably farm the fragile rainforests that surround them, whilst encouraging consumers to purchase the precious crops that are grown there.

In 2014 LittlePod began a collaborative project with their vanilla farmer in Indonesia. After reviewing much research and methods of growing vanilla, the LittlePod community orchard pioneered the idea that vanilla cultivation could ensure a multifaceted income stream for the farmers thereby growing vanilla in a polyculture system rather than the monoculture system practised at the time, by mimicking forest ecology in this way.

The benefits aren't just for the farmers who depend on this high-value commodity but also for the environment; soil preservation, forest regeneration and biodiversity.

www.littlepod.co.uk



4

Clearspring Ltd

Clearspring ORGANIC

Clearspring is a family business and has been committed to pioneering authentic Japanese specialities and organic fine foods since 1993. From the humble beginnings of Japanese miso soup, to over 300 organic products today, their premium quality ranges continue to grow from authentic Japanese seasonings to award-winning cold pressed oils. All products are 100% vegan with no artificial additives, MSG, colourings, preservatives or added refined sugar.

They all have a distinctive flavour, made to authentic timeless recipes and by traditional methods.

This year marks their 30th anniversary and their mission remains the same, "to convert one more acre back to organic each day".

[www. https://www.clearspring.co.uk](https://www.clearspring.co.uk)



UP TO 15% OFF

UP TO 30% OFF

5

Clive's Purely Plants



Clive's Purely Plants are the veg masters, having always been vegetarian and now 100% plant-based. Famous for their award-winning pastry and generously filled pies, Clive's also have a range of quiches, tarts, gluten free pies and nut roasts. Our vision is to make eating animals a thing of the past. Our mission, to lead this change by creating irresistible plant-based food. We're change makers, always have been and always will be. We first set foot on this glorious mission back in 1986, when our founder Clive began making pies with his wife Lucie in Devon. Driven by a love and respect for animals, channelling bucketloads of entrepreneurial spirit, Clive's was born. Back then our delicious bakes were hand delivered on the back of a bicycle, and whilst we've had to change our two wheels to four, keeping our environmental footprint in check is still at the core of what we do. For decades, we've been championing organic. Working with sustainable growers and using ingredients that are free from genetic modification. We use minimal packaging that can be composted or recycled, and everything is 100% plastic free. Today, we invite you to join us on this mission. To keep hens clucking, pigs oinking and cows mooing. Free to live their best lives. Now that's what we call plant positivity. Recent additions to the range are Clive's rough puff pastry pies filled with delicious fillings like our best-selling Creamy Mushroom with fresh chestnut mushrooms and tarragon, Saag Aloo with spicy spinach, potato and coconut and Chickeny Puff Pie with our own made seitan meat replacement, creamy white wine sauce and asparagus.



www.clivespies.com

15% OFF

7

Natracare



Natracare has been campaigning for eco-friendly personal care alternatives for over 30 years. They developed the world's first organic cotton tampon and today, they are the proud creators of the only tested and Validated compostable period product in the world.

Their mission is to be a champion for the future of our planet, which is why, in 2019, Natracare became the first period care product brand to join 1% for the Planet.

Everything Natracare uses, undertakes and creates reflects their respect for the highest ethical standards, from organic principles to biodegradability.

www.natracare.com



6

BeSaucy



Welcome to BeSaucy, an independent vegan condiment company with strong values and big flavours at our heart. Founded by three siblings Ezda, Dashal and Chan Beavers. We have a range of five flavoured vegan mayonnaises available in retail and catering formats. We hold 4 great taste stars and are Vegan Society accredited.

We are a fun and creative brand that wants to change the way people think and feel about vegan food, and how they use mayonnaise. Our mayo's are not just a condiment, they are also great as an ingredient.

So elevate that sarnie to epic proportions, stir your favourite flavour through pasta, or add it to your soup to make it a gorgeous flavour packed treat!



10% OFF

8

Caroboo



Caroboo is an innovative and exciting range of caffeine free, lower sugar carob choc bars. Far from the days of grainy carob, our range is super smooth, creamy and ridiculously chocolatey. Caroboo is leading the way in bringing real choice to the consumer for caffeine free chocolate alternatives. Much loved by the free from community, vegans, those with caffeine sensitivities like menopausal women and those with inflammatory conditions Caroboo uses sweet unroasted carob from the Mediterranean - maintaining the natural sweetness of the carob, we are able to add much less sugar to our bars to reach the same level of sweetness that is expected from a treat bar.



