

# Buying group – product list

Christmas special 2011



# Shopping through an organic buying group means:

**You are supporting organic farming.**

-Organic farming is more sustainable, better for your health, animal welfare and the environment.

**You can buy healthier foods at a better price.**

A buying group links consumers like us more directly with farmers and manufactures, the supply chain becomes shorter therefore the opportunity to buy at better prices whilst ensuring that farmers get a fair price for their produce.

**For more information see:**

International Federation of organic agricultural movements <http://www.ifoam.org>

Pesticide Action network <http://www.pan-uk.org>

Buying groups in Italy – case study <http://bit.ly/rzcl5>



Front cover illustration: Aga Zawisza

Sourcing organic has been important for me for a long time, ever since I learnt that we drink on average 4.5 litres of pesticides every year plus absorb several litres of toxic chemicals through our skin or by breathing.

Since living in Italy I have done my best to find what I can and along the way, tell friends about fabulous cheeses, wines and other products that I have found and are produced by local people. Although it is getting easier to find general foods here, it still really bugs me that the prices are at such a premium if you buy through the 'normal' retail channels.

Surely safe food and non toxic household products should be the norm not a niche market for a select few.

## **Make it an organic Christmas**

Through a UK wholesaler I am ordering a range of 'Christmas specials' – I love my Italian life but when it comes to Christmas there are some 'must haves' -Puds & mince pies, chocolates/mulled wine spices, after dinner mints that are both organic and ethical plus a whole lot more.

After Christmas I shall be ordering a range of grocery items on a monthly basis . Let me know if there are particular things you would like, I will do what I can to find them and to keep prices at a minimum.

In December I shall have a list of local Italian producers for fresh vegetables, cheeses and wines. Don't forget you can try the wines from local producer Podere Marella at the Booja Booja wine and chocolate evening at GMB on 9<sup>th</sup> December. Email me at [info@ilbusinessdibio.com](mailto:info@ilbusinessdibio.com) for more info.

Guidelines for use: please see the order form for ordering, payment and collection.

### **All products in this list are vegetarian.**

Abbreviations ORG –Organic

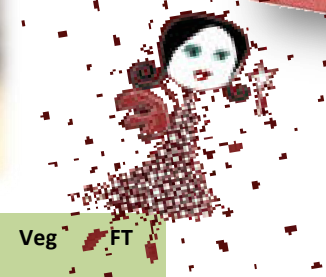
Veg – Vegan

FT – Fairtrade.

Wishing you a wonderful festive season

Ruth Loffa

# The flavours of Christmas



Brand	Product description	size	price	org	Veg	FT
Lye cross farm	Vintage cheddar	400g	€7.50	Yes	No	No
	5 of the best –Double Gloucester, Cheshire, Red Leicester, Wensleydale, cheddar	1 kilo	€16.80	Yes	No	No
	Stilton	150g	€2.95	Yes	No	No
Calon Wen	Mature cheddar	200g	€2.95	Yes	No	No
Village Bakery	Oatcake seed biscuits	200g	€2.10	Yes	Yes	No
Gilchesters	Spelt biscuits With thyme	150g	€3.10	Yes	No	No

Brand	Product description	size	price	org	Veg	FT
Village bakery	Christmas pudding	450g	€7.25	Yes	No	No
	Mince pies	360g	€3.55	Yes	No	No
Meridian	Cranberry sauce	248g	€2.95	Yes	Yes	No
	Redcurrant jelly	248g	€2.95	Yes	Yes	No
	Mince pie filling	248g	€2.95	Yes	Yes	No
Steenbergs	Mulled wine spices	5 bags	€5.25	Yes	Yes	Yes
	Christmas drinking chocolate	125g	€1.75	Yes	Yes	Yes
Atkins & Potts	Dijon mustard	140g	€2.45	Yes	Yes	No
	Beetroot & Horseradish relish	145g	€2.45	Yes	Yes	No





# Heavenly chocolates



Booja-Booja



Brand	Product description	size	price	or g	Veg	FT
Booja booja	Champagne truffles	185g	€24.00	Yes	Yes	Yes
	Dark Ecuadorian truffles	100g	€6.10	Yes	Yes	Yes
	Dark Ecuadorian truffles	2 x25g	€1.85	Yes	Yes	Yes
	Hazelnut chocolate	2x25g	€1.95	Yes	Yes	Yes
Cocoa loco	Milk choc penguins	140g	€3.75	Yes	No	Yes
	Choc pudding truffles	115g	€5.75	Yes	No	No
	Hot choc spoon -Pop your spoon in cup of hot milk for a super yummy hot chocolate.	30g	€1.50	Yes	Yes	Yes



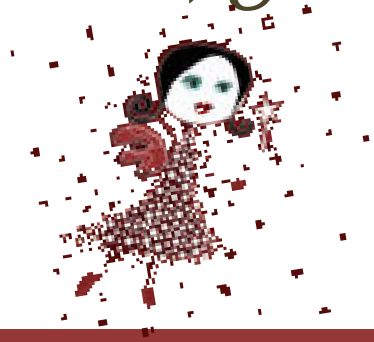
Green & blacks	Creamy milk bar	100g	€2.25	Yes	No	Yes
	Dark chocolate bar 70%	100g	€2.25	Yes	No	Yes
	Conversation Mint squares	120g	€4.90	Yes	Yes	Yes
	Conversation dark, milk and butterscotch	120g	€4.90	Yes	No	Yes
Plush	Tree decorations & chocs	25g	€4.80	Yes	No	Yes
	Elephant toy and Chocolate buttons	50g	€3.90	Yes	No	Yes
	Heart keepsake, handmade in India & chocolate buttons	25g	€4.80	Yes	No	Yes
	hand printed in India pirate and fairy pouches & chocolate buttons	80g	€3.90	Yes	No	Yes



