



Carley's of Cornwall Ltd. The Parade, Truro, Cornwall. TR1 1UJ UK.  
t: 01872 270091 - f: 01872 270092 - Email : [organic@carleys.co.uk](mailto: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 made 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 Walnut** - (*Slow milled from unroasted Indian Walnuts at under 44°C, no added oil, no added salt.*)  
£2.95 170g
- **Almond** (*made from whole toasted Spanish almonds*)  
£3.75p 170g
- **Raw Almond** (*made from unroasted Spanish almonds*)  
£5.45p 250g
- **Apricot Kernal** (*raw - with added brazils, and a little sunflower oil*) *A rich source of B17 Laetrile, best to eat not more than 20g per day*  
£3.45p 170g
- **Raw Almond** (*made from unroasted Spanish almonds*)  
£5.45p 250g
- **Brazil** (*made from just raw brazil nuts from Bolivia*)  
£3.25p 170g
- **Hazelnut** (*made from whole toasted Turkish hazelnuts*)  
£3.85p 170g
- **Macadmaia** (*made from just raw macadamia nuts from Queensland Australia*)  
£4.95p 170g
- **Mixed Nut** (*just hazels, almonds, and brazils - no peanuts!*)  
£3.49p 170g
- **Peanut** (*no palm fat, just lightly roasted peanuts!*)  
£1.75p 250g
- **Pecan** (*made from unroasted South African, or USA pecan nuts*)  
£4.95p 170g
- **Pistachio** (*made from whole toasted Turkish pistachio nuts, when we can get them!*)  
£4.85p 170g
- **Rainforest** (*cashews, raw macadamias, raw brazils - no peanuts!t*). *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.*  
£3.89p 170g
- **Raw White Almond** (*made from unroasted, mechanically hulled, Spanish almonds, and a little sunflower oil*)  
£3.85p 170g



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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.

- **Hempseed** (*made from raw mechanically hulled hempseeds from Germany, and cold pressed hempseed oil from the UK*) £4.95p 170g
- **Hemp & Linseed** (*made 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*) £3.55p 170g
- **Premium Mixed Seed Butter** (*made from five raw seeds: sunflower, pumpkin, hemp, linseed, and sesame, with five oils from the same seeds*) £3.45p 250g
- **Premium Mixed Seed Butter with organic Barley Grass** (*made from five raw seeds: sunflower, pumpkin, hemp, linseed, and sesame, with five oils from the same seeds, with 4% added barley grass powder*) Barley grass is a very rich source of minerals, amino acids, etc £3.65p 250g
- **Pumpkinseed Butter** (*made from roasted pumpkinseeds, with a little sunflower oil, and 0.2% seasalt.*) £2.85p 250g
- **Premium Pumpkinseed Butter** (*made from raw pumpkinseeds, with cold-pressed pumpkinseed oil, and no salt.*) £3.75p 250g
- **Raw Light Tahini** (*made 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.*) £3.75p 250g
- **Raw Dark Tahini** (*made 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.*) £3.75p 250g
- **Sesame Butter** (*made from whole un-hulled sesame seeds from Burkina Faso, with added sesame oil and sunflower oil, and no salt.*) £2.95p 250g
- **Sunflower Butter** (*made from whole sunflower seeds from Argentina / USA / China, with added sunflower oil, and no salt.*) £2.25p 250g



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## Organic Vegetable Spreads

Take a look at our lovely new range of seven vegan, and gluten-free spreads. Ambient till opened, then keep in the fridge and use in seven days.

- they are all gluten-free
- are 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, or a very little added salt. They do contain organic tamari, which has some salt.
- all can be stored without refrigeration until they are opened
- and all are vegan

They are packed in 160g size. 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.

- |                                       |        |      |
|---------------------------------------|--------|------|
| • <b>Red Onion &amp; Hazel Spread</b> | £1.95p | 160g |
| • <b>Carrot &amp; Almond Spread</b>   | £1.95p | 160g |
| • <b>Sweet Red Pepper Spread</b>      | £1.95p | 160g |



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## Organic Chutneys and Relishes

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.

- |   |        |      |
|---|--------|------|
| • <b>Apple &amp; Sultana Chutney</b> ( <i>no added sugar ~ no added salt!</i> ) | £2.95p | 300g |
| • <b>Red Onion Marmalade</b> ( <i>no added sugar ~ no added salt!</i> )         | £3.55p | 300g |
| • <b>Tomato Relish</b> ( <i>no added sugar ~ no added salt!</i> )               | £2.35p | 300g |

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We also make a very salty pickle:

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|---------------------------------------------------------------------------|--------|------|
| • <b>Preserved Lemons</b> ( <i>no added sugar ~ lots of added salt!</i> ) | £3.55p | 450g |
|---------------------------------------------------------------------------|--------|------|

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



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## Organic Curries

Brand new for 2009 we have a great little range of four "heat and serve" curries in a jar. They are all vegan, and gluten-free, and very eatable indeed! Ambient till opened, then keep in the fridge and use in five days. Very simple to prepare, just empty into a pan, rinse the jar with a little water and add to the pan. Then bring to boiling point and simmer for five minutes, stirring all the time.