We care about sustainability and have taken steps to make our brand and range as earth-friendly as possible including home compostable plastic free wrappers, Rainforest Alliance certified cocoa butter and being Vegan Society approved.

www.eatcaroboo.co.uk

20% OFF

9

Met Foods



We are Met Foods, an awardwinning, family run business, specialising in the production of Plant-Based products right here in the UK. Here at Met Foods, dairy-free is at the heart of everything we do. Since our launch in 2016, we have been creating innovative and delicious products to prove that dairy-free doesn't have to be bland or boring. Launching the UK's first almond-based yoghurt in 2016 and following with the first organic coconut milk yoghurt to be 100% UK owned and made.

With a dedicated team with over a decade's experience in producing high quality free from products made with natural ingredients that are also free from gluten, soya, and refined sugar... our products not only taste good but are good for your gut too!"



www.cocos-organic.com

UP TO 20% OFF

11

Notorious Nooch Co



The only nooch you need! Notorious Nooch is naturally flavoured nutritional yeast, flavoured with yeast extract. It's yeast x yeast! It comes in cheesy, bacon and chicken flavour. Use it as a seasoning, a cooking ingredient or just spoon it directly from the bag into your cakehole.

Nooch is naturally loaded with B vitamins, protein and zinc, we have added extra B12 so each serving is above your 100% RDA!



www.notoriousnooch.co

10% OFF

10

Seed & Bean Chocolate



Seed and Bean chocolate is not only about great taste and flavours (with a few Great Taste awards to show for it too). From day one we've been plastic free with 100% compostable packaging and all organic ingredients. Reducing our carbon footprint has always been at the core of what we do as well as priding ourselves on ensuring that everything that goes into our bars is fairly traded. And with over 15 deliciously thought-out flavours, including a large vegan range, you'll never be stuck for choice.

From the classics to some more creative combinations, there's something for everyone so get ready for the chocolate with a twist...



www.seedandbean.co.uk

10% OFF

12

Dunkerton's Organic Cider



Dunkerton's history reaches back to 1980 when Ivor and Susie Dunkerton made the decision to escape London and buy a small holding in Pembridge, Herefordshire. They realised that with such a small amount of land they needed to specialise in some form of agriculture and spotted that traditional cider making presented a fantastic opportunity. For nearly forty years we have been making premium organic cider and perry crafted in artisan spirit and vision. Using distinctive flavoured cider apples and perry pears we hand blend the juices using skills and techniques lost over time to the advances and pressures of mass production.

By 1988 Dunkerton's Cider had been awarded Soil Association certification as both grower and producer for their commitment to environmental values.

www.dunkertonscider.co.uk/



10% OFF

13

Avon Wildlife Trust



Avon Wildlife Trust is the largest local charity working to protect wildlife and inspire people in the West of England. We work across the old county of Avon and cover the four local authority areas of Bristol, Bath and North East Somerset, South Gloucestershire, and North Somerset.

We manage natural landscapes for the benefit of wildlife, looking after 30 reserves across the region and working in partnership with other landowners. We work with schools, families, businesses and communities to help thousands of people connect with nature.



We stand up for wildlife by influencing local leaders and offering solutions for how to protect and enhance nature in our region, alongside our supporters.

Find out more by visiting our information stand.

www.avonwildlifetrust.org.uk

15

Pukka Herbs Ltd



Pukka Herbs purpose is to nurture healthier, happier lives through powerful organic plants. Through our organic and fair value chain, certified B Corp since 2016, we strive to build a sustainable future for all.

Pukka won Best Sustainable Tea Brand – in the Marie Claire Sustainability Awards 2022. We use organic, fair, highest quality herbs. Fair sourcing standards are ensured through Fair for Life certification, which is why all our teas are certified according to the Fair for Life standard. Fair for Life is one of the fairest, most equitable and transparent fair-trade systems in the world. Crafted with pure herbs, our blissful blends fill you with happiness and keep you feeling your best. Created by herbal experts and nutritionists, our teas combine the latest scientific research with traditional herbal wisdom to support your body and mind.

Pukka has set an ambitious climate goal – to be net zero by 2039 – and has an approved Science Based Target to reduce emissions in line with 1.5°C of warming. Pukka balances its emissions every year through investing in nature-based projects in the countries it sources ingredients from such as TreeSisters and World Land Trust. Pukka has been a B Corp since 2016 and is a passionate member of 1% for the Planet, giving 1% of sales to environmental and social projects.

www.pukkaherbs.com

15% OFF
Selected Lines

14

Butter Bike Co. Peanut Butters



A hungry bunch of cyclists, runners, paddlers and hikers, the Butter Bike team are hell bent on making the best, all-natural nutty blends to fuel every adventure, big or small. What began as just one peanut butter fanatic's side hustle, soon scored a wave of local demand so they took to two wheels to deliver jars of nut butter across their hometown and beyond. Made in their rural small batch makery, Butter Bike blend freshly toasted peanuts and all-natural ingredients for simply delicious yet wildly adventurous peanut butters. Minimum fuss for maximum flavour. They use only the finest hi-oleic peanuts which they deep roast for serious flavour before grinding into deliciously different, all natural blends to top our toast and fill our spoons.

