

# ESSENTIAL

- WORKER CO-OPERATIVE -

## OPEN day



# 2018

The Key to Unlocking Good Health.

# Essential Open Day

## 30th September 2018

### 11am to 5pm

#### Introduction

Welcome to the Essential Trading Open Day 2018! Whether it's your first visit to our warehouse, or one of many, we're very happy to welcome you to the first Open Day we've held in four years.

A lot has happened here at Essential during that time - you might not recognise us! Our second pre-pack machine was installed in 2015 and our new offices were built not long after. Our current renovation is in full swing - expanding our warehouse to create even more room for stock.

We're excited to welcome you all here, and have been busy creating a fun and friendly platform for new business opportunities, a chance to build trading relationships and to meet the people who make up our worker's co-operative. We have plenty to keep you and your families entertained, and you certainly won't go hungry!

We hope you have an enjoyable and successful day. You should find all the information you need in this brochure, but please ask a member of the Essential team if you need any help at all.

**Sal and Lila**  
**Open Day Co-ordinators**

#### What's On

##### Meet Our Suppliers

Essential has a diverse range of ethical, organic, vegetarian and vegan products. Come and meet the suppliers and producers face-to-face, form great new business relationships and build on existing ones.

##### Meet the Essential Team

You'll get to put faces to names – meet the workers from every part of Essential, from Customer Services to Manufacturing. We're looking forward to meeting you all in person!

##### Exclusive Promotions

For one day only, our suppliers are offering exclusive promotions to customers attending the open day. Visit the supplier stands to collect and fill in an order form, and we'll arrange the rest. Orders will be available for delivery or collection from the 29th of October.

##### Retailers Prize Pallet Raffle

For the first time, we are excited to announce a prize pallet give away! One lucky retail customer will have the chance to win the fantastic prize of a pallet of free products, donated by our suppliers.

##### Goody Bag

Don't forget to pick up your free goody bag on the way out, with samples from a selection of our suppliers.

##### Happy Reindeer Raffle

Our new supplier, Happy Reindeer, is giving away a fantastic prize to one lucky winner! Order a minimum of 3 different cases of Happy Reindeer products during September 2018 to be entered into a free prize draw, in which the first name drawn will receive a travel voucher worth £1500. See inside

back cover of this booklet for details and visit Happy Reindeer on stand number 28 to sample their delicious liquorice and place your order!

#### Free Vegan and Vegetarian Food, Bar and Tea Garden

Visit our Food Street for delicious good grub or something to drink – all provided free of charge by our suppliers. For a tasty lunch, look out for Campo's pasta, Tideford soups, One Planet Pizza and our own Manufacturing team serving. Our bar and tea garden are stocked by Clipper, Stroud Brewery, Westons, Vintage Roots, Stute, Fentimans, LemonAid, Equal Exchange, Oatly and Cheddar Water. Lunch will be served from 12pm - 3pm and drinks will be available from the bar and Tea Garden all day.

#### Children's Entertainment

We're proud to host an inclusive, family-friendly event and have plenty for kids to do. We have a crèche for very young ones, so you can enjoy networking and talking business while your children are looked after. We are also joined once again by the wonderful APE Project.

A.P.E. Project CIC is a children's play, recreation and activity provider based in St Pauls, working to create conditions for all-inclusive free play for kids in Bristol and beyond. They aim to deliver supportive environments and workshops for children and young people creative problem solving, sense of self worth, co-operative learning, resilience, risk taking, social skills. By providing stimulating, challenging, exciting and educational experiences for children in a safe open space, children feel valued and supported. Children and young people are actively encouraged to express themselves by exploring, experimenting and discovering both as individuals and as a group.



#### Campaign Groups

Look out for the stands of local, not-for-profit and campaign organisations. This year we are championing Viva, Kiptik and Coops UK. We also welcome our certification bodies, Organic Farmers & Growers and BioDynamic (Demeter). This is your opportunity to learn about what they do and how you can get involved.

#### Vegware

At Essential we feel strongly about minimising waste. For that reason, we're very happy to be using Vegware as a provider for our cups this year. Vegware is 100% plant-based and biodegradable. Please use the labelled bins to ensure they are collected for composting.

#### Help and Information

There will be information points where Essential workers will be on hand to help you with any queries you may have on the day. You can also catch up with our Sales reps for a more in depth discussion at the Essential stand.

**With thanks to our sponsors, Pukka and Wessanen**



# wessanen uk

At Wessanen we believe our brands should be a shining beacon for sustainability in the food industry



**källo**

The Källo belief has always been about eating the right way.

The mission is to make it simple for people.

Clipper started in the 80s' when few people knew or cared about ethical businesses. 34 years later and our purpose has never been more relevant.

**CLIPPER**  
NATURAL, FAIR & DELICIOUS



  
**WHOLE EARTH.**  
DOWN-TO-EARTH GOODNESS

Founded in the 60's by visionaries who believed that the best things are made the way Mother Nature intended. We are still delivering on that vision today.



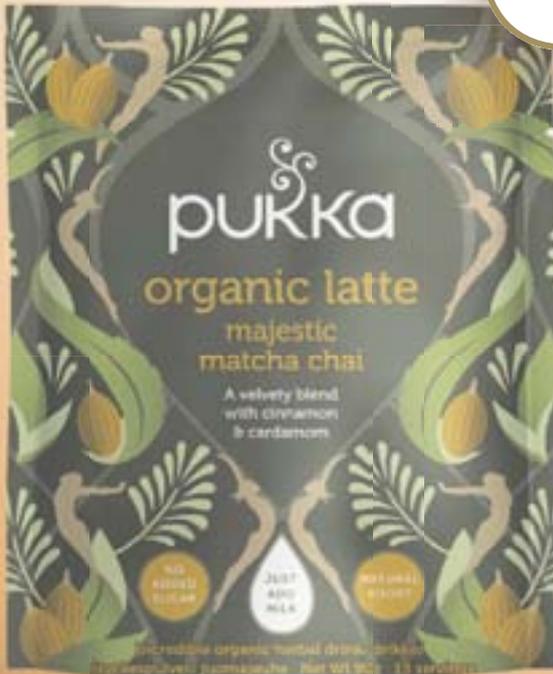
*helping people make better food choices for their own health and the health of our planet.*

# PUKKA

## Rethink your drink



NEW  
RANGE



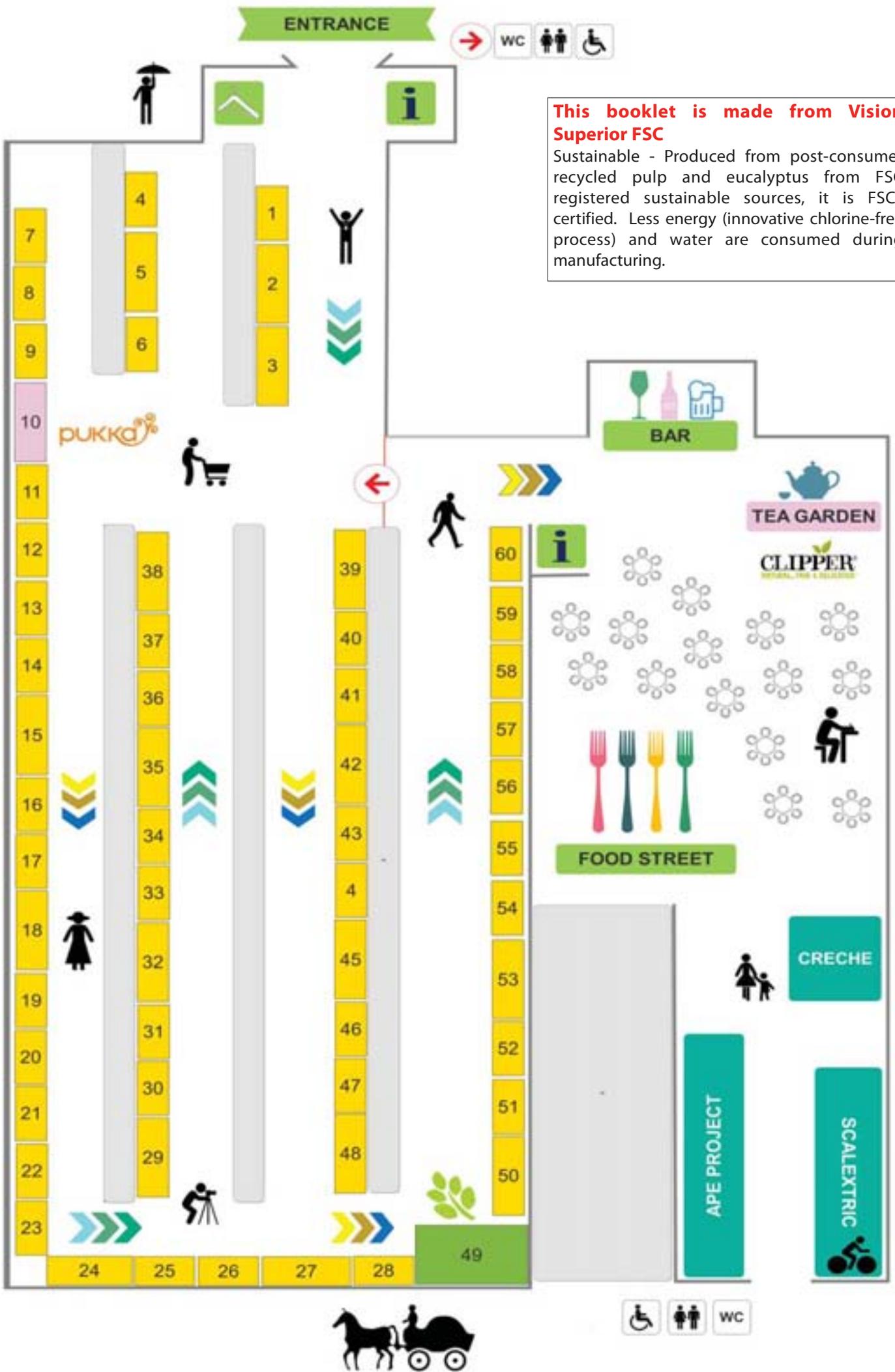
Guilt-free herbal lattes expertly blended with medicinal grade herbs  
for your wellbeing needs any time of the day