- they are all gluten-free
- are 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, or a very little added salt. They do contain organic tamari, which has some salt.
- all can be stored without refrigeration until they are opened
- and all are vegan

They are packed in 680g, and a mini 450g size is planned for later in the year. Suggested retail prices are shown below, though these may vary slightly from shop to shop. The 680g jar gives three good servings.

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

- |                                             |                                              |        |      |        |      |
|---------------------------------------------|----------------------------------------------|--------|------|--------|------|
| • <b>Sag Aloo</b>                           | <i>(spinach &amp; potato ~ hot)</i>          | £2.75p | 450g | £3.75p | 680g |
| • <b>Aloo Gobi</b>                          | <i>(potato and cauliflower ~ medium hot)</i> | £2.75p | 450g | £3.75p | 680g |
| • <b>Chickpea Curry</b>                     | <i>(medium)</i>                              | £2.75p | 450g | £3.75p | 680g |
| • <b>Dahl with roasted butternut squash</b> | <i>(lentil curry ~ mild)</i>                 | £2.75p | 450g | £3.75p | 680g |



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## Organic Soups

Also new for 2009 we have a great little range of four "heat and serve" soups in a jar. They are all vegan, and gluten-free, and give a great quick meal in minutes! Ambient till opened, then keep in the fridge and use in five days. Again very simple to prepare, just empty into a pan, rinse the jar with a little water and add to the pan. Then bring to boiling point and simmer for five minutes, stirring all the time.

- they are all gluten-free
- are 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, or a very little added salt. They do contain organic tamari, which has some salt.
- all can be stored without refrigeration until they are opened
- and all are vegan

They are packed in 680g. Suggested retail prices are shown below, though these may vary slightly from shop to shop. The 680g jar gives three good servings, or two huge servings!

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

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|------------------------------------|--------|------|
| • <b>Pumpkin &amp; Lentil Soup</b> | £2.55p | 680g |
| • <b>Tomato &amp; Lentil Soup</b>  | £2.55p | 680g |
| • <b>Mushroom Soup</b>             | £2.55p | 680g |
| • <b>Pea Soup</b>                  | £2.55p | 680g |



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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.

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

- |                                     |        |      |
|-------------------------------------|--------|------|
| • <b>Hummus</b>                     | £2.35p | 300g |
| • <b>Hummus with roasted spices</b> | £2.35p | 300g |
| • <b>Hummus with red peppers</b>    | £2.35p | 300g |



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## Organic Pesto

Another long standing range, made each summer from herbs grown on various organic farms within a few miles of Truro. Most of our current stocks of pesto have been made from basil, rocket, and coriander from Lizard Leaves at Gear Farm on the beautiful 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.

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|----------------------------------------------------------------------------------------------------------------------------------------|--------|------|
| • <b>Pesto</b> ( <i>Green basil pesto</i> )                                                                                            | £3.49p | 160g |
| • <b>Red Pesto</b> ( <i>Green basil pesto, with added tomato</i> )                                                                     | £3.49p | 180g |
| • <b>Rocket Pesto</b> ( <i>Fresh "salady" taste</i> )                                                                                  | £3.49p | 160g |
| • <b>Coriander &amp; Walnut Pesto</b> ( <i>Wonderful in salad dressings</i> )                                                          | £3.49p | 160g |
| • <b>Garlic Purée</b> ( <i>Just fresh early harvest garlic with olive oil, and a little lemon juice and wine vinegar, delicious!</i> ) | £3.49p | 160g |



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

- |                                        |                                                                   |        |      |
|----------------------------------------|-------------------------------------------------------------------|--------|------|
| • <b>Seville Marmalade</b>             | <i>(Seville oranges, sugar, lemon juice)</i>                      | £1.99p | 340g |
| • <b>Four Fruit Marmalade</b>          | <i>(Sevilles, lemons, grapefruit, sweet oranges, lemon juice)</i> | £1.99p | 340g |
| • <b>Seville Marmalade with Limes</b>  | <i>(Sevilles, limes, lemons, grapefruit, sweet oranges)</i>       | £1.99p | 340g |
| • <b>Seville Marmalade with Kiwi</b>   | <i>(Seville oranges, kiwi fruit, sugar, lemon juice)</i>          | £1.99p | 340g |
| • <b>Seville Marmalade with Rum</b>    | <i>(Seville oranges, fair trade rum, sugar, lemon juice)</i>      | £1.99p | 340g |
| • <b>Seville Marmalade with GInger</b> | <i>(Seville oranges, diced ginger, sugar, lemon juice)</i>        | £1.99p | 340g |

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We also make a new no added sugar breakfast spread:

- |                                 |  |        |      |
|---------------------------------|--|--------|------|
| • <b>Organic Seville Spread</b> | <i>(no added sugar ~ sweetened with agave syrup)</i> | £2.59p | 300g |
|---------------------------------|--|--------|------|

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