Vegan - Palm Oil Free - Gluten Free Protein-Packed - Refined Sugar Free

www.butterbike.co.uk



10% OFF

16

OF&G (Organic Farmers & Growers)



OF&G is the largest certifier of organic land in the UK & provides support, information and licensing to Britain's top organic food businesses.

First launched in 1973 as a marketing cooperative for organic produce, in 1992 we became the first body to be approved by the government to carry out inspections and certify organic food and farming.

Since then we've spread our expertise into other areas, offering inspection and certification for commercial composting, as well as a scheme for the product of anaerobic digestion, the Biofertiliser Certification Scheme and most recently also for the Woodland Carbon Code and the Peatland Certification scheme. Our organic standards are designed not only to meet the requirement of UK law (retained regulations (EC) 834/2007 and (EC) No. 889/2008, (EC) No. 1235/2008) but also to help guide UK businesses through the organic certification process while offering the best quality organic certification service in the UK."

www.ofgorganic.org



17

Counter Culture



Bored of the ordinary? Counter Culture are here to counter conventional drinking culture. Brewed at their carbon neutral fermentary in Bristol, their kombuchas are wrapped in bold artworks that explore societal trends. Adult softs for youthful minds. Don't wreck tomorrow: low in calories, alcohol free, and all made with organic teas, Counter Culture's drinks can be stored ambiently for up to 12 months.

Also an adventure into compassionate capitalism, Counter Culture have unconventionally donated 51% of the shares in their company to social initiatives. Their ambition is to raise £1m+ for these non-profit causes. Come join the Counter Culture to see if they achieve their goal."compassionate capitalism, Counter Culture have unconventionally donated 51% of the shares in their company to social initiatives.

Their ambition is to raise £1m+ for these non-profit causes. Come join the Counter Culture to see if they achieve their goal.

We'll be serving our Kombuchas on tap in the bar come have a try!

www.counterculturedrinks.com



20% OFF

19

Brand Organic



Brand Organic is a full service import agency uniting innovative food and drink producers & manufacturers with buyers of natural, organic, specialty & trending products. We work with over 16 brands (and growing) and hundreds of products, all personally vetted by our team of industry experts to make sure they offer true quality and value to UK retailers and consumers. Choose from a selection of well established heritage brands and up and-coming challenger brands to make your retail offering both meaningful, exciting and profitable.



www.brandorganic.co.uk

30% OFF
Selected Lines

18

Cornish Seaweed



Established in 2012, The Cornish Seaweed Company sustainably hand harvests, free dives for and farms a range of edible (delicious!) organic seaweeds. As the first English seaweed company to be licenced by the Crown Estate we currently stock our seaweed products internationally in health shops, delis and directly to renowned chefs. Based in west Cornwall we are a growing team of 8 passionate seaweeders ready to pull on a wetsuit and head out year round to gather this nutrient rich superfood. We currently offer a range of flaked and whole leaf seaweed pouches in compostable packaging, seaweed shakers which can sit in the spice rack and a NEW! range of organic seaweed supplements which combine our organic seaweeds with powerful herbs and superfoods.

With mother nature as our guide and a deep sense of responsibility to our customers, the team and our ocean we hope you enjoy the products.

www.cornishseaweedbath.co.uk



20% OFF

20

FareShare



"FareShare South West is the region's biggest food and environment charity. With warehouses in Plymouth and Bristol, we join the dots between food waste and hunger. We rescue good, surplus food from farmers, retailers, and other food companies, and deliver it to charities, food banks and schools across the South West. Once there, it's made into food parcels and used to produce healthy, delicious meals for people that are struggling to get by. We're a lifeline for tens of thousands of people in our region.

We do this with help from our generous volunteers who give their time for free to sort food in our warehouses and deliver it to charities."

www.fareshare.org.uk



21

Bristol Local Food Fund



Bristol has an amazing food and drink culture, but 1 in 20 homes experience food insecurity, struggling to access enough food to eat. There are many brilliant community food projects working to tackle food insecurity, but they need funding and support.

So, you may be asking, why support Bristol Local Food Fund? The Bristol Local Food Fund aims to tackle food insecurity by funding and supporting community food projects that are helping people most in need in our city.

