

fairtrade  
ethical  
sustainable  
local



planet

COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – October 2015

**CELEBRATE  
WITH US**



### ONE Planet's 5<sup>th</sup> Birthday

**"Day of the DO!"**  
**Thurs 29th October 2015**  
**Our celebration of five  
years of trading.**

**EVERYBODY WELCOME!**

**10% OFF ALL DAY in the  
shop for members**

**5pm - 7pm will be the  
"DO"...**

**Get your faces painted,  
your sombreros on and  
shake those maracas for  
this year's Mexican  
theme...**



These authentic tortilla chips are made the traditional way - with stone ground blue corn, oil, salt - and that's all. They contain nothing artificial, no GMOs and no trans fats. They're light and crunchy, yet sturdy enough to hold up in thickest salsas!



To accompany your salsa, try our organic pickled peppers in a jar from Organico!



Suma Organic Agave Syrup is extracted from the wild Agave plant, a native of Mexico. It is a fructose syrup that dissolves easily and can be used to sweeten any foods. Use it to replace sugar in baking, hot drinks and with fruits.



For hundreds of years the Mexican Agave plant (similar to the Aloe plant) has had a variety of culinary and medicinal uses.

The Aztecs used Agave to make pulque (a weakly alcoholic version) which was used for ceremonies and banquets. Later the Spanish settlers used the fermented pulque to make mescal and the more famous tequila!



**Face painting by local  
Bacup make-up company  
Stag & Wolfe using their  
fabulous natural  
handmade products!**

## HALF-TERM FAMILY EVENT



Mon 26<sup>th</sup> Oct 2015  
10am – 4pm  
Accrington outdoor market.

Food Stalls | Live Music |  
Children's Craft Activities  
Local & Fairtrade Crafts

### Are you interested in volunteering for ONE Planet?

Please contact Kerry our Shop Manager on 01254 383604, as there are lots of ways you can help out!

We're not just a shop, we're a Co-op!

ARE YOU A MEMBER?

To find out more, visit the link on our website

[www.oneplanet.coop/becomeamember](http://www.oneplanet.coop/becomeamember)

### Contact Us

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/ONEplanetshop



@ 54AbbeyStreet

## Aloe - Aloe !

The name aloe comes from the Greek name for the plant, which in turn was inherited from one of its ancient Arabic names, *alloe*. Vera is Latin for "true".

This plant has been used for over 4000 years for healing the skin and taken internally for gastrointestinal irritations.



A natural blend of soothing aloe vera and wheat germ oils combine to help smooth and hydrate your skin, helping you to take care of dry and difficult skin conditions.

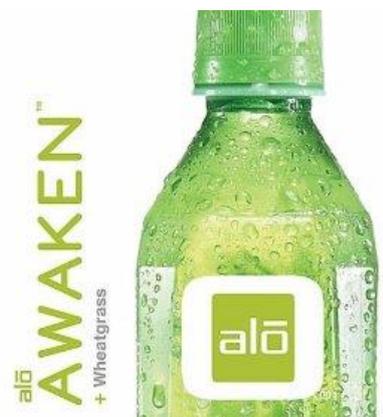
AloeDent Sensitive Fluoride Free Toothpaste, including soothing Aloe Vera and Echinacea.



Gentle Aloe Vera wet wipes. Free from any nasties like SLS or parabens and no artificial fragrances or colours. Perfect for everyday use and 100% biodegradable.



In our chilled cabinet you will find these fabulous All Natural Juice Drinks containing the juice and pulp of Aloe Vera – the ancient healer filled with vitamins, minerals and essential amino acids. Each drink is blended with different nutrient rich ingredients, such as Wheatgrass and Seabuckthorn Berry to give you added benefits!



## OCTOBER 21st APPLE DAY



Apple Day, 21 October, was launched in 1990 by Common Ground. The aspiration was to create a calendar custom, an autumn holiday, both a celebration and a demonstration of the variety we are in danger of losing, not simply in apples, but in the richness and diversity of landscape, ecology and culture too.  
[Commonground.org.uk](http://Commonground.org.uk)

There is nothing better than a lovely piece of warm Apple Pie on an autumn evening. You will find a wide range of different flours at ONE Planet, including Gluten Free, to help you get baking!

