



Carley's of Cornwall Ltd. The Parade, Truro, Cornwall. TR1 1UJ UK.
t: 01872 270091 - f: 01872 270092 - Email : organic@carleys.co.uk

ORGANIC NUT BUTTERS

We think we have just about the best range of organic nut butters in the UK!

- they are all gluten-free
- all have no added sugar
- all have no added salt
- all can be stored without refrigeration until they are opened
- and all are vegan

Many are Raw : Cool milled below 44°C from unroasted nuts,
Most are packed in 170g, and the suggested retail prices are shown below,
though these may vary slightly from shop to shop.

All are available from all major UK organic wholesalers, and the shops they supply.

Raw Organic Nut Butters



Raw Almond Butter-

£5.45 250g

Cool milled below 44 °C from unroasted Spanish almonds, no added oil, no added salt.



Raw Apricot Kernel Butter -

£3.75 170g

Cool milled below 44 °C from raw Turkish Sweet Apricot Kernels, with added raw Bolivian brazils, and a little cold-pressed sunflower oil. A rich source of "B17" (not really a B vitamin!) also called Laetrile, so best to eat not more than 20g per day



Raw Brazilnut Butter -

£3.85 170g

Cool milled below 44 °C from just raw brazil nuts from Bolivia, no added oil, no added salt.



Raw Macadamia Nut Butter -

£6.95 170g

Cool milled below 44 °C from just raw macadamia nuts from Queensland Australia no added oil, no added salt.



Raw Pecan Nut Butter -

£5.65 170g

Cool milled below 44 °C from unroasted South African, or USA pecan nuts, and a little cold-pressed sunflower oil, no added salt.

**Raw Rainforest Nut Butter -**

£4.45 170g

Cool milled below 44 °C from Cashews, raw macadamias, raw brazils, no added oil, no added salt.- no peanuts!
The cashews we use are from a fair trade project in Burkina Faso. They are shelled using a fan assisted solar machine which operates at not over 60 °C . We have yet to find really "raw" organic cashews. The process of hand shelling is very unpleasant due to the acrid Cashew Nut Shell Oil (CNSO) which affects the eyes, nose, and respiratory tract. So we prefer to use the nuts from the project in Burkina Faso.

**Raw Walnut Butter -**

£3.95 170g

Cool milled below 44 °C from unroasted Indian Walnuts, no added oil, no added salt.

**Raw White Almond Butter -**

£3.75 170g

Cool milled below 44 °C from unroasted, mechanically hulled, Spanish almonds, and a little cold-pressed sunflower oil no added salt.

Roasted Organic Nut Butters

£3.75 170g

**Almond Butter -**

Made from whole toasted Spanish almonds, no added oil, no added salt.

**Cashewnut Butter -**

£3.55 170g

Made from toasted cashewnuts with a little added cold-pressed sunflower oil, no added salt.

**Hazelnut Butter -**

£3.95 170g

Made from whole toasted Turkish hazelnuts, Cool milled below 44 °C from unroasted Spanish almonds, no added oil, no added salt.

**Mixed Nut Butter-**

£3.75 170g

Just hazels, almonds, and brazils. No added oil, no added salt.

**Peanut Butter -**

£2.35 250g

No palm fat, just lightly roasted peanuts! No added oil, no added salt.



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ORGANIC SEED BUTTERS

We think we have just about the best range of organic seed butters in the UK!

- they are all gluten-free
- all have no added sugar
- all have no added salt, or a very little added salt in the roasted pumpkinseed (0.2%)
- all can be stored without refrigeration until they are opened
- and all are vegan

Most are made from unroasted seeds.

Most are packed in 250g, with the more expensive ones in 170g, and the suggested retail prices are shown below, though these may vary slightly from shop to shop.

All are available from all major UK organic wholesalers, and the shops they supply:

Raw Organic Seed Butters



Raw Hempseed Butter -

£5.35 170g

Cool milled below 44 °C from raw mechanically hulled hempseeds from Germany, and cold pressed hempseed oil from the UK.



Raw Hemp & Linseed Butter -

£3.75 170g

Cool milled below 44 °C from raw mechanically hulled hempseeds from Germany, whole raw golden linseeds from China and cold pressed hempseed, and cold-pressed linseed oils from the UK.



