



# WEEKLY VEGETABLE BASKET

Weekly delivery of good and healthy

CLEAN, TASTY, LOCAL, SOLIDARY VEGETABLES

19.01.2022



RO-ECO-007

# FERMA BIO&CO



## NON-PROFIT INITIATIVE

bio & co farm is a project of Ateliere Fără Frontiere, a non-profit association whose mission is to support disadvantaged people in social and professional integration workshops for their rehabilitation and reintegration into society and the labor market.

## 35KM FROM BUCHAREST

The farm is located in the village of Ciocănari in Dâmbovița County, which allows the weekly distribution of vegetables in short circuit, directly to subscribers, in a weekly basket. A basket contains 8-9 varieties of organic vegetables and sometimes other products from the farm or from our partners and neighbors (eggs, preserves, honey)

[www.bio-co.ro](http://www.bio-co.ro)



# BIO&CO FARM

## 80 BIO VARIETIES

at the bio & co farm we grow over 80 varieties of ecologically certified vegetables, on 4 hectares of fields and solariums, which allows us to have fresh, seasonal vegetables all year round

## SOCIAL MISSION

the employees of the farm are disadvantaged people from the local Roma community and beneficiaries in insertion from Bucharest and Ilfov (young people after leaving the placement centers, victims of domestic violence and trafficking, former detainees, homeless people, people with disabilities or addictions)



# HEALTHY VEGETABLES

We do not use pesticides or chemical fertilizers on the farm and the soils and crops are constantly monitored to maintain organic certification.

We protect the environment and biodiversity, the quality of soil, air and groundwater, respecting European and national standards of organic farming.



# SUPPORT FOR THE VULNERABLE

Each vegetable basket delivered to the subscribers supports the activity of social, professional and civic reintegration of the beneficiaries of Ateliere Fără Frontiere

Organic vegetables and fruits have the taste of work, dignity, solidarity, nature and the land from which they grow.

# ABOUT THE BIO & CO. VEGETABLE BASKET

## FRESH VEGETABLES EVERY WEDNESDAY

Each weekly basket delivered by bio & co on Wednesday contains around 8 varieties of vegetables picked on the same day or the day before. Production is planned to always have fresh vegetables ready for delivery in the middle of the week.

## DIFFERENT OPTIONS FOR BASKETS AND SUBSCRIPTIONS

There are several types of baskets and subscriptions available, tailored to the needs of our subscribers. Baskets can be small (for one person or a couple) or large (for larger families).

## VARIETIES AND RECOMMENDED RECIPES

We alternate from week to week the varieties of vegetables in the basket depending on the season. In addition, every Wednesday we send subscribers a newsletter containing networks based on the vegetables in the basket just delivered, to encourage them to experiment in the kitchen and to discover vegetables less popular in Romania but appreciated in Europe.





# Thank you!

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## Contact

Phone: +04 0744 663 394

Mail: [bio-co@atelierefarafrontiere.ro](mailto:bio-co@atelierefarafrontiere.ro)

 [fb.com/AtelierBio.co](https://fb.com/AtelierBio.co)

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