

# Biodynamic

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This list is an extract from our Catalogue of those products which are Biodynamic.

Biodynamic agriculture is a method of organic farming that treats farms as unified and individual organisms, emphasizing balancing the holistic development and interrelationship of the soil, plants, animals as a closed, self-nourishing system.

Regarded by some proponents as the first modern ecological farming system, biodynamic farming includes organic agriculture's emphasis on manures and composts and exclusion of the use of artificial chemicals on soil and plants.

Methods unique to the biodynamic approach include the use of fermented herbal and mineral preparations as compost additives and field sprays and the use of an astronomical sowing and planting calendar. Biodynamic agriculture has its basis in a spiritual world-view known as anthroposophy as propounded by founder Rudolf Steiner.

Code	Description	Size	RRP	FGOSV
<b>BEERS</b>				
RT010	Muller's Lagerbier, biodynamic	330ml	1.93	BOV
<b>BISCUITS CRACKERS &amp; CRISP BREAD</b>				
AMISA				
BT211	Organic Spelt Melba Toasts	200g	2.49	OVB
BT182	Organic Spelt Snack Sticks	150g	2.49	OVB
<b>COFFEE</b>				
NARDO BIODYNAMIC COFFEE				
TE313	Brazilian Coffee Ground	227g	3.99	GVOB
<b>FLOURS &amp; BREAD MIXES</b>				
LITTLE SALKELD WATERMILL				
FG804	Barley Flour - organic Bulk	500g	1.85	OVB
FG055	Wholemeal plain flour organic	6kg	10.55	VOB
<b>FRUIT (FROZEN)</b>				
NATURAL COOL				
XL142	Organic Berry Mix	300g	3.15	GOVB
XL145	Organic Blueberries	300g	3.15	GOVB
XL148	Organic Tropical Mix	300g	2.99	GOVB
<b>HERB &amp; FRUIT INFUSIONS</b>				
HAMPSTEAD TEA				
TE460	Chamomile - og	20 bags	1.89	BFGOV
TE456	Fennel Liquorice Tea - og	20 bags	1.89	BFGOV
TE444	Lemon Ginger Tea - og	20 bags	1.89	FGOVB
TE449	Lemon Valerian Tea - og	20 bags	1.89	BFGOV
TE439	Peppermint Tea - og	20 bags	1.89	BFGOV
TE468	Rosehip Hibiscus Tea - og	20 bags	1.89	BFGOV
<b>HERBS (FROZEN)</b>				
NATURAL COOL				
XL158	Organic Mixed Herbs	75g	1.65	GOVB
<b>MEATLESS SUBSTITUTES (CHILLED)</b>				
TAIFUN				
<i>Produced to Demeter Standards</i>				
CV385	Falafel - Demeter Standards	125g	1.99	OVB
CV834	Smoked Tofu + Herb&Sun Seeds	250g	3.29	OVB
CV841	Tofu Filets-Japanese Style	160g	2.29	OVB
CV384	Tofu Olive - Demeter Standard	200g	2.49	GOVB
CV832	Tofu Rosso - Taste of the Med	200g	2.49	GOVB
<b>MILK - NON DAIRY</b>				
SOYATOOI				
SY058	Soya Alive Sprouted Soya Drink	1l	1.49	OSVB
<b>OILS &amp; FATS</b>				
BIONA				
VM271	Flax Seed Oil (was Linseed)	250ml	5.69	GOVB
<b>READY TO EAT FOODS (CHILLED)</b>				
TAIFUN				
<i>Produced to Demeter Standards</i>				
CV839	Tofu Filets:Pizza-Pizza Style	160g	2.29	OVB
CV840	Tofu Filets-Mild Wild Garlic	160g	2.49	OVB
<b>TEAS</b>				
HAMPSTEAD TEA				
<i>Biodynamic &amp; Fairtrade Teas</i>				
TE239	Biochai - og	25 bags	1.89	BFGOV
TE247	Biochai Leaf Tea - og	125g	2.59	BFGOV
TE248	Darjeeling - og	25 bags	1.89	BFGOV
TE249	Darjeeling Leaf Tea - og	125g	2.59	BFGOV

Code	Description	Size	RRP	FGOSV
TE253	Earl Grey - og	25 bags	1.89	BFGOV
TE251	Earl Grey Leaf Tea - og	125g	2.59	BFGOV
TE398	English Breakfast - og	25 bags	1.89	BFGOV
TE677	English Breakfast Leaf Tea -og	125g	2.59	BFGOV
TE392	First Flush tea - og	125g	2.99	BFGOV
TE332	Ginger Green tea - og	25 bags	1.89	BFGOV
TE059	Green Jasmine - og	25 bags	1.89	BFGOV
TE255	Green Leaf Tea - og	125g	2.59	BFGOV
TE254	Green Tea	25 bags	2.59	BFGOV
TE356	Mint Green Tea - og	25 bags	1.89	BFGOV
TE365	Oolong Leaf Tea - og	50g	1.89	BFGOV

**TOFU (CHILLED)**

TAIFUN

*Produced to Demeter Standards*

CV835	Basil Tofu with Fresh Herbs	200g	2.49	OVB
CV035	Natural Silken Tofu - organic	400g	2.99	GOVB

**VEGETABLES (FROZEN)**

BIO INSIDE

XL155	Organic Garden peas	300g	1.39	GOVB
XL153	Organic Sweetcorn	300g	1.85	GOVB

NATURAL COOL

XL157	Organic Broccoli	300g	1.85	GOVB
XL151	Organic Cauliflower	300g	1.89	GOVB
XL154	Organic Chips (Oven or Fry)	600g	1.89	GOVB
XL156	Organic Chips- family size bag	1.25Kg	4.21	GOVB
XL134	Summer Vegetable Mix	450g	2.09	GOVB

**WINES**

ORGANIC RED WINE

*Austria*

RS025	Pinot Noir Meinklang	75cl	15.12	GOVB
<i>France</i>				
RS238	Gamay sans Tra La la	75cl	12.35	BGOV

ORGANIC SPARKLING WINE

*Italy*

RS009	Prosecco Col di Manza Perlage	75cl	15.16	GOVB
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ORGANIC WHITE WINE

*Austria*

RS224	Meinklang Gruner Veltliner	75cl	11.70	BGOV
<i>Chile</i>				

RS046	Gewurztraminer	75cl	8.95	GOVB
<i>France</i>				

RS217	Muscadet `Expression Gneiss`	75cl	11.73	BGOV
<i>New Zealand</i>				

RS029	Riesling - Milton Gisborne	75cl	14.91	GOVB
RS056	Viognier - Milton	75cl	14.91	GOB