Raw Premium Mixed Seed Butter -

£3.45 250g

Cool milled below 44 °C from five raw seeds: sunflower, pumpkin, hemp, linseed, and sesame, with five cold pressed oils from the same seeds.



Raw Premium Mixed Seed Butter with organic Barley Grass-

£3.75 250g

Cool milled below 44 °C from five raw seeds: sunflower, pumpkin, hemp, linseed, and sesame, with five cold-pressed oils from the same seeds, with 4% added barley grass powder. Barley grass is a very rich source of minerals, amino acids, etc.



Raw Premium Pumpkinseed Butter -

£4.95 250g

Cool milled below 44 °C from raw pumpkinseeds, with cold-pressed pumpkinseed oil, and no salt.

**Raw Light Tahini -**

£3.75 250g

Cool milled below 44 °C from mechanically hulled fair trade sesame seeds from Nicaragua, with cold-pressed fair trade sesame oil pressed from fair trade seeds from Mali, and no salt.

**Raw Dark Tahini -**

£3.75 250g

Cool milled below 44 °C from whole un-hulled fair trade sesame seeds from Nicaragua, with cold-pressed fair trade sesame oil pressed from fair trade seeds from Mali, and no salt.

**Raw Black Sesame Tahini -**

£3.95 250g

Cool milled below 44 °C from whole organic un-hulled Black Sesame seeds from Bolivia, with organic cold-pressed fair trade sesame oil pressed from fair trade seeds from Mali, and no salt. A great source of many minerals, and anti-oxidants.

Roasted Organic Seed Butters**Pumpkinseed Butter -**

£3.75 250g

Made from roasted pumpkinseeds, with a little sunflower oil, and 0.2% sea salt.

**Sesame Butter -**

£2.95 250g

Made from whole sesame seeds from Burkina Faso / China, with added cold-pressed sesame oil, and cold-pressed sunflower oil, and no salt.

**Sunflower Butter -**

£2.45 250g

Made from whole sunflower seeds from Argentina / USA / China, with added cold-pressed sunflower oil, and no salt.



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ORGANIC CHUTNEYS, RELISHES & MUSTARDS

A favourite old range, brought up to date! Very long shelf life, but once the jar is opened the seem to get used up in no time at all!

- they are all gluten-free
- made using vegetables that we can get from local organic growers within a few miles of our factory
- all have no added sugar
- all have no added salt
- all can be stored without refrigeration until they are opened
- and all are vegan

They are packed in 300g. Suggested retail prices are shown below, though these may vary slightly from shop to shop.

All are available from most major UK organic wholesalers, and the shops they supply.



Apple & Sultana Chutney -

£2.95 300g

No added sugar ~ no added salt!

Ingredients: apples, cider vinegar*, sultanas*, onion*, apple juice*, lemon juice*, ginger*, coriander*, pepper* (* = organic)*



Piccalilli -

£2.95 300g

No added sugar ~ no added salt!

Ingredients: cauliflower, water, cider vinegar*, onion*, courgette*, green beans*, red peppers*, wine vinegar*, agave syrup*, linseed*, gherkins*, tamari*, turmeric*, garlic*, mustard*, cayenne*, ginger* (* = organic)*



Red Onion Marmalade -

£3.55 300g

No added sugar ~ no added salt!

Ingredients: red onions, wine vinegar*, agave syrup*, paprika*, cloves*, black pepper*, blackcurrant juice* (* = organic)*

Tomato Relish -

£2.35 300g

No added sugar ~ no added salt!

Ingredients: tomato, wine vinegar*, apples*, onion*, agave syrup*, coriander*, mustard*, paprika* (* = organic)*



Lime Pickle -

£3.45 250g

Ingredients : limes, lemon*, onion*, filtered water, agave syrup*, cider vinegar*, mustard*, black pepper*, cumin*, coriander seed*, cayenne*, fenugreek*, Cornish seasalt **, turmeric**



Pickle -

£2.75 250g

Ingredients :swedes, cider vinegar*, tomato*, onion*, apples*, cauliflower*, carrot*, gherkins*, agave syrup*, apricots*, apricots*, courgette*, lemon juice*, balsamic vinegar*, linseed*, mustard*, tamari* (soy*, water, seasalt, alcohol*), garlic*, black pepper**

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**We also make a very salty pickle :  
Preserved Lemons -**

£3.75 450g

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These are widely used in North African cooking, and just one quarter lemon gives a whole new taste dimension to your cous-cous!