The funds will be allocated by a Citizens Panel, made up of local people with lived experience of food insecurity, to ensure money will go where it is most needed. This is a fund by the people of Bristol, helping to build a fairer food system in our city.

www.bristollocalfoodfund.com/



23

Origin Kitchen Ltd



We're rewriting the rules on naturally healthy food one original creation at a time!

Spread & Stir – weather it's on toast, in a sandwich or stirred through pasta these genius jars add nutritious creamy flavour to every dish. Made on a steamed and creamed cashew base and containing over 93% nuts, veg and herb each jars packs 2 of your 5 a day as well and a source of protein!

Bessert – The better-for-you dessert. The idea of dessert is always a charming one but it how your left feeling after that really counts. Made on a cashew base and combining only the best natural ingredients now you can have your cake and eat it!

www.originkitchen.co.uk



20% OFF

22

Real Olive Company



Since The Real Olive Company's humble beginnings in Bristol's historic St Nicholas market in 1998, a lot has changed, but our values have remained the same; to source and supply the best quality olives and Mediterranean foods. Specialising in organic, fresh olives and antipasti we freshly prepare a unique range of Mediterranean inspired real foods at our accredited production site in the heart of Bristol.

Our commitment to quality and sustainability has led us to being certified by Organic Farmers and Growers as an organic producer and we offer a unique range of organic products in addition to our conventional range.

Our olives, we should hasten to add, remain the same delicious fruits the ancients knew, growing in the old unhurried way in the same Mediterranean groves. We prepare them using time honoured methods, then package them with the greatest care to ensure that they reach you, customers, in the perfect condition. Live, love, eat olives!

www.therealolivecompany.co.uk/



15% OFF Selected Products

24

Cotswold Gold Ltd



Cotswold Gold is a producer of extra virgin rapeseed oil and other rapeseed oil based products on our family farm in Broadway, Cotswolds.

Our premium, extra virgin rapeseed oil is made using traditional cold pressing methods and made from 100% rapeseed, with absolutely no additives. Our cold pressing methods only extract the richest 30% of the seed's oil. This preserves the natural health benefits of the seed, creating an oil naturally high in vitamins and omegas.

We only use crops grown on our farm to ensure only the finest seeds are pressed to create our vibrant, golden oil. With its natural health benefits and extremely versatile cooking properties, is unquestionably the best oil to use for all your culinary needs.

www.cotswoldgold.co.uk



25

Skoulikas Bedford



Indulge in the rich flavours of the Mediterranean with Skoulikas Bedford. Offering high quality continental products, carefully curated to bring you the essence of traditional Mediterranean cuisine. Discover a world of taste through our Own Brand and timeless beloved classic Mediterranean brands. With Skoulikas Bedford you are receiving the highest quality, all-natural products that nourish your body and feed your mind and spirit. So, elevate your dining experience and embark on a fine foods adventure with Skoulikas Bedford.

We offer a variety of olive oils, Greek olives, tahini's, pesto's, and traditional Greek Halva as well as, our award-winning Oliva soap! (And much more). We ensure our products cover all categories like free-from, vegan and organic.

[www. https://skoulikasbedford.com/](https://skoulikasbedford.com/)



10% OFF Selected Lines

27

Drop Bear Beer Co Ltd



From their 2018 beginning, Drop Bear Beer committed to off-set their carob emissions via certified projects, and they continue to reduce their carbon footprint still further. Making a vegan-only range helps; their beers are gluten-free and low calorie too. And in the short time they've been on the go they've picked up over 20 industry awards! Traditionally brewed using high quality ingredients, and just 0.5% alcohol.

www.dropbearbeers.com



26

Faith In Nature



We're Faith In Nature - the authentic natural family care company that's been putting Nature first since 1974. We make wonderfully effective natural products and eco values accessible so it's easy for everyone to make better choices for themselves & the planet everyday. We produce a range of natural, vegan personal care, house care and pet care products – all made right here in the UK! We have faith in Nature. We hope you do too! www.faithinnature.co.uk



20% OFF

28

Vitam R



VITAM-R has been producing tasty vegan health food for almost 100 years. The Essential "VITAM-R" Yeast Extract has a superb, relatively subtle flavour. It is lower in salt than other yeast extracts as it is produced naturally by autolysis. It is also gluten free as it is processed from roots instead of grain and has no added MSG. VITAM-R can be used as a sandwich-spread or for low salt seasoning. It adds an umani hearty taste to any vegetarian sauces, stews, etc. Its richness in B-Vitamins – including folic acid – essential amino acids and minerals make it the ideal sandwich spread for vegetarians, growing children and others with special need for B- Vitamins (also available organic)

www.vitam.de/en/



UP TO 20% OFF

29

Ecotone



At Ecotone UK we create healthier, sustainable products, empowering people to make better choices both for themselves and for our planet. We are a B Corp® Certified business and very proud of our pioneering brands within the expanding market here are a list of our brands below:



30

La Terra E Il Cielo



We are pioneer on Italian territory in terms of organic farming. Nowadays we count on more than 100 Organic local farmers. A more balanced relationship between nature and man is at the basis of all the choices of our company that still manages to transmit the old time passion with its products.

