

Biodynamic

May June 2010



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
BABY & CHILD FOOD				
PETER RABBIT ORGANICS				
BB215	Tomato & Basil Sauce	300g	2.39	GOVB
BEERS				
RT010	Muller's Lagerbier, biodynamic	330ml	1.94	BOV
BISCUITS CRACKERS & CRISPbread				
AMISA				
BT211	Organic Spelt Melba Toasts	200g	2.49	OVB
BT182	Organic Spelt Snack Sticks	150g	2.49	OVB
COFFEE				
NARDO BIODYNAMIC COFFEE				
TE313	Brazilian Coffee Ground	227g	3.99	GVOB
FLOURS & BREAD MIXES				
LITTLE SALKELD WATERMILL				
FG804	Barley Flour - organic Bulk	500g	1.85	OVB
FG055	Wholemeal plain flour organic	6kg	10.55	VOB
FRUIT (FROZEN)				
NATURAL COOL				
XL142	Organic Berry Mix	300g	3.35	GOVB
XL145	Organic Blueberries	300g	3.35	GOVB
XL148	Organic Tropical Mix	300g	3.18	GOVB
HERB & FRUIT INFUSIONS				
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
HERBS (FROZEN)				
NATURAL COOL				
XL158	Organic Mixed Herbs	75g	1.65	GOVB
MEATLESS SUBSTITUTES (CHILLED)				
TAIFUN				
Produced to Demeter Standards				
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
MILK - NON DAIRY				
SOYATOOI				
SY058	Soya Alive Sprouted Soya Drink	1l	1.49	OSVB
OILS & FATS				
BIONA				
VM271	Flax Seed Oil (was Linseed)	250ml	5.69	GOVB
READY TO EAT FOODS (CHILLED)				
TAIFUN				
Produced to Demeter Standards				
CV839	Tofu Filets:Pizza-Pizza Style	160g	2.29	OVB
CV840	Tofu Filets-Mild Wild Garlic	160g	2.49	OVB
TEAS				
HAMPSTEAD TEA				
Biodynamic & Fairtrade Teas				
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

Code	Description	Size	RRP	FGOSV
TE249	Darjeeling Leaf Tea - og	125g	2.59	BFGOV
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	1.89	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

XL157	Organic Broccoli	300g	1.85	GOVB
XL155	Organic Garden peas	300g	1.39	GOVB
XL153	Organic Sweetcorn	300g	1.85	GOVB

NATURAL COOL

XL183	Broccoli Vegetables	300g	2.12	GOVB
XL175	Curly Kale	450g	1.72	GOVB
XL176	Cut Green Beans	450g	1.72	GOVB
XL177	Leaf Spinach Portions	450g	1.72	GOVB
XL154	Organic Chips (Oven or Fry)	600g	1.93	GOVB
XL156	Organic Chips- family size bag	1.25Kg	4.88	GOVB
XL178	Peas	450g	2.30	GOVB
XL134	Summer Vegetable Mix	450g	2.05	GOVB
XL181	Sweetcorn	450g	2.63	GOVB

WINES

RED WINE

Austria

RS025	Pinot Noir Meinklang	75cl	15.12	GOVB
-------	----------------------	------	-------	------

France

RS238	Gamay sans Tra La la	75cl	12.60	BGOV
-------	----------------------	------	-------	------

SPARKLING WINE

Italy

RS009	Prosecco Col di Manza Perlage	75cl	15.16	GOVB
-------	-------------------------------	------	-------	------

WHITE WINE

Austria

RS224	Meinklang Gruner Veltliner	75cl	11.70	BGOV
-------	----------------------------	------	-------	------

Chile

RS046	Gewurztraminer	75cl	8.95	GOVB
-------	----------------	------	------	------

France

RS217	Muscadet 'Expression Gneiss'	75cl	11.99	BGOV
-------	------------------------------	------	-------	------

New Zealand

RS029	Riesling - Milton Gisborne	75cl	14.91	GOVB
-------	----------------------------	------	-------	------

RS056	Viognier - Milton	75cl	14.91	GOB
-------	-------------------	------	-------	-----