ORGANIC MUSTARDS

Two jolly nice mustards, with a wholefood twist! Very long shelf life, but easy to use in all sorts of ways!

- Both gluten-free
- no added sugar
- no added salt
- store without refrigeration until they are opened
- one vegan, one sweetened with honey

Packed in 170g. Suggested retail prices are shown below, though these may vary slightly from shop to shop.

They are becoming available from most major UK organic wholesalers, and the shops they supply.



English Mustard -

£1.85 170g

No added sugar ~ no added salt!

Ingredients: mustard, cider vinegar*, water, agave syrup*, lemon juice*, turmeric*, cayenne* (* = organic)*



Cornish Honey Grain Mustard -

£1.85 170g

Sweetened only with honey ~ no added salt!

Ingredients: cider vinegar, mustard*, water, honey*(* = organic)*



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ORGANIC HUMMUS

One of our long standing ranges, made almost every week since the 1980s! Our hummus now comes in three varieties, and are all made using organic Turkish chickpeas, cold-pressed organic extra virgin olive oil, organic tahini, organic lemon juice, organic wine vinegar, organic garlic, and a little touch of sea salt.

They can be used as spreads or dips. They can be made more “dip-able” by blending in a little water.

All three hummuses are long life products that are stored chilled. Once opened our hummus should be used in ten days or so.

- they are all gluten-free
- all have no added sugar, and no colourings, or citric acid chemical preservative
- all have just a very little added salt
- all must be stored refrigerated
- and all are vegan

They are packed in 300g size. Suggested retail prices are shown below, though these may vary slightly from shop to shop. Each jar gives a dozen or so good servings.

Available from most major UK organic wholesalers, and the shops they supply.

Hummus - £2.55 300g

Ingredients: chickpeas, water, light tahini*, cold-pressed extra virgin olive oil*, garlic*, lemon juice*, linseed*, wine vinegar*, seasalt. (* = organic)*

Hummus with roasted spices - £2.55 300g

Ingredients: chickpeas, water, light tahini*, cold-pressed extra virgin olive oil*, garlic*, lemon juice*, linseed*, wine vinegar*, coriander seed*, cumin*, peppercorns*, paprika*, seasalt. (* = organic)*



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ORGANIC PESTO

Another long standing range, made each summer from herbs grown on various organic farms in Cornwall and Devon. Most of our current stocks of pesto have been made from basil and rocket from Bickham Farm in the South Hams. Where we use salt it is from Cornish Sea Salt on the Lizard peninsula close to the famous Helford River and the romantic Frenchman's Creek. They are often served with pasta, but try them on roasted vegetables just at the end of cooking.

All pestos are long life products that are stored chilled. Once opened our pestos should be used in a month or two.

- they are all gluten-free
- all have no added sugar
- all have just a very little added salt
- all must be stored refrigerated
- and all are vegan

They are packed in 160g, 180g for the red pesto. Suggested retail prices are shown below, though these may vary slightly from shop to shop. Each jar gives a dozen or so good servings.

All are available from most major UK organic wholesalers, and the shops they supply.



Pesto -

£3.95 160g

Green basil pesto. *Ingredients: cold-pressed extra virgin olive oil*, basil*, hazels*, garlic*, lemon juice*, wine vinegar*, pinenuts* (* = organic)*



Red Pesto - with sun-dried tomato

£3.65 180g

Green basil pesto, with added tomato. *Ingredients: tomato*, cold-pressed extra virgin olive oil*, basil*, hazels*, sun-dried tomato*, garlic*, lemon juice*, wine vinegar*, pinenuts* (* = organic)*



Rocket Pesto -

£3.65 160g

Fresh "salady" taste. *Ingredients: cold-pressed extra virgin olive oil*, rocket*, wine vinegar*, lemon juice*, garlic*, (* = organic)*



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ORGANIC MARMALADES

Another of our long standing ranges, made almost every year for over twenty years! Our marmalades are made by hand from real fresh organic Seville oranges each January. All are made using natural organic raw cane sugar, filtered water and organic lemon juice.