Our organic products range includes:

- Pasta (wholewheat, bronze extruded, spelt, ancient grains, evolutionary populations of wheat)
- Flours (wheat, spelt, rice, oat, chickpea)
- Legumes and cereals (chickpeas, lentils, beans, barley, spelt, millet, rice)
- Tomato (whole tomatoes, tomato puree)
- Snacks
- *Barley coffee*, classic and with aniseed
- EVO

2022-2023 Projects

- New sustainable packaging
- New public accessible products traceability
- Product range increase

Our values:

- Ethical and fair-trade Organic
- Support to small producers
- Stone milling to preserve the nutritional facts
- Pasta produced by slow drying and low temperatures process
- Products 100% cultivated and transformed in Italy
- Supply chain traceability

www.laterraeilcielo.it



33

Sun & Seed



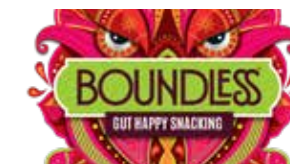
Sun & Seed is an artisan British company committed to providing exceptional plant-based products. Rooted in a dedication to natural goodness, we craft our offerings with care. Our commitment to quality ingredients and a naturally vegan approach sets us apart. By partnering with trusted suppliers, we ensure that only the finest ingredients make it into our products. Our passion for good food produced naturally shines through in every product. Embracing health-conscious values, we source and create spreads, oils, condiments and much more that cater to a range of dietary preferences. With a focus on sustainability and nourishment, Sun&Seed embodies the essence of wholesome, ethical consumption.

www.sunandseed.com



34

Boundless



Bristol based brand Boundless produces gut happy snacks! Cathy founded Boundless in 2018, as she wanted to offer consumers bold flavoured snacks that also look after your gut. Using the ancient method of activation, they take sprouted sorghum grown regeneratively in Gloucestershire, and turn them into bold flavoured, gut happy chips. Each variety is made using only 100% natural ingredients, they're full of gut friendly fibre, and packed full of nutrients. 1p per every bag sold goes to support the work of Bristol based charity Frank Water, due to the link with getting women into work. The non-HFSS range is available in 23g and 80g size format.

www.weareboundless.co.uk



UP TO 15% OFF

20% OFF

15% OFF Selected Products

50% OFF

31

Booja Booja



We are a unique, independently owned business, producing exquisite, organic chocolate truffles and dairy free ice creams. For more than twenty years we've been pioneers in the creation of delicious, organic, dairy free, vegan delights. We make treats for all occasions and budgets, from self-treating to extra-special gifting. We use only the finest, organic ingredients, whisked and whirled to perfection to create sensational, melt-in-the-mouth taste adventures. We've never gone a year without winning an award for our products and now have more than 160 to our name, including 48 prestigious Great Taste Awards.

www.boojabooja.com



32

Carley's Organic Foods



Carley's of Cornwall is one of Europe's leading manufacturers of pure organic nut and seed butters, chocolate spreads and delicious chutneys, mustards and pickles, all hand crafted by us here in our 100% dedicated organic zero carbon eco-factory in the heart of Cornwall. Annually we generate more green electricity than we use so every jar from Carley's has been made from fully renewable energy- clean, green and always delicious! We are 100% family owned and fully independent. We have been proudly and continuously certified by the Soil Association since 1992, in 2022 we celebrated 30 years of fully certified organic manufacturing- making the very best butters from the very best ingredients.

www.carleys.co.uk



UP TO 10% OFF

10% OFF

35

Bio-tiful Dairy Ltd



Based on the traditional 2000-year old recipe, Biotiful Kefir Drinks, Yogurts and Protein products are crafted by fermenting high quality British milk with the authentic blend of live cultures. Biotiful products contain billions of live cultures, have no added sugar, naturally support immunity, are a source of key nutrients and are also available as plant-based Oat Kefir Drinks.

Our products are enjoyed by millions of consumers as a drink, a snack or poured onto cereals at breakfast.

www.biotifulguthealth.com



20% OFF

36

Geo Organics



Geo Organics - Inspiring the natural chef Born from a passion 20 years ago to enable everyone to cook delicious healthy meals at home that are uniquely authentic and wholesome.

We have a fresh exciting new look with the same ethos and commitment to making everyday food enjoyable that the whole family will enjoy.