[pukkaherbs.com](http://pukkaherbs.com)





# Exhibitors & Promotions



**This booklet is made from Vision Superior FSC**

Sustainable - Produced from post-consumer recycled pulp and eucalyptus from FSC registered sustainable sources, it is FSC® certified. Less energy (innovative chlorine-free process) and water are consumed during manufacturing.

## EXHIBITORS LIST

Alara Wholefoods Limited	9	Kiptik	6
Algas Atlanticas Algamar S.L.	5	La Terra e il Cielo	2
Cafedirect PLC	48	Lemonaid & ChariTea	12
Carley's Organic Foods	60	LoveRaw Limited	14
Cawston Press Limited	56	Luscious	47
Clearspring Ltd	3	Maku Laku Confectionery	28
Clive's Pies	26	Mani Blaeuel UK Ltd	17
Cocofina	4	Marigold Health Foods	58
Co-ops UK & Co-op News	59	Meridian & Rocks	37
Demeter UK & BDA Certification	13	Nairn's Oatcakes Ltd	22
Divine Chocolate Ltd	25	Naked Kitchen Ltd	42
DJM Foods	57	NatBrands Ltd	30
DO-IT BV	50	Natural Balance Foods Ltd	52
Eat Your Hat	38	Nom Foods Limited	40
EE Wholesale (UK) Ltd	46	Only Natural Products	20
Essential Trading	49	Organic Farmers and Growers	44
Faith In Nature Limited	32	Plamil Foods Ltd	21
Fentimans Ltd	31	Pukka Herbs Limited	10
Florentin B.V.	36	Pulsin' Ltd	45
Follow Your Heart UK Ltd	29	Skoulikas Bedford Limited	15
Free From Italy	33	Sojade & Bergerie	53
FZ Organic	34	Solano Trading	16
Geo Organics and Organica	11	Sun & Seed Ltd	27
Glee Gum	23	Toca Honey	51
Hasslacher's Hot Chocolate	43	VITAM Hefe-produkt GmbH	1
Jacob's Finest Limited	55	Viva!	7
James White Drinks	8	Vivani / iChoc & Meta Mate	35
Kallo Foods Ltd.	39	Yaoh	41
KARMA	24	Yogi Tea	18
Karma Cola UK Ltd	54	Zaytoun CIC	19



**STAND  
1**



## VITAM Hefe-produkt GmbH



VITAM produces tasty, vegan health food since the year 1925. It is a 3rd generation family run business in the lovely downs of northern Germany. 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. Adds a 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).



[vitam.de](http://vitam.de)

**10% Off Vitam-R Yeast Extract**  
**20% Off Onion Gravy Powder**

**STAND  
2**

## La Terra e il Cielo



The LA TERRA E IL CIELO organic farming cooperative was established in 1980, thanks to the brave and pioneering spirit of its founder members, at a time when organic farming represented a virtually unknown niche. The aim of the founders was to take a new, more sustainable approach to cultivation, in a region, the Marche, where farming is of primary importance, simultaneously rediscovering a more balanced relationship with nature, the environment and with themselves. The rediscovery and relaunch of ancient varieties of cereals and legumes, selected for quality and not solely for quantity, represented and continues to represent one of the lynchpins of the Cooperative's activity. All the products are characterised by almost completely local and regional traceability, which is something that very few companies in Italy can boast. In thirty years, the Cooperative has developed into a solid Italian organic reality, without ever losing touch with the values of solidarity, fairness and respect for nature, the values that led to its birth.

[laterraeilcielo.it](http://laterraeilcielo.it)

**20% Off**  
**All La Terra Products**

**STAND  
3**

## Clearspring



Clearspring is a family-owned business and for over 25 years we have been committed to pioneering authentic Japanese specialities and organic fine foods. Our products make a valuable contribution to sustainable agriculture. Through enriching the soil and caring for the eco-system, we are protecting the world that we pass on to our children. With over 260 products today, our range continues to grow. All our products have a distinctive flavour, made with authentic recipes and by traditional methods. We never use any artificial additives or add refined sugars. Our passion is to show you just how delicious and abundant a plant-based diet can be, not only how it tastes, but also how it keeps us healthy and thriving. We believe in the intrinsic value of our core ingredients and promise to always maintain the integrity of our mission. We love what we do and invite you to discover the great taste of Clearspring. Join us in our journey for the next generation.

[clearspring.co.uk](http://clearspring.co.uk)

**25% Off**  
**New Organic Flavoured Cider Vinegars**

**STAND  
4**

## Cocofina



Cocofina, The Coconut Experts, are an award winning UK-based organic food producer specialising in high quality coconut products. Cocofina products are innovative, vegan and organically certified by the UK Soil Association; many have won Great Taste Awards from the Guild of Fine Food. Cocofina consistently launches innovative products that are high quality with superior taste, without compromising on health. Founded in 2004, Cocofina is proud to have 14 years experience producing and delivering coconuts to 28 countries, continuing to innovate to this day. Don't take our word for it, when the company pitched on BBC Dragon's Den all five Dragons were fighting for a slice of the coconut pie!



[cocofina.com](http://cocofina.com)

**20% Off**  
**All Cocofina Products**

**STAND**  
**5**

## Algas Atlánticas Algamar S.L.



ALGAMAR was established in 1996 and was the first Spanish company to specialise in dehydrated sea vegetables for human consumption. Seaweed produced by ALGAMAR grows wild in the rich and unsoiled waters of the Atlantic coast. It is hand-harvested respecting the stages of growing cycles and yearly renewal. Once harvested, it is dried with low temperatures in biomass boilers, which are fed with forest debris from local woods. Electricity is provided by high efficiency photovoltaic solar panels placed on the rooftops, which provide clean and renewable energy for the entire process. Local Resources, low carbon emissions and energy sovereignty are at the heart of our policy. In 2010 ALGAMAR introduced ecologically certified sea vegetables at the renowned trade fair of Biocultura, which caters for the entire European market of sea vegetables.

[algamar.com](http://algamar.com)

**10% Off**  
**All Algamar Products**

**STAND**  
**7**

## Viva!



Viva's fight is a fight for life – for animals and ourselves. Through campaigning, we take the brutal reality of intensive farming to the people who can affect the most change: consumers. Our wide-ranging campaigns promote veganism as the best way to save animals from suffering, protect the environment, improve health and help those in developing countries. We have cleared most shelves of so-called 'exotic meats'; our campaigns against

the factory farming of pigs, turkeys and ducks saw deaths dive; we are closer to a foie-gras free Britain and meat and dairy consumption are down in the UK thanks to Viva! and you.

[viva.org.uk](http://viva.org.uk)



**STAND**  
**6**

## 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](http://kiptik.org)

<b>B910P</b>	<b>Zapatista Coffee Ground</b>			
	20 * 250g	<b>£69.80</b>	<b>Rsp</b>	<b>£4.65</b>
<b>B911P</b>	<b>Zapatista Coffee Beans</b>			
	10 * 500g	<b>£65.95</b>	<b>Rsp</b>	<b>£8.79</b>





**STAND 8**

## James White Drinks



Makers of brilliant non-alcoholic juices and cordials.

From deep in the Suffolk countryside come some of the finest fruit and vegetable juices.