All of our marmalades are long life products. Once opened our marmalades should be kept cool and used in three months or so.

- they are all gluten-free
- and all are vegan

They are packed in 340g. Suggested retail prices are shown below, though these may vary slightly from shop to shop. Each jar gives a dozen or so good servings.

All are available from many major UK organic wholesalers, and the shops they supply.



Seville Marmalade -

£2.55 340g

Seville oranges, sugar, lemon juice.



Six Mix Citrus Marmalade

£2.55 340g



Seville Marmalade with Ginger -

£2.55 340g

Seville oranges, diced ginger, sugar, lemon juice.



Organic Seville Spread -

£2.85 300g

Fruit Spread - made without sugar, sweetened with agave syrup.

No added sugar ~ sweetened with agave syrup

All designed to make your breakfasts just that little bit better!



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ORGANIC CHOCOLATE SPREADS



Raw Chocolate and Almond Super Spread £5.35 250g

Cool-milled below 44 °C from raw Spanish almonds, raw Bolivian brazilnuts*, raw Mexican agave syrup*, raw Peruvian cacao powder*, UK cold-pressed hempseed oil* (* = organic)*



Raw Chocolate Heavenly Hemp Super Spread £6.45 250g

Cool-milled below 44 °C from raw hulled Hempseeds, raw Bolivian brazilnuts*, raw Mexican agave syrup*, raw Peruvian cacao powder*, UK cold-pressed hempseed oil* (* = organic)*



Raw Chocolate Simply Sesame Super Spread £3.95 250g

Cool-milled below 44 °C from raw Sesame seeds, raw Mexican agave syrup*, raw Peruvian cacao powder*, cold-pressed sesame oil* (* = organic) The sesame oil we use is cold-pressed by Provence Regime in France from organic seeds from a fair-trade project in Mali.*



Raw Chocolate Totally Tropical Super Spread £4.95 250g

Cool-milled below 44 °C from raw Bolivian brazilnuts, raw Australian Macadamianuts*, shelled cashewnuts*, raw Peruvian cacao powder* (* = organic) The cashews we use are shelled using a fan assisted solar machine which operates at not over 60 °C . We have yet to find really "raw" organic cashews. The process of hand shelling is very unpleasant due to the acrid Cashew Nut Shell Oil (CNSO) which affects the eyes, nose, and respiratory tract. So we prefer to use these solar treated nuts.*

NEW! Organic Raw Chocolate Very Berry Super Spread £6.95 250g



Cool-milled below 44 °C from raw Turkish hazelnuts, Bolivian brazilnuts*, cold-pressed hempseed oil*, apricots*, raw cacao powder*, goji berries*, raw agave syrup*, golden cherries*, barberries*, blueberries*, mulberries*, baobab fruit* (* = organic) The sundried berries we use come from co-operative farmers in Uzbekistan, and the baobab from southern Africa. All quite a taste adventure!*



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ORGANIC SPICY ROASTED NUTS



Organic Spicy Roasted Almonds

£3.95 160g

Ingredients: almonds, agave syrup*, cold-pressed sesame oil fair trade*, tamari*, peppercorns*, paprika* (* = organic)*

Organic Spicy Roasted Cashews

£4.85 160g

Ingredients: cashews, agave syrup*, cold-pressed sesame oil fair trade*, tamari*, peppercorns*, paprika* (* = organic)*



Organic Spicy Roasted Mixed Nuts

£3.95 160g

Ingredients: almonds, hazels*, cashews whole*, brazilnuts*, macadamias*, agave syrup*, cold-pressed sesame oil fair trade*, pinenuts*, tamari*, peppercorns*, paprika* (* = organic)*

ORGANIC FRUIT PUREES



Organic Apple Puree

£1.99 700g

Made just from Organically Grown Jonagold Apples from Tablehurst Biodynamic Orchards in Sussex. Use as a dessert, ice cream topping, with yoghurt, rice pudding! Big jar, great price!



Organic Apple and Mango Puree

£2.35 450g

Made just from Organically Grown Jonagold Apples from Tablehurst Biodynamic Orchards in Sussex, with added organic Mango from Burkina Faso. Use as a dessert, ice cream topping, with yoghurt, rice pudding!