We pride ourselves on producing the finest Organic Indian Curry Pastes, Thai Curry Pastes and ready to eat Dahls that do not compromise on taste or nutrition.

Our organic range includes Mango Chutney, Vegan Mayo, Seal Salt, Pink Himalayan Salt and Peanut Butters. Our recipes have been finely tuned over time and we proudly specialise in sourcing the very finest organic ingredients to enable us to create a more sustainable and healthier world.

www.geoorganics.co.uk



UP TO 10% OFF

37

Yogi Tea



For more than 40 years, YOGI TEA® has stood for delicious herb and spice teas that are based on unique Ayurvedic tea recipes with roots in the 3,000-year-old Indian philosophy. Those who live mindfully discover something great in small things. We believe that living in balance can do a lot of good for everyone – and that there is an incredible amount of inspiration for it in a cup of tea! Our story began with a wonderfully aromatic spice tea. This tea – today known as YOGI TEA® Classic – laid the foundation for the unique variety of delicious Ayurvedic herb and spice tea blends that appeal equally to our mind and spirit.

With our teas, the yogic wisdom on each tea tag and a yoga exercise on each pack, we want to provide inspiration to you every day and thus contribute to a more peaceful, healthy world full of mindfulness and happiness.



www.yogitea.com

38

Yeo Valley Organic



Yeo Valley Organic is a family owned farm and dairy producer in North Somerset, proudly supporting high welfare British dairy farmers. Yeo have been in the beautiful valley since 1961, when the Mead family first bought the farm in Blagdon.

The family are passionate about Organic & regenerative farming methods and are advocates for the community. Yeo go the extra country mile to; look after the land and soil health, the cows have lots of time outside on pasture and support wildlife on the farms.

Yeo make quality natural Yogurts and Kefir, and now Fresh Soup, to be part of a healthy and enriching diet. Any product with the Yeo Valley name is fully Organic.

www.yeovalley.co.uk



41

Grumpy Mule Coffee



METICULOUSLY SOURCED. Our dedicated coffee team work rigorously to ensure all aspects of the coffee's journey is second to none. We are proud to say we have maintained relationships with farmers that began when the roastery opened its doors.

ETHICALLY TRADED. We source fairly and sustainably, making sure that our growers share in our success. Our coffees have a range of ethical certifications including Fairtrade, Organic and Rainforest Alliance. Our business is also B Corp and Social Enterprise.

DELICIOUSLY GRUMPY. We roast with precision and care in our Yorkshire roastery, making sure that we get the very best flavour from each and every bean that our growers have worked so hard to produce.

www.grumpymule.co.uk



42

Heavenly Organics Skin Care Ltd



Discover the organic beauty of Heavenly Organics Skin Care. Since 2011, our independently run small business near Wales' west coast has been providing an extensive range of organic, natural & vegan skincare. With a firm commitment to purity, we meticulously hand make all our products using only organic, & naturally occurring ingredients & avoid additives, synthetics & preservatives. From facial oils, creams & masks to lip balms and body creams, our extensive range covers every aspect of skincare, indulging the whole body from top to toe. Infused with essential oils, our creations not only offer delightful scents but also a plethora of benefits. Whether you are drawn to woody, floral or zesty aromas, our wide range of scents will captivate your senses.

www.heavenly-organics.com



UP TO 25% OFF

20% OFF

15% OFF Selected Lines

15% OFF

39

Equal Exchange



Equal Exchange is a worker owned co-operative dating back to 1979. This means that the workers all have a stake in the company, and all have a say in what happens. Equal Exchange is not owned by outside shareholders which means that our profits can be invested in our supply chains and straight back into the business. Equal Exchange was originally created to seek fairer trading for small farmer groups and to create long term partnerships with a wide range of co-operatives across the globe as well as empowering our own workers. Together with these groups Equal Exchange shares a passion for creating the best quality organic products including Coffee, Honey, Chocolates, Cocoa and Olive Oil. At the end of 2022 Tropical Wholefoods became a part of the Equal Exchange co-operative, with historic ties for many years it made perfect sense for the two organisations to come together and focus on a future of co-operation this includes the incredible range of Mango, Pineapple, Mushrooms and Snack Bars.



www.equalexchange.co.uk

40

Hampstead Tea LTD



Using only 100% organic products, our teas are without any non organic enhancers, unlike others. They are made using the most valuable parts of the plant, flower and seed. The black and green teas are packed with antioxidants. The herbs are full of their natural and beneficial essential oils. Absolutely no plastic in our home compostable packaging, down to the organic string in our tea bags. In partnership with our Tea gardens, since 1987. Working closely with tea growers to produce Tea that regenerates the soil it lives in.