For more than 25 years, we've been tasting, testing and experimenting to bring you our most delicious range of juices yet... Discover and enjoy our products, from our 'Classics' range of English apple juices to the lively organic vegetable juice collection - we pride ourselves on the fact that there's a James White juice for everyone and any occasion.

[jameswhite.co.uk](http://jameswhite.co.uk)

**15% Off 750ml Size Juices**  
**20% Off Zingers, Beet It Shot**

**STAND 9**

## Alara Wholefoods Ltd.



Alara have been making high quality organic cereals for over 35 years and are the UK's leading manufacturer in health cereals. They were the first brand to be certified by the Coeliac Society and the first cereal company in the world to be certified Organic.

Alara have strong sustainability beliefs, with their manufacturing site achieving zero waste. They focus on using only the best ingredients for optimum health and minimal environmental impact, without ever compromising on taste.

Alara's newly rebranded range of products feature an array of delicious organic mueslis along with Alara's new pioneering compostable film bags, abandoning single use plastic and opting for an environmentally friendly alternative. The addition of the compostable film is an innovation that emphasises Alara's new Delicious and Sustainable branding.

[alara.co.uk](http://alara.co.uk)

**50% Off**  
**Selected Mueslis & Cereals**

**STAND 10**

## Pukka Herbs Ltd.



At Pukka, people, plants and the planet are at the heart of everything we do. We create circles of benevolence where sustainable organic growing helps the communities and their environments, which in turn produces teas, lattes and supplements that help everyone lead healthier, happier lives.

Pukka has an amazing array of herbal expertise, from Sebastian Pole, our Master Herbsmith, to fully trained nutritionists and medical herbalists. We use the same quality herbs in our supplements and teas – the highest pharmacopoeial grade possible – and everything we create is organic. From the herbs to the plant-sourced vitamins included in some of our blends.

Pukka strives to ensure that everything we do benefits everyone we are connected to including the farmers, the environment, our partners, staff and our customers. It's why we support important global projects such as FairWild, Fair for Life, are a founding BCorp member in the UK and donate 1% of all our sales directly to environmental projects through 1% for the Planet. Read Pukka's sustainability report here:

<https://www.pukkaherbs.com/your-wellbeing/blog/2018/04/sustainability-report-fy17/>

**17% Off All Teas**  
**10% Off All Lattes**  
**20% Off Aloe Vera Juice**



**STAND 11**



## Geo Organics and Organica

Venture Foods is a family business that brings to market a diverse range of high-quality organic foods under the Geo Organics and Organica brands. We are huge supporters of organic living and the majority of our products have the Soil Association stamp of approval. Every single product is suitable for vegans and approved by the Vegan Society.



Our company was founded in 1999 and over the last 19 years our brands have become very well established in the independent wholefood trade and we have been working with Essential for the last 17 years!

We pride ourselves on innovation and really enjoy finding original foods and combinations of foods and continue to launch several new products every year. Our latest launch introduces four trendy, tasty & healthy meals & side dishes: Tasty Tadka Dahl, Coconut & Kale Dahl, Chickpea & Apricot Tagine and Moroccan Chickpea Tagine.

[venturefoods.com](http://venturefoods.com)

**15% Off**  
**Geo, Geo Organics & Organica**

**Lemonaid & ChariTea also served from the Bar!**

**STAND  
12**

## Lemonaid & ChariTea

**LEMONAID<sup>+</sup>  
ChariTea<sup>•</sup>**



Lemonaid and ChariTea are soft drinks how they should be. Made from only the best Organic and Fairtrade fruit and tea. As a Social Enterprise we deliberately pay higher prices for the raw ingredients to promote fair and sustainable trading conditions. By supporting Fairtrade, farmers and workers are empowered to combat poverty and take more control over their lives. What's more, every bottle sold funds the Lemonaid & ChariTea Foundation with over £2.5 million raised to date for humanitarian projects. Focusing on parts of the world frequently disadvantaged in the global economy, the Foundation supports local initiatives which work to improve social, economic and ecological structures. That's why we think: Drinking helps.



By supporting Fairtrade, farmers and workers are empowered to combat poverty and take more control over their lives. What's more, every bottle sold funds the Lemonaid & ChariTea Foundation with over £2.5 million raised to date for humanitarian projects. Focusing on parts of the world frequently disadvantaged in the global economy, the Foundation supports local initiatives which work to improve social, economic and ecological structures. That's why we think: Drinking helps.

[www.lemon-aid.com](http://www.lemon-aid.com) [www.charitea.com](http://www.charitea.com)

**15% Off  
Lemonaid & ChariTea**

**STAND  
13**

## Demeter UK & BDA Certification



Demeter is the brand for products from biodynamic agriculture. One of the biggest brands in the organic sector in Europe, Demeter has been constantly evolving since 1928, making this the oldest and longest practiced form of quality assurance in sustainable agriculture. It is also an international sign of quality so biodynamic produce and products are certified to the same standards in more than 50 countries on 5 continents. With organic certification as a prerequisite (all Demeter products are dual certified and carry both labels), Demeter standards go above and beyond organic to guarantee methods of production and processing that are environmentally friendly, ethical and sustainable. Because these standards are applied globally, Demeter products from the UK, Egypt, New Zealand and Brazil all represent the same care for nourishment of people and the planet and have had the same rigorous process to ensure their quality.

The biodynamic approach to food, farming, and wine is exciting curiosity and receiving more media attention daily. We're delighted to be part of Essential's Open Day: come and visit us and find out more about our standards and our distinctive approach to achieving healthy soils, food, people and planet.

[biodynamic.org.uk](http://biodynamic.org.uk)

**STAND  
14**

## LoveRaw Ltd.

**LòveRaw<sup>®</sup>**



LoveRaw represents a new generation of healthy living and eating. We believe in fuelling your body with nutritious yet delicious food, but with an innovative edge. Our range consists of; Almond based drinks, Organic Superfood bars and Organic Superfood Boosters! Our products are Vegan, Refined Sugar Free and we use no artificial flavours

or preservatives, but most importantly they taste AMAZING!

Our Almond Drinks are our hero products! The drinks are a new twist to nostalgic flavours. Cacao and Cardamom is a sophisticated take on a classic chocolate milkshake, infused with aromatic notes of cardamom. Our Cold Brew Coffee is made through the Kyoto method for 12-15 hours giving it a smoother taste. And our Turmeric Chai Latte is the perfect balance of spices!

Come by our stand at Essential and try for yourself!

[eatloveraw.com](http://eatloveraw.com)

**20% Off  
All LoveRaw Products**

**STAND  
15**

## Skoulikas Bedford Ltd.



Skoulikas Bedford Ltd is the home of Sunita and Hellenic Sun brands. They are also the agents for Isola Bio organic and vegan milk alternatives, Celestial Seasoning teas and Oliva olive oil soap.

From humble beginnings in 1977 when George Skoulikas began importing olives from family in Greece, Skoulikas Bedford's portfolio now includes tahini, halva, olive oil, lemon & lime juices, sesame bars, pesto, pâté, tomato sauces and capers. Since the 70's they're still working closely with the original family businesses in Greece (and later Italy), to bring a specialist range of natural and organic Mediterranean fine foods and ingredients to the UK market. Skoulikas' wholefood brands are all vegetarian with most being vegan, gluten free and organic. Visit the stand at the Essential show to see Sunita's new design tahini packaging.

[sunitafoods.co.uk](http://sunitafoods.co.uk)

**20% Off  
Sunita Organic Tahini  
Celestial Seasonings Teas  
Isola Bio Drinks**



**STAND  
16**

## Solano Trading



Delightful soaps from Rampal Latour, traditionally made in the south of France. The range includes vegan, and organic soaps certified by Ecocert. Using natural ingredients these soaps are gentle and suitable for all the family to use.



**STAND  
17**

## Mani Blaeuel UK Ltd.



The MANI brand is passionately organic and ethically motivated. An appreciation for people and nature has inspired the family business since 1979. Pioneers of organic olive production in Greece and renowned for their award winning, single varietal, cold extracted extra virgin organic olive oil; MANI deliver products which are authentic, raw, vegan and full of flavour. Their local variety olives are handpicked, naturally fermented for 6 months and vacuum packed in a jar without the brine or oil, while their range of classic Greek organic mezes are all made to traditional recipes, using local ingredients and MANI extra virgin olive oil.

[mani.organic](http://mani.organic)



**15% Off**  
**All Mani Organic Products**

**STAND  
18**

## Yogi Tea



Please visit us to sample our new Christmas Tea, our recently launched Turmeric Chai and the brand new Alkaline Herbs. As with all the Yogi Tea range, they are 100% organic and blended using ayurvedic principles.

Our company today is still community owned, independent and a "not for profit" organisation.

