

101 reasons to choose organic  
with Abel & Cole

# Reason 1

.....

Superb organic food  
from the farm to your door



HEALTHY ORGANIC  
SOIL NOT INCLUDED

Balance. A quick Google search will tell you it means a situation in which different elements are equal or in the correct proportions.

For us, it means farmers farming in the right way. Celebrating what the seasons have to offer. Delivering in the greenest way possible. And good food that's good for you. It's all in our boxes. Quite the fine balance.

**Abel & Cole**

abelandcole.co.uk 03452 62 62 62

**101 reasons to choose organic  
with Abel & Cole**

# Reason 22

.....

**Not just any old Recipe Box,  
an all singing, all dancing,  
all organic Recipe Box!**



With our organic recipe boxes you'll have a choice of 12 delicious meals each week filled with seasonal ingredients. The handy recipe cards you get make the cooking hassle-free.

Just like the all singing, all dancing Fred Astaire and Ginger Rogers, you'll find your perfect match. Oh, and leave the all organic bit to us.

**Abel & Cole**

abelandcole.co.uk 03452 62 62 62