The very best tea cost more and to look after our partners & people as well as longevity to supply we are more than happy to pay for the best.

www.hampsteadtea.com



43

Sproud

Sproud™

Sproud is THE ALTERNATIVE plant-based milk. Born with a vision that a more sustainable future shouldn't come at the expense of taste or nutrition. Our products are naturally free of all major allergens, neutral in taste and creamy in texture. Sproud is also the most sustainable plant-based milk alternative on the market, all thanks to the regenerative nature of the yellow split pea which is the base of all products. Sproud recently became the first food brand in Europe to be ISO 26,000 verified, a sustainability certification, and is further evidence of the company's commitment to maximise its contribution towards sustainable development.

www.besproud.com



44

Ben & Anna and Qi Teas



Perhaps an odd combination, the best selling zero waste skincare brand with the best quality (drinkable) organic green teas! That's where diversification has taken Pravera. Many brands have come and gone but still Ben & Anna the first solid deodorant in cardboard tube remains, keenly competitive and long lasting, please ask for free sample if you've not yet tried the original and best. The Qi Teas brand certified organic and Fair Trade for over 20 years went into administration! The quality and drinkability demanded continued availability, the next container is being shipped now and re-available in November. For those who've always shied away from green tea (shudders and all) please ask for a free sample pack, you won't be disappointed.

www.qi-teas.com

www.benandanna.uk



20% OFF Selected Lines

20% OFF Selected Lines

15% OFF

45

Kiptik



We are a Bristol-based solidarity group who have been working with the autonomous communities of Chiapas, South East Mexico, since 2000. KIPTIK supports the Zapatista struggle directly through the construction of drinking water systems, ecological stoves, health and mural projects. We believe that hands-on solidarity work is a way of joining struggles and cultures worldwide to find shared solutions to the problems we are all facing.

Essential Wholefoods donate a percentage of their Zapatista coffee sales to Kiptik. This is a significant part of our income which goes straight back to the communities to fund water and health projects. Our work is decided and directed by the needs of the communities and we promote self-sufficiency by leaving skills and resources in their hands.

Want to win a hamper of Essential goodies? Then enter our raffle. Tickets are £2 or 3 for £5. All money goes direct to water projects in the autonomous Zapatista communities. To find out more visit our stand!

www.kiptik.org



46

Future Leap



Future Leap give organisations the space knowledge, contacts and tools to accelerate their sustainability journey and progress towards Net-Zero.

The Gloucester Road business Hub offers a co-working space, sustainable cafe, meeting rooms and venue hire as well as a life style shop.

They also offer sustainability consultancy for your business. With their team of in-house professional, qualified consultants they can help you to understand your carbon footprint and minimise your impact.

www.futureleap.co.uk/



49

Kinda Co.



Kinda Co. is an award-winning dairy-free cheese company based in Somerset. We are passionate about making delicious dairy-free cheese that's big on flavour and a delight for everyone to eat. At Kinda Co., natural ingredients are our secret recipe. We've mastered the art of creating exceptional cheeses that defy tradition, earning us a shelf full of awards. What sets us apart? We are a female founded small business and are proudly the only vegan cheese company in the UK to be B Corp certified. It's a testament to our commitment to not only delivering exceptional taste but also to operating in harmony with nature and our communities.

www.thekindaco.com



50

Sojade



Sojade is a brand of the French family run company based in Brittany: OLGA (ex-Triballat Noyal). It's THE brand specialized in Organic Soya-based products! Pioneer in the organic plant-based field, Olga has been embracing organic farming for over 40 years well before it became trendy.

Our core value is to offer healthy food from field to plate, in respect of our Planet. All the soya beans we use to make our delicious products are grown in France and guaranteed GMO free. We offer a wide range of organic soya-based products: yoghurt alternatives, desserts, drinks, custards and cream alternatives.

Visit our stand to discover our delicious and various soya-based products.

www.sojade.co.uk



10% OFF

UP TO 10% OFF

47

Essential



We're a wholesaler specialising in vegan, vegetarian and organic food. Essential have been delivering the best wholefoods and ethical household products, across the South West and beyond, for over 50 years.

www.essential-trading.coop



UP TO 50% OFF

48

Shipton Mill



Love Grains, Love the Soil.

We started Shipton Mill in 1979 to mill flours from the most fantastic grains, working with like-minded farmers who promote biodiversity and who value and seek to look after the soil.

A Passion for Milling.

Once the grains are harvested, we apply rigorous testing processes to understand their baking properties fully. It is part of our craft as millers to ensure these grains are matched to the purpose they best suit, providing bakers with consistently excellent and reliable results.

Baking Community.