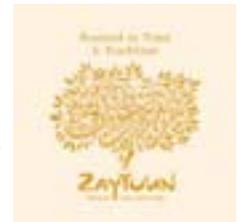
The profit we generate is primarily used to support the communities of our ingredient growers across the globe and there are numerous examples of local projects we have supported, such as new schools, surgeries and orphanages. For more information on our "Doing Good" activity, please visit our website [www.yogitea.com](http://www.yogitea.com) and click on "Doing Good". In addition to the Open Day promotion offering 15% off the entire range, for every 3 packets of Yogi Tea you order, you will also receive a free, limited edition Yogi Tea Backpack, for as long as stocks last.

[yogitea.com](http://yogitea.com)

**15% Off**  
**All Yogi Teas**

**STAND  
19**

## Zaytoun CIC



### Zaytoun

**Award winning UK brand of Palestinian fine foods**

Zaytoun is an award winning social enterprise founded in 2004 to support Palestinian farmers through fair trade. 100% of our profits are reinvested into furthering this mission, and our range of fine foods is both a celebration of the exceptional quality produced in Palestine and a means of sustainable livelihood for the growers.

The product range includes olive oil, Medjoul dates, za'atar, maftoul, freekeh and almonds, and the exceptional quality of these products, despite the obstacles presented by the illegal occupation, is testament to the resilience of Palestinian producers and their rich culinary heritage.



[zaytoun.org](http://zaytoun.org)

**20% Off**  
**All Zaytoun Products**

**STAND  
20****Only Natural  
Products**

We are an independent family owned business based in West Sussex with our own factory in Gloucester. We produce the iconic brand of organic teas Higher Living, established in 2007 to respond to the demand for organic teas of high quality with bold and innovative flavours.

Higher Living has been growing dramatically since then and it's now the largest imported organic tea brand in Australia.

Our teas can be found in more than 60 different countries, from small shops, big supermarkets, coffee shops, cinemas, airplanes and hotels... we are receiving great feedback!

All this success overseas was recognised in 2016, when our company was awarded with The Queen's Award for Enterprise and International Trade.

Our company is also committed to the environment so we only use recyclable materials in our packaging. We don't add sugar or artificial flavours and use only the best organic ingredients to get "Flavours that fly".

[higherlivingherbs.com](http://higherlivingherbs.com)

**25% Off**  
**All Higher Living Teas**

**STAND  
21****Plamil Foods Ltd.**

**Ethical products with no compromise.**

Vegan, ethical and environmental issues are fundamental to Plamil Foods, the first vegan company in the UK. They have been pioneering free from food since the 1950s when they made the first plant based milk in Europe (from cabbage).

Plamil use no animal products or by-products and everything they make is gluten free. They have a strict no nut policy and their factory in Kent is powered by 100% renewable energy. Plamil only uses certified cocoa. Last year Plamil launched their new brand, So free chocolate. With its distinctive and visually striking packaging and fantastic taste, So free brings enjoyment and fantastic taste to free from.

[plamilfoods.co.uk](http://plamilfoods.co.uk)



**20% Off**  
**All Plamil & So Free Products**  
*(seasonal products not included)*

**STAND  
22****Nairns Oatcakes Ltd.**

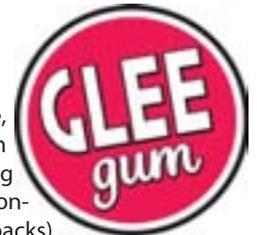
At Nairn's, we know our oats. We've been baking with them since 1896 (though our extensive range looks a little different nowadays!). Wholegrain oats really are a wonderstuff that can benefit a healthy balanced diet whether you're trying to look after your heart, your digestion or your overall health. And we've used them to create a delicious and diverse range that everyone can enjoy, safe in the knowledge that we use only natural ingredients.



From oatcakes to wholegrain crackers, flatbreads to cereals and not forgetting our delicious biscuits and snacks (Astro Bites and Snackers), Nairn's products are high in soluble fibre and full of complex carbohydrates giving you a natural and wholesome boost to help you get the most out of your day. And

we're adding to our award-winning gluten free range all the time with products that taste so good, you'd never know they were gluten free (they're approved by Coeliac UK, too).

[nairns-oatcakes.com](http://nairns-oatcakes.com)  
[info@nairns-oatcakes.com](mailto:info@nairns-oatcakes.com)

**STAND  
23****Glee Gum**

Glee Gum is a 100% natural, plastic-free, biodegradable, sugar-free chewing gum range available in four mouthwatering flavours; Peppermint, Watermelon, Lemon-Lime and Bubblegum (12 x 16 piece packs), packaged in recycled, plastic-free cardboard.

Most importantly our plastic-free and biodegradable gum base is made using chicle, a sustainably harvested tree sap and chews just like a 'mainstream' gum.

Glee Gum fully discloses all ingredients and does not contain any of the toxin releasing single use plastics found under the term 'gum base' in all other gums. These plastics are polluting oceans, harming to wildlife and stuck to in excess of 90% of UK urban paving stones!



Glee contains only natural ingredients including all flavours and colours and is sweetened with xylitol, a naturally occurring NHS and Oral Health Foundation-approved, sugar-free sweetener from birch and beech trees.

**#ChangeWhatYouChew**  
[gleegum.co.uk](http://gleegum.co.uk)

**15% Off**  
**All Glee Gum**



**STAND  
24**

## KARMA



Biogroupe and KARMA started in 2009 with a meeting. Social entrepreneurs Laurent and Simon joined forces to feed the energy of those who believe, like them, that eating is both a civic act and a daily pleasure to be shared.



Since then, the Biogroupe family keeps growing, with the same passion for a good, healthy and organic diet. We work hard to make products that will bring you the best of Nature without harming it. Our kombuchas, water kefir and other plant-based drinks are all 100% organic, made with either local or Fair-Trade ingredients, packed by disabled people and 100% carbon-compensated. Grab a bottle of KARMA kombucha, feel the love we've put in and enjoy the wonderful feeling!



[biogroupe.com](http://biogroupe.com)

**10% Off Organic Bloom  
Various Offers on Karma  
Kombucha, Kefruit, Botanik  
Please visit stand 24 for details!**

**STAND  
25**

## Divine Chocolate Ltd.



Divine is the only chocolate company in the world which is 100% Fairtrade and owned by cocoa farmers. While Fairtrade ensures farmers receive a better deal for their cocoa and additional income to invest in their community, company ownership gives farmers a share of Divine's profits and a stronger voice in the cocoa industry. Divine is now proud to launch the New Organic Fairtrade range, with high cocoa, great flavours and fully compostable packaging.

[divinechocolate.com](http://divinechocolate.com)

**20% Off  
All Divine Chocolate  
(seasonal products and new  
Organic range not included)**

**STAND  
26**

## Clive's Pies



Hello, the Clive's team are really looking forward to meeting you. We're a family owned organic vegetarian bakery perched on the edge of Dartmoor in glorious Devon. From here we have been making a range of delicious pies, tarts and other free from foods for over 30 years. Everything is organic and most are vegan, please come and see us to try our pies.

[clivespies.com](http://clivespies.com)



**STAND  
27**

## Sun & Seed Ltd.



Sun & Seed is the home of ethically sourced and produced nut, seed and fruit goodness. We harness the nutritional powerhouse of seeds, nuts and berries so you can do more with them - spread, mix, snack, drizzle or blend. From nut and seed butters, oils and vinegars to sprouted seeds and oats and protein powders - our exciting range of organic, raw and vegan products is 100% pure, certified organic and ready to be enjoyed with every meal. We are especially proud of our partnership with the Camden Society, where we offer training and employment opportunities to people with learning disabilities. Our packaging and distribution centre is not just a production line; it carries real, every day opportunities to enable people with learning disabilities to gain new skills, confidence and ultimately play a more equal role in our society, helping make Sun & Seed a more inclusive employer. So each jar, bottle or pouch of Sun & Seed has a life-changing story behind it!

[sunandseed.net](http://sunandseed.net)

**20% Off  
All Sun & Seed Products**

**STAND  
28**

## Maku Laku Confectionery



### HAPPY REINDEER ORGANIC LICORICE

- The Makulaku Factory in Finland has 20 years' of entrepreneurial licorice R&D since 1996
- The first black organic licorice in 1997
- The first, and still the only organic filled licorice since 2011
- Production is ISO 9001 and FSSC 22000 certified from 2015
- New factory built in 2011 is very environmentally friendly with underground heating and air conditioning
- Made with natural flavours and no colours
- Vegan and vegetarian, no nasties
- Black Natural licorice
- Three tastes in bags: Mint & Choco filled, Strawberry filled, and Black Soft licorice
- Two tastes in bar form: Strawberry Filled and Black Soft Licorice
- Unique soft & yummy texture.
- Not sensitive to high temperatures
- Free flowing, not sticky

[makulaku.fi](http://makulaku.fi)



**10% Off**  
**All Happy Reindeer Products**

**Plus - see page 28 for details of Happy Reindeer Prize Draw - 30th September is your last chance to enter!**

**STAND  
29**

## Follow Your Heart UK Ltd.



After over 45 years Follow Your Heart is thriving and still committed to the same ideals and values that we had in 1970. Since our humble beginnings as a small market and café in Canoga Park, California we have expanded our passion for great-tasting, healthy foods to a wide range of products which are distributed all over the world. We believe that all people deserve access to healthy food, that we should have compassion for all living things, and that we have a responsibility to be good stewards of the environment. Our 100% vegan and non-GM products are made in our solar powered and zero waste certified facility in Southern California.