The turkish delight is not organic or Fairtrade but my granny used to have it every year and Christmas is just not the same without it!  
250g box €3.45



# Nuts, grains and fruits



Brand	Product description	size	price	org	Veg	FT
Suma	Delux muesli	750g	€3.10	Yes	Yes	No
	oats	1 kilo	€2.15	Yes	Yes	No
	Jumbo oats	1 kilo	€2.55	Yes	Yes	No
	Brown lentils	1 kilo	€3.35	Yes	Yes	No
	Red kidney beans	1 kilo	€3.35	Yes	Yes	No
	Golden linseed	250g	€1.65	Yes	Yes	No
	Sesame seeds	250g	€2.05	Yes	Yes	No
	Sunflower seeds	250g	€1.99	Yes	Yes	No
	Brazil nuts	250g	€4.75	Yes	Yes	Yes
	Hazelnuts	250g	€3.75	Yes	Yes	No
	Cashews	250g	€4.40	Yes	Yes	yes
	Walnuts	250g	€6.45	Yes	Yes	No
	pinenuts	125g	€5.45	Yes	Yes	No

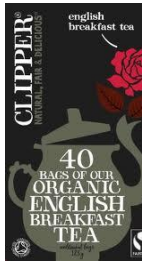
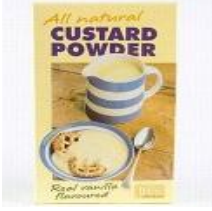
Brand	Product description	size	price	org	Veg	FT
Suma	cranberries	250g	€4.15	Yes	Yes	No
	currants	500g	€4.15	Yes	Yes	No
	sultanas	500g	€2.95	Yes	Yes	No
	raisins	500g	€2.95	Yes	Yes	No
	dates	250g	€2.10	Yes	Yes	Yes
	fig	500g	€4.10	Yes	Yes	No
	fruit cake mix	1 kilo	€8.75	Yes	Yes	No
	crystallised ginger	125g	€1.95	Yes	Yes	No
	pitted prunes	500g	€4.65	Yes	Yes	no



# A few of the basics



herbs  
and  
spices



Brand	Product description	size	price	org	Veg	FT
Clipper teas	English breakfast	40 bags	€2.10	Yes	Yes	Yes
	Earl grey	50bags	€2.25	Yes	Yes	Yes
Hampstead	Mint tea	25 bags	€2.10	Yes	Yes	Yes
Biona	coconut milk	400ml	€1.80	Yes	Yes	No
Duchy Originals	Seville orange thick cut marmalade	340g	€3.40	Yes	Yes	No
	Shortbreak petticoat tails	125g	€2.40	Yes	No	No
Doves farm	Ethical plain white flour -great for pastry	1 kilo	€1.85	Yes	Yes	No
	Self raising flour	1 kilo	€1.85	Yes	Yes	No
	baking powder	130g	€1.65	Yes	Yes	No
Just wholefoods	corn flour	110g	€1.75	Yes	Yes	No
	Digestive biscuits	200g	€1.40	Yes	Yes	No
	custard powder	100g	€1.20	No	Yes	No
Suma	bay leaves	10g	€1.00	Yes	Yes	No
	black peppercorns	30g	€1.00	Yes	Yes	Yes
	black peppercorns	500g	€7.50	Yes	Yes	Yes
	tumeric	25g	€1.00	Yes	Yes	Yes
	ground nutmeg	20g	€1.00	Yes	Yes	No
	cloves	30g	€1.00	Yes	Yes	Yes
	ground ginger	25g	€1.00	Yes	Yes	Yes

# Green cleaning Skin care for little ones personal hygiene



Chest stick \*- Eucalyptus Essential Oil is a decongestant and has strong germicidal and antibacterial qualities. See the website for more info on this lovely range [www.pittapatta.com](http://www.pittapatta.com)

Brand	Product description	size	price	org
Pittapatta	*Eucalyptus no mess Chest stick for blocked noses	45g	7.50	yes
	Calm and content moisture lotion	200ml	7.40	Yes
	Cheeky Barrier cream	150g	6.00	Yes
	Mandarin hand wash	200ml	6.00	Yes
	Gentle lavender Bubble bath	200ml	6.00	Yes
	Camomile/aloe Vera hair & body wash	200ml	6.00	Yes



Brand	Product description	size	price	org
Ecover	laundry bleach	400g	€1.90	
	toilet cleaner	750ml	€1.90	
	window cleaner	500ml	€2.40	
	multi cream cleaner	500ml	€1.35	
Ecoleaf	stain remover	500g	€2.30	
Ecoforce	multi purpose cloth	2	€0.90	
	scourer	2	€0.90	
	bathroom cleaner	500ml	€2.50	
	regular with applicator	16	€3.60	Yes
organyc	super with applicator	14	€3.60	Yes
	super+ with applicator	14	€3.70	Yes
	party liners light	24	€2.90	Yes
	Tampons regular	20	€3.10	Yes
Natracare	Tampons super	20	€3.10	Yes
	Tampons super +	20	€2.25	Yes
	cotton wool pleats	100g	€1.65	Yes
Simply Gentle	cotton wool buds	200	€1.80	Yes
	cotton wall pads	100	€1.75	Yes
	baby wet wipes	25	€2.35	Yes
	hair mousse	150ml	€7.50	Yes
Lavera	toothpaste prop/echin 33% gratis	100ml	€2.65	yes