We craft our flours with an exceptional community of bakers, chefs and home cooks in mind, and we hope it will play a part in helping you to create incredible food.

www.shipton-mill.com



51

Healthy Food Brands



At Healthy Food Brands, we're passionate about creating deliciously healthy foods, drinks, cooking essentials and beauty products. Wherever possible, our creations are pure, natural, ethical and sustainably sourced whilst remaining free from unnecessary additives. We blend the world's most delectable ingredients from fair-trade Sri Lankan coconuts to fragrant Eastern-inspired curries and spices. Good food and natural products as nature intended...

www.healthyfoodbrands.co.uk



UP TO 25% OFF

52

Loofco & Waft



NatBrands, owners of LoofCo and Waft, has developed & distributed sustainable household products since 1999. Focussing on natural vegan plant-based ingredients and respect for traditional methods and practices, we offer simple, affordable lifestyle switches. LoofCo is a range of over 20 plastic-free washing-up, cleaning and personal care pads, brushes & soaps based on two sustainable and versatile resources, loofah, and coconut.

15% Off in the Sept/Oct Catalogue. Waft is a range of delightfully fragranced air freshener sprays that are pure essential oil blends that enhance your space. Biodegradable and palm oil free, choose from Lemongrass, Lavender, Geranium, Orange, and Rose. Vibrantly coloured labels and recyclable brown bottles create a stylish look.

www.natbrands.co.uk



15% OFF

53

Herby4



We are a husband and wife family business, based in the beautiful Quantoxhead Hills in West Somerset. We have been established for over 20 years, initially launching our range of apple juices before diversifying into making tofu. We only use organically grown soya beans, and we firmly press our tofu to ensure a great texture, ready to use as soon as the packet is open. Our smoked tofu is marinated in tamari and has arami seaweed added to it, before it is apple-wood smoked, ensuring it has great texture and taste. We are very proud that it has recently been awarded a Taste of the West Gold Award 2023. Our paneer tofu has the same great firm texture, but without any added flavours, making it the ideal ingredient in many Asian flavoured dishes.



www.herby4.co.uk

54

Belvoir Farm Drinks Ltd.



Premium soft drinks, Crafted with Nature; that's what Belvoir Farm is all about. Refreshingly real and reassuringly delicious, there's artistry in our still cordials and lightly sparkling soft drinks. Each are made using simple ingredients, carefully selected – including our own organic elderflower – with natural fruits, hand-picked flowers, fresh juices and spices. We're true to nature and let the ingredients do the talking.

We choose natural, over artificial, every time. There are no artificial preservatives, flavourings, colourings or sweeteners in our premium soft drinks.

That's our promise. Ours is a light touch, using traditional methods and working with nature's flavours to craft proper, premium soft drinks that taste delicious.



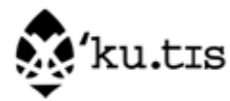
www.belvoirfarm.co.uk

10% OFF

UP TO 30% OFF

55

Kutis Skincare Ltd



56

Windmill Organics



100% Natural skincare
Plastic free packaging
Preservative free
Vegan & Bicarb free options
Cruelty free

www.kutis-skincare.co.uk



Biona was one of the UK's first 100% organic company and continues to lead the market three decades on.

From humble beginnings as a wholefood store, we are proud to still be family-run, now bringing more than 400 ethically sourced, organic products, to lovers of good food in over 40 countries around the world. With sustainability and quality at our core, we are dedicated to creating great tasting, thought-fully prepared food, that creates a better future for you and our planet.

All of our ingredients are grown on organic farms, where we follow the highest welfare and environmental standards. Organic farming is kinder to our planet, producing less greenhouse gas emissions and promoting biodiversity. We also go further to protect our planet - that's why 93% of our products are completely recyclable and over half of the range is plastic free - and we're committed to seeing that number grow.



www.biona.co.uk

10% OFF

UP TO 20% OFF




ESSENTIAL

f @EssentialTrading
@EssentialFoods



A whopping 50% off Essential wholesome organic beans!
V566P Black Beans, V561P Borlotti Beans, V557P Butter Beans,
V549P Cannellini Beans, V550P Chickpeas, V556P Dark Speckled
Lentils, V553P Mixed Beans and V551P Red Kidney Beans.

Essential

  @EssentialTrading
 www.essential-trading.coop

25%
OFF

25% Off Our New Organic Essential Nut Roasts.
Choose from Cranberry, Gourmet, Mediterranean
or Sage and Apple Nut Roast Mix.

NOTES

ENTRANCE



Please feel free to ask a member of staff if you do need some guidance to the stands and other facilities on site.

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ESSENTIAL OPEN DAY SITE MAP