[followyourheart.com/uk](http://followyourheart.com/uk)



**15% Off**  
**All Follow Your Heart Products**

**STAND  
30**

## NatBrands Ltd.



Since 1999, Natbrands has sourced, developed and distributed natural and sustainable household, lifestyle and personal care products. Our product ranges emphasise natural plant-based ingredients, traditional methods and respect for the planet. They work well, are affordable and have a feel-good quality. We strive to develop and champion products that reduce plastic pollution. Our brands at Essential are Earth Friendly Products/ECOS, pioneers in green cleaning and laundry for over 50 years; LoofCo, our own brand of washing-up, cleaning and personal care pads and brushes made from sustainable loofah and coconut fibres; Waft, our wonderful new range of aromatherapy-based room fragrances in Geranium, Lemongrass, Lavender and Peppermint. Look out for promotions on ECOS, LoofCo and Waft.

[natbrands.co.uk](http://natbrands.co.uk)



**15% Off All LoofCo Products**  
**Lower Rsp Waft Fragrancers**



**Fentimans also served from the Bar!**

**STAND  
31**

## Fentimans Ltd.



At Fentimans we have a rich history of botanically brewing premium quality beverages using the finest natural ingredients. Our exquisitely crafted beverages are made with the knowledge and expertise passed on from generation to generation of the Fentimans family.

All our drinks are made using the time-honoured technique of botanical brewing – a process that combines the infusion, skilful blending and fermentation of natural ingredients. The result is a range of delicious drinks that have a depth of taste and unsurpassed quality.

Our soft drinks are available in a range of flavours, including our traditional Ginger Beer and our aromatic Rose Lemonade. Our premium mixers are perfect for pairing with a breadth of spirits to create balanced and flavoursome tasting drinks.



[fentimans.com](http://fentimans.com)

**20% Off  
Tonic Water**

**STAND  
32**

## Faith In Nature Ltd.



Established in 1974, we believe in harnessing the power of nature without harming it in the process. Our products are made using the highest quality, naturally derived, cruelty-free ingredients, with 100% natural fragrance - and they work beautifully. Made with the best of nature's ingredients, our ranges are developed to be effective yet gentle on our bodies and planet, offering high quality products for all the family. As well as being naturally formulated from raw materials which are biodegradable and from renewable sources, our 400ml bottles are made from 100% recycled plastic.

**We are:** 100% Natural Fragrance  
Vegan  
Cruelty-Free  
Free from Parabens, SLS, SLES  
Made with essential oils  
99% Naturally Derived

[faithinnature.co.uk](http://faithinnature.co.uk)



**25% Off  
Selected 5 Lt Body Washes**

**STAND  
33**

## Free From Italy

Free From Italy specialise in authentic Free From and Vegan Italian foods. Entirely sourced from Italy, the brands famous throughout the country offer uncompromising quality and value.

The ever increasing range includes 40 products such as gluten free pastas, milk and nut free pestos, gluten free wraps, organic vegan croissants and the newly launched and much anticipated organic Rice Style Legumes. The Rice Style Legumes are Chickpeas, Red Lentils, Green Peas and Tricolore flours shaped to look and be used like rice but with all the nutritional value of legumes being maintained.

Free from Italy has a loyal following and is happy to work closely with retailers to promote the products in store.

[freefromitaly.co.uk](http://freefromitaly.co.uk)



**20% Off  
Castagno Rice Style Legumes  
Taste Italia Gluten-Free  
Wraps & Pizza Bases**

**STAND  
34**

## FZ Organic



**FZ Organic Food** FZ Organic Food is a family owned producer of organic food products, active in 40 countries in various (long-life) categories with its top brands for the Health and Wholefood Stores: Trafo, Yakso, Bionova and Fryslander.

**Trafo** Trafo is the brand for the best-quality, pure, organic crisps. Trafo has been a trusted name in this segment for more than 30 years. We are proud of the care we take when selecting our organic potatoes, the passion and skill with which we treat these potatoes and, above all, the quality and taste of our end product: delicious and responsible organic crisps from Holland!

**Yakso** Yakso is the brand for organic consumers who want to enjoy delicious, healthy and varied Asian cooking. Yakso has a complete range of products that allow organic consumers to prepare a wide range of healthy and delicious eastern dishes at home, simply and affordably. With Yakso, you can bring the Orient into your home responsibly.

[fzorganicfood.com](http://fzorganicfood.com)

**10% Off  
All Bionova, Trafo & Yakso  
Products**

**STAND  
35**

**Vivani & iChoc**  
**VIVANI** **iChoc**  
THE ART OF CHOCOLATE FEEL FREE

**Vivani - The art of chocolate** The idea to focus exclusively on organic chocolate was EcoFinia's starting point some 15 years ago. As a subsidiary of the chocolate manufacturer Weinrich, a family business that can look back on a century of experience and craftsmanship, VIVANI has gone from strength to strength. Chocolate bars from VIVANI are presented in a refreshed artistic design; the packaging is made from sustainable NatureFlex film and the cardboard is printed with mineral oil-free printing inks.

**iChoc - the vegan way of chocolate** Sustainable production and organic products are at the heart of EcoFinia's success, but recently the vegan trend has been gaining momentum. iChoc is a milk style chocolate without any milk in the recipes and without any compromise in quality. The iChoc range is now available in eight flavours, among others "Choco cookie", "White nougat crisp" and "White Vanilla" - as well as the more puristic EXPEDITION chocolates with coconut blossom sugar. iChoc is appreciated by many vegan chocolate lovers worldwide.

[ecofinia.de](http://ecofinia.de)

**20% Off All iChoc Bars & Vivani 35g/40g Bars**  
**10% Off Vivani 80g/100g Bars**

**STAND  
35**

**Meta Mate**



Meta Mate is a collective dedicated towards sharing mate culture across the world. Our Mate is fresh and harvested directly from the forests. We rely on the support of mate producers

who believe in our mission to foster small-scale sustainable productions by farmers, thus preserving their tradition. All proceeds go towards preserving the native mate forests. Mate is increasing in popularity due to its energizing and nourishing properties and Meta Mate is dedicated to offering the best by combining innovative technologies with authentic traditions

We offer a full range from fresh organic certified leafy mates to

freeze dried raw mates to handmade harvests collected from the forest and smoke-dried under the full moon.



[metamate.cc](http://metamate.cc)

**23% to 25% Off Selected Meta Mate Teas**

**STAND  
36**

**Florentin B.V.**



Since we started making hummus and falafel more than 20 years ago, our motto has been 'nothing but pure ingredients', and this still shows

today. We are continuously re-inventing our products, packaging and production process and thrive to deliver the best and most sustainable products to our customers in over 15 European countries.

Not only do we make the best hummus you ever had in eight original flavours, we also consider ourselves in the lead when it comes to falafel; four flavours, two burger varieties, and on top of that we recently launched our mini falafel, which is off to a great start already. Try Florentin for yourself: soy-free, mostly vegan, gluten free and best of all: super tasty!!



[florentin-bio.com](http://florentin-bio.com)

**15% Off Selected Organic Pitta, All Chilled Products**

**STAND  
37**

**Meridian Foods Ltd.**



We make all of our delicious food on UK Soil. We have our own factory in the rolling Welsh hills of Denbighshire, and can

proudly say we're the UK's leading producer of nut butters, which don't use palm oil, supporting the environment and our primate friends. We roast our nuts in their natural skins, then crush them for a perfect crunchy/smooth texture and delicious nutty taste!

As well as being a leading producer of palm oil free nut and seed butters, Meridian also produce a fine range of natural oils, organic sauces, and natural sweeteners.



[meridianfoods.co.uk](http://meridianfoods.co.uk)

**20% Off Organic Tahini 270g Size Selected Organic Nut & Seed Butters**  
**15% Off Selected 1Kg Peanut Butters**



**STAND  
37**

## Rocks Organic Drinks



Rocks Drinks squish every last droplet of fruitiness from real fruit to create organic drinks that burst with a real fruit flavour. In fact, all of Rocks are 100% 'squished' by a special machine that literally squashes and squeezes all the fruity goodness out of each and every piece of fruit. Rocks only produce great-tasting, honest drinks that burst with natural fruit flavour. You will find that their squashes are more pulpy than usual because Rocks squish all the fruit and the pulp. You won't find any artificial sweeteners or any 'nasties' at all, just fruit, Sugar, Water and bucket loads of taste!



[rocksdrinks.co.uk](http://rocksdrinks.co.uk)

**20% Off  
Organic Squashes**

**STAND  
38**

## Eat Your Hat



### Eat Your Hat

Every one of us has the power to elevate others through the food we eat.

Eat Your Hat is all about being astonishingly fair, organic, sustainable, and utterly delicious. Between its political savvy, refreshing transparency, and dedication to protecting the environment, be prepared for Eat Your Hat to make some waves.

These ethical entrepreneurs travel the world to source the most innovative fair trade ingredients for their organic chocolate tablets and speciality coffees. From the organic cocoa specialists of São Tomé to the cardamom-growers of Sri Lanka, only the most ethical masters of food get invited to cook up some edible, slurpablealchemy. And all of this? All at once? 'Impossible!' You cry? Eat Your Hat.



[eatyourhat.com](http://eatyourhat.com)

**20% Off  
All Eat Your Hat Products**

**STAND  
39**

## Kallo Foods Ltd.



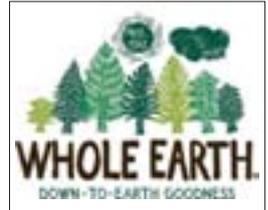
At Kallo, we don't think eating sensibly has to mean saying no to the things you love. Life is about what you can, not what you can't have – and eating the right way is about loving food and having a nutritious, balanced diet. That's why we've reinvented the rice cake and created a range of organic stock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

[kallo.com](http://kallo.com)

**10% Off  
Rice, Corn & Lentil Cakes  
15% Off  
Stock Cubes**

**STAND  
39**

## Whole Earth



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 too.

[wholeearthfoods.com](http://wholeearthfoods.com)



**10% Off  
Organic Sparkling Drinks**

**STAND  
40****Nom Foods Ltd.**

**nom**  
Naturally. Organic Matters

Nom Foods is an ethical food brand with strong brand values, which launched in July 2013 with a range of organic, vegan, health bars - and has since launched a range of coconut oil popped popcorn. Nom products are made with exciting, innovative ingredients like coconut oil, coconut palm blossom, wholegrains and cacao - they don't contain any refined sugars, are free-from dairy, gluten and are made only with low GI, natural, alternatives to sugar. Nom products are certified organic, vegan and ethical. This ensures that they are good for the people who eat them, better pay for the farmers who grow the ingredients, and GMO free and sustainable for animals and the planet. The idea behind Nom foods is to add value to people's diets, not just by cutting out the unhealthy stuff, but also packing as many nutritious ingredients into the products as possible.



[nomfoods.co.uk](http://nomfoods.co.uk)

**20% Off**  
**All Nom Products**

**STAND  
41****Yaoh**

Yaoh is based in Bristol, and is one of the UK's original hemp companies, with a range of hemp bodycare and food products that are 100% vegan and free from animal testing. Yaoh's food range is also 100% certified organic. Yaoh has launched a brand-new range of bodycare products in 2018, including a new range of body butters, a new SPF-25 sunblock as well as a number of new flavours for lip balms, shampoo, shower gel and moisturisers. Yaoh's product range are available at selected independent health stores across the UK. Yaoh also sponsors a number of vegan festivals in the UK, including VegfestUK and other regional vegan fairs.

[yaoh.co.uk](http://yaoh.co.uk)

**STAND  
42****Naked Kitchen Ltd.**

**NAKED KITCHEN**  
**NK**

Naked Kitchen was founded by lifelong friends and vegetarians Hester & Johnny who share a passion for good food & healthy eating

We started making falafels following traditional recipes, then started to experiment with fruits and vegetables to add our own special twist.

We now offer an extensive range of gluten free, vegan produce made from 100% natural ingredients and bursting with taste and flavours

We recently launched our Superfood Range of protein packed falafels. The Ginger Ninja with quinoa, ginger and kale and The Rainbow Warrior, which includes goji berries, cranberries, Kales and pumpkin seeds.

Look out for our new vegan burger at the show - THE MIGHTLY V

[nakedkitchen.co.uk](http://nakedkitchen.co.uk)

**20% Off**  
**All Naked Kitchen Products**

**STAND  
43****Hasslacher's Hot Chocolate**

*Hasslacher's*

Hasslacher's 100% cacao hot chocolate bar is the only native South American 100% cacao solid bar hot chocolate. Made only from fine flavour cacao beans sourced from Colombia. We roast the beans to a higher temperature to give a drink that packs a punch unlike any other. Simply snap off a couple of squares, melt in the pan with milk and whisk and add sugar to taste as ours has zero sugar. Hasslacher's is committed to sustainability both in

terms of its cacao source and packaging. Every bar is hand wrapped in Bogota from sugarcane fibre paper called 'bagasse'



[hasslachers.co.uk](http://hasslachers.co.uk)

**10% Off**  
**Drinking Chocolate Block**



**STAND  
44**

## Organic Farmers & Growers



OF&G certify more than half of UK organic land & provide 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 EU law (regulation EC 834/2007) but also to help guide UK businesses through the organic certification process while offering the best quality organic certification service in the UK.



[ofgorganic.org](http://ofgorganic.org)

**Equal Exchange also served from the Bar!**

**STAND  
46**

## EE Wholesale (UK) Ltd.



Equal Exchange UK is a 100% fair trade, award winning co-operative. Our fair trade and organic products make a big difference to the small farmers who grow this gorgeous food. We produce a wide range of speciality coffees from various co-operative origins, vegan cocoa, honeys and high-quality chocolates. All made with small farmer co-operatives in mind. For over thirty years Equal Exchange has been an active voice for change in the supply chain, a fair trade pioneer, supporting fantastic initiatives like our Grown By Women Coffee, now our bestselling speciality coffee and pushing gender equity into the supply chain.

[equalexchange.co.uk](http://equalexchange.co.uk)



**20% Off**  
**1Kg Size Coffee Beans**  
**All Chocolate Bars**

**STAND  
45**

## Pulsin' Ltd.



At Pulsin, we create a range of award winning snack bars and protein powders that are 100% natural and made from the best quality ingredients. All our products are gluten-free, suitable for vegetarians and low in sugar, making them perfect



for providing sustained balanced energy throughout the day.

Visit us at stand 45 to take advantage of our exclusive show offer and sample our new range of Fruit & Nut bars; available in three delicious flavours, Raspberry & Acai, Berry & Beets and Cacao & Raisin.

[pulsin.co.uk](http://pulsin.co.uk)



**25% Off**  
**All Pulsin' Products**

**STAND  
47**

## Luscious



Launched in September 2017, Luscious™ is a delicious, award-winning premium brand of Soil Association-certified organic ice cream.

Based on the beautiful Neston Estate in Wiltshire, just 6 miles from Bath; we make a range of irresistible flavours using the very finest ingredients. From heavenly Madagascan vanilla to roasted Sicilian hazelnuts, all our ingredients are carefully sourced from organic certified suppliers, which together with the farm's with rich, creamy Jersey milk make our ice cream truly exceptional.

Organic food and farming are in our DNA, and we fully understand the importance of provenance, ethically-produced food and sustainability for an increasingly environmentally-aware customer base.



So, next time you choose your ice cream, you'll know there's so much more to it than great taste. Happiness in a tub.

[lusciousorganics.co.uk](http://lusciousorganics.co.uk)

**10% Off**  
**Luscious Ice Cream**

**STAND  
48**

## Cafedirect PLC



Cafédirect is a 100% Fairtrade Social Enterprise. Unlike any other coffee company, we invest 50% of our profits into the grower communities we buy from. This reciprocal, direct relationship enables us to provide our consumer with great tasting and high quality hot drinks. We are also proud to be the UK's first B CORP certified coffee company.



Visit our stand and discover our range of whole beans, ground and instant coffees, handpicked teas and single origin hot chocolates.

[cafedirect.co.uk](http://cafedirect.co.uk)

**25% Off Selected Coffees**  
See Essential Sep Oct trade catalogue for 20% promo during September/October

**STAND  
49**

## Essential Trading

# ESSENTIAL

- WORKER CO-OPERATIVE -



Essential Trading is one of the largest worker co-operatives in the UK, and a proud pioneer of the wholefood market. We pack and distribute sustainable vegetarian wholefoods, ecological household products and cruelty-free body care items across Europe and beyond. Our wholesale product portfolio covers over 5,000 lines including convenience, ingredients, organic, vegan & vegetarian, Demeter, speciality and free-from foods including lots of brands you'll already know and love and lots of others you might not know about yet.

We are proud to showcase our extensive own-brand range today, too: we have around 500 lines of wholesome store cupboard essentials, chosen with provenance and ethics as our top priority and packed into our own memorable and striking black and green bags. Passionate about nutrition and taste, the emphasis here at Essential is on pure, healthy food and ethically assured fairly-traded products you can trust.

For our Open Day, we're offering 10% off all Essential brand products (maximum 10 cases of any product) – visit us at stand 49 to place your order.

[essential-trading.coop](http://essential-trading.coop)



**10% Off**  
**Essential Brand Products**  
(maximum 10 cases of any product)

**STAND  
50**

## DO-IT BV



DO-IT is a Dutch organic family company that has been in organic food for over 25 years. Their consumer brands Amaizin and La BIO IDEA are sold in organic food stores in nearly every European country. La BIO IDEA offers a wide range of authentic, delicious Mediterranean foods. Produced by passionate organic family companies, mainly on the sun-drenched, fertile isle of Sicily but also in the rest of Italy, Greece and Spain. At Amaizin we travel the globe working with the finest local producers to create our delicious organic snacks and meal components. Mexican cuisine is becoming more and more popular. Strangely enough the famous Mexican tacos and other Mexican meal products were not available in organic quality yet. That is why we are proud to introduce our new Amaizin Tex-mex range. Our crispy organic taco shells are gluten free and made to an original Mexican recipe. Amaizin Fajita and Taco seasoning mixes can be used to make a tasty filling for your Amaizin tacos or wraps. Complement your Mexican dish with the Amaizin organic jalapeno peppers and taco sauces and enjoy your organic Mexican fiesta!

[amaizin.nl](http://amaizin.nl)

[labioidea.nl](http://labioidea.nl)

**15% Off**  
**All Amaizin, La Bio Idea & JUIC Organic Orange Juice**



**STAND 51**

## Toca Honey



Toca-Honey's mission is to offer a natural high quality product, that helps to stimulate and preserve the environment in the natural reserves of Galicia, through sustainable beekeeping activity.

The honey and bee products offered by Toca-Honey comply strictly with the requirements of the European Organic Farming Regulation.

Our bees are not fed with sugar, the hives do not receive any chemical treatments and we stamp and use only our own organic certified bee wax, which guarantees the full control of the health of our bee farm. In addition, all our organic honey is homegrown, which guarantees complete control of the traceability of our products.

Raw organic honey, extracted by cold centrifugation and honey bee products from our harvest, is all you will find in Toca-Honey's range of products.



[toca-honey.com](http://toca-honey.com)

**Toca Honeys are on offer during Sep/Oct at 15% Off**

**STAND 52**

## Natural Balance Foods Ltd.



Natural Balance Foods, the makers of Nakd & Trek brands.

Natural Balance Foods is a British company, devoted to increasing world happiness with yummy, healthy snacks, humour and helpfulness. We are passionate about creating foods that contain wholesome, natural ingredients and are made with minimal processing. All our products are gluten free and vegan friendly.



We'd love for you to come and see us at stand 52 where you'll discover and taste our wonderful range of wholefood snack alternatives and understand why 3 million UK households are choosing Nakd & TREK. Come join the wholefood revolution!

[naturalbalancefoods.co.uk](http://naturalbalancefoods.co.uk)

**20% Off Selected Trek Bars**

**STAND 53**

## Sojade



Sojade is a brand of the French family-run company based in Brittany, Triballat Noyal, pioneer in organic plant-based products for more than 30 years.

Our core value is to offer healthy food from field to plate, in the respect for our Planet.

All soya beans and hemp seeds we use to make our delicious products are grown in France, and all our exotic ingredients such as raw cane sugar, cocoa and bananas are Fairtrade.

Sojade offers a wide range of organic plant-based products : soya-based yogurts, desserts, drinks and cream, hemp-based yogurts and drinks, rice-based drinks and cream, and wheat-based Seitan.



Visit our stand to discover our fresh new lines of soya yogurts, on-the-go drinks and Seitan.

[sojade.co.uk](http://sojade.co.uk)

**15% Off All Sojade Products**

**STAND 53**

## Bergerie



Bergerie is a brand within Triballat, a French family-owned company who have been committed in Organic since 1975.

With Bergerie, discover how delicious sheep and goat's milk can be. We offer a wide range of organic set or stirred yogurts, desserts and cheeses.

Our goat and sheep's milk products are a perfect alternative to cows milk, and all have a mild taste and perfect texture.

We work closely with farmer partners to develop our own milk supply chain : in Brittany for the goats and in the South of France for the sheep, in the close surroundings of our production sites.



Goats and Sheep are bred in respect of Organic standards, such as outdoor grazing and animal welfare.

Visit our stand to discover our fresh new stirred sheeps milk yogurts !

[triballat.fr](http://triballat.fr)

**15% Off All Bergerie Products**

**STAND 54**

## Karma Cola UK Ltd.



It's been five years since we made our first bottle of Karma Cola. In that time we've made another four great tasting Fairtrade and organic fizzy drinks.



We created one sugar free version of Karma Cola and started selling good karma drinks in 23 countries. All this has enabled the Karma Cola Foundation to support farming communities in eight villages in Sierra Leone.

We've helped build one bridge, provided bursaries for 75 girls to go to school, paid five teachers to educate another 265 children each year and we've invested in 18 local entrepreneurs trading their way to a brighter future.



[karmacola.co.uk](http://karmacola.co.uk)

**Karma Cola Drinks are on offer during Sep/Oct at 20% Off**

**STAND 55**

## Jacob's Finest Ltd.

**Jacob's**  
FINEST

Eight years ago the Jevon family developed their Original Recipe Falafel and placed it in three outlets in Penzance, sales outstripped their expectations and within two weeks a distributor in Plymouth started stocking their products. Starting from humble beginnings trading at various street markets, the business had an astonishing growth both on wholesale and retail side. In 2017 the Jevons decided to retire and the business was taken over by Mandoli family. Paul (Accountant) & Lakshmi (Freight trader) decided to leave their city jobs in London to be their own bosses. We have a passion for promoting healthy, tasty vegetarian food. Our existing products fit firmly into the current trend and desire for healthy eating. As well as being prepared to a traditional recipe, our falafels are without gluten, wheat, dairy nuts and eggs. There are other new products in the pipeline.

[jacobsfinest.com](http://jacobsfinest.com)



**STAND 56**

## Cawston Press Ltd.



Cawston Press is made by people who have a love and understanding for creating delicious tasting drinks that you can feel good about drinking. Our journey of pressing fruit began over 30 years ago with the humble apple and has grown from there.



Our award-winning drinks conjure up a nostalgic taste of summers past. We use only the finest ingredients inspired by British kitchen gardens, which are picked

at harvest time so they are brimming with flavour. Simple, clean and trusted ingredients with absolutely no artificial nasties added.

[cawstonpress.com](http://cawstonpress.com)

**20% Off All Cawston Press Products**

**STAND 57**

## DJM Foods

d.j.m food solutions



DJM Food Solutions is a boutique imported and distributor of unique Canadian products. St Lawrence Gold Organic Maple Syrup is handcrafted from over 100 Red Maple Tree Forests in Quebec, Canada. Compared to refined sugar and other sweeteners such as agave syrup or honey, Maple syrup provides more essential nutrients such as calcium, potassium, zinc, manganese and riboflavin (vitamin B2). Pure Organic, natural and great tasting St Lawrence Gold Maple syrup is the perfect sweetener for your pancakes, waffles or ice cream. In addition, this syrup is ideal for adding a delightful taste to things such as glazed carrots or homemade beans. Certified organic by Ecocert.



[stlawrencegold.co.uk](http://stlawrencegold.co.uk)

**25% Off All St Lawrence Gold Products**



## STAND 58 Marigold Health Foods



Marigold are delighted to be present at the Essential Open day 2018. We will be showing our famous range of organic and conventional Bouillon and Gravy mixes as well as the Engevita Nutritional Yeast Flakes which are currently taking the market by storm. Our versatile array of culinary aids also includes our Liquid Aminos, Pomegranate Molasses and the delicious canned Braised Tofu, a true vegan delicacy. At the show you will be able to sample new lines which have come to market this year – an instant Vegan Gravy Granule which can appeal to all tastes especially as the season changes and the new Super Engevita Flakes with naturally occurring vitamin D and an enhanced B12 and Zinc profile.

[marigoldhealthfoods.co.uk](http://marigoldhealthfoods.co.uk)

**20% Off**  
**All Marigold Products**  
**Plus an array of brands**  
**distributed by Marigold -**  
**visit the stand for further offers**

## STAND 59 Co-ops UK



Co operatives UK is the network for Britain's thousands of co-operatives.

Our mission is to grow the Co-operative Economy and alongside our members we work to promote, develop and unite co-operatives across all sectors, from major high street retailers and large agricultural businesses to community owned pubs and credit unions.

Owned and run by our members, we connect businesses that give people more control over the things that matter to them.

Local co-op members of ours include Essential Trading, Bristol Wood Recycling Project, Centrespace Gallery, Bristol Community Energy, Bristol Community Ferry Boats, The Bristol Cable, Bristol Plumbing Co-op, Kebele Community Co-op, Bristol Co-op Gym, Stokes Croft Land Trust, Redcatch Community Garden and Café Kino.

[uk.coop](http://uk.coop)



## STAND 59 Co-ops News



Co-op News is a news website and monthly magazine about – and for – co-operatives. We have been working with co-ops from around the world for nearly 150 years, telling their stories through fair and objective journalism, and open and honest comment and debate.

We show the co-operative difference in action at co-ops of every shape and size, from retail to housing, from credit unions to worker co-ops. We're a co-operative too – all of our subscribers are members of Co-operative Press, which publishes the News.

**To find out more, visit [www.thenews.coop](http://www.thenews.coop) or follow @CoopNews.**



## STAND 60 Carley's Organic Foods

# Carley's

Carley's great-selling all organic range just keeps getting better! Loads of wonderful raw nut and seed butters, superb raw chocolate spreads, new very exciting Super-Food spreads, plus our Preserved Lemons, roasted nut butters, chutneys and mustards. All vegan, gluten-free, good shelf life, no added sugar, giving independent retailers 38% mark-up (27½% POR). Not sold



in supermarkets! Regular fresh supplies collected from us by Essential Trading, one of our original wholesalers.

Visit our new wonderful Zero-Carbon factory in the heart of beautiful Cornwall. We are a net exporter of electricity to grid for six months of the year, and over the whole year make slightly more power than we use. Free EV charge point for visiting customers.

[carleys.co.uk](http://carleys.co.uk)

**10% Off**  
**All Carley's Products**



# Bar, Food Street & Tea Garden

## Campo Societa Cooperativa Agrico



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 looking for basic organic food.

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

[Coopcampo.it](http://Coopcampo.it)



## One Planet Pizza



One Planet Pizza is the UK's first and leading frozen Vegan Pizza company, bringing to the market a classic range of award-winning Pizzas as the first wholly Vegan Frozen Pizza Company in the UK. Hand-stretched and made from scratch using only the finest ingredients, our delicious flavours include the Three Sheese Margherita, Hawaiian, Funghi Feast and the Mediterranean Roasted Vegetable. Good for you, the planet and the animals. All of our Suppliers pride themselves on the quality of their ingredients. But, our products are also great for you! Our pizzas contain less than half the salt and sugar you would find in a comparable frozen dairy pizza on the market, and they also contain 20% less fat than other leading frozen pizzas brands.

[oneplanetpizza.com](http://oneplanetpizza.com)



## Tideford



Creating nourishing food with organic ingredients has always been the Tideford way, making delicious homemade-style soups and sauces in their Devon kitchen since 1996. In September 2016, Tideford Organics' love affair with vegetables took on a new level with a relaunch as the first dedicated organic vegan brand in the UK. With a tasty new range of soups, sauces, pestos and miso pastes, Tideford Organics have crafted an unrivalled set of products bursting with nutrients and flavour. The range is organic, vegan and gluten-free, with no added sugar and is low in fat. To find out more about the 'Pledge to Eat More Veg' and Tideford's range of soups, sauces, pestos and miso pastes, visit:

[tidefordorganics.com](http://tidefordorganics.com)



## Clipper



At Clipper, we've been making magical teas in Dorset since 1984. From small beginnings in a Dorset kitchen, we are now the UK's No.1 Organic and Fairtrade tea brand. 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 us in the tea garden to sample a drink from Clipper's delightful range.

[clipper-teas.com](http://clipper-teas.com)



**15% & 20% Off  
Selected Green Teas**

## Stroud Brewery Ltd.



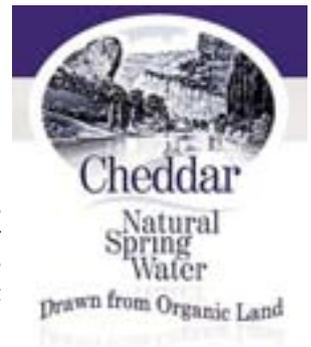
Stroud Brewery create a range of award-winning, organic beers brewed using Cotswold grown barley. We are passionate about quality beer, deeply committed to sustainable development and believe that the organic standards are the perfect basis to produce high quality products. From Pale Ales to Amber Bitters and Stouts, our beers are available in kegs, casks, cans and bottles. As well as our core range we brew seasonal and one off beers throughout the year too. We are proud to have won numerous prestigious, nationally

recognised awards for our beer, including three Great Taste Awards from the Guild of Fine Foods. All our beers are Soil Association certified and our bottles, cans and kegs are Vegan Society approved.

[stroubrewery.co.uk](http://stroubrewery.co.uk)



## Cheddar Water Ltd.



Cheddar Natural Spring Water is extracted from the source of our spring within the intricate cave network of the Mendip hills at Cheddar, Somerset, providing an unlimited supply of natural water. The name Cheddar is derived from the Anglo-Saxon meaning, Brilliant Water.

Cheddar Water is a family run business developed in the heart of Somerset at Cheddar. Our water is naturally filtered through land certified by the Soil Association as organic and drawn from a protected source. We are committed to recycling and conservation, this is made possible through the use of recyclable materials.



[cheddarwater.com](http://cheddarwater.com)

## H. Weston & Sons Ltd.



Based in the Herefordshire village of Much Marcle, Westons have a long family history spanning 5 Generations, making of premium ciders, with the company roots going back to 1880.

When our harvest begins, we open the gates of our cider mill to tractors and trailers stuffed to the brim with juicy apples. The Wyld Wood fruit is grown in Soil Association certified organic orchards within Herefordshire, Gloucestershire and Worcestershire. The ageing wood of the apple trees and absence of pesticides means our organic orchards provide a safe haven for local wild life too. Once the apples are picked, washed and pressed, our cider-maker blends them to create a full bodied and fruity cider, with a rich oak matured finish.

[westons-cider.co.uk](http://westons-cider.co.uk)



## Vintage Roots Ltd.



The UK's leading importer of Organic and Biodynamic wines and drinks, with a portfolio of over 300 products. Representing some of the most award-winning organic wineries, and offering a personal and bespoke service to clients from a salesforce covering most of the UK and an expert and wine-passionate office team. 100% Organic since 1986!

The Majority of wines are vegan friendly and our list of wines made with 'No Sulphur added' (NS) continues to grow to accommodate the increasing interest and demand.

[vintageroots.co.uk](http://vintageroots.co.uk)



## Stute Foods Ltd.



Stute Foods is a privately-owned family business founded in Bristol in 1969. The company has grown to become a leading supplier of superior food and drink products both in the UK and across the world.

All Stute's products are produced in their privately-owned factory which enables careful management of consistency and quality. Continued investment in technology has helped Stute Foods have the capabilities to meet challenging requirements of different global markets.

Stute has been supplying the health food trade for almost 50 years with their range of jams and juices. Stute has always taken pride in offering not

only great-tasting healthy products but in building long-lasting relationships and trust with their customers.

[stute-foods.com](http://stute-foods.com)



## Oatly



Our sole purpose as a company is to make it easy for people to turn what they eat and drink into personal moments of healthy joy without recklessly taxing the planet's resources in the process.

Oatly was founded back in the 1990s and is based on Swedish research from Lund University. The company's patented enzyme technology copies nature's own process and turns fibre rich oats into nutritional liquid food that is perfectly designed for humans.

[oatly.com](http://oatly.com)



## Yeo Valley



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

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% 'Yeogenic' 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 make everything from yogurts, butter and cream to compote, ice-cream and children's products and we're the UK's largest organic brand.

[yeovalley.co.uk](http://yeovalley.co.uk)



## Brands also served at the Bar



### Lemonaid & ChariTea

Exhibiting at Stand 12 (page 10)



### Fentimans

Exhibiting at Stand 31 (page 15)



### Equal Exchange

Exhibiting at Stand 46 (page 19)



Happy Reindeer

# COMPETITION



*Buy 3+ SKUs to be entered into a special competition, launching this range into the UK*

**WIN A TRIP TO FINLAND!**

Competition open to every customer\* who orders a minimum of 3 different SKUs of Happy Reindeer during September 2018.

They will be entered into a free prize draw in which the first name drawn will receive a travel voucher for £1,500, to be used for a trip to Finland or any other destination of the winner's choice. Limited to one entry per customer.

The prize must be taken within 1 full calendar year, and can be transferable in name, but has no cash value if not used.

\* Offer not available to staff of Essential Trading.

Sunday September 30th 2018. 11am - 5pm.

# Essential

## 10% Off all branded items!



### Special Open Day Offer

Valid at and during the Open Day only.. Max. 10 cases of any product.