

# cows that tweet

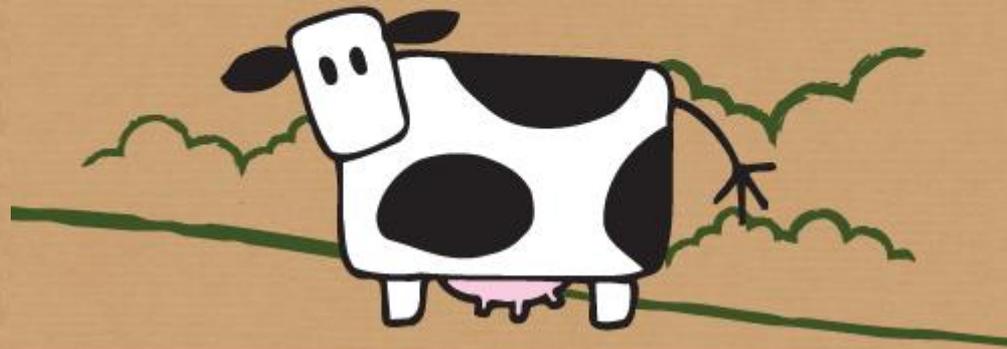
Calon Wen & social media

## CALON WEN

Richard Arnold

Marketing Director

@ Calon Wen



www (way we were)

Use by: 05 APR 12 11.50  
Display until: 11 APR



5 060034 200086 >



recycle

Organic Certification UK5  
Produced and packed in Wales



e 1 litre  
Keep refrigerated  
at below 5°C. Keep upright.



ETHICAL  
TRADE

CALON WEN  
**ORGANIC**  
**SKIMMED MILK**

PASTEURISED

From our cows, milked by us... Fresh from Wales

**Nutritional Information**  
(Average values per 100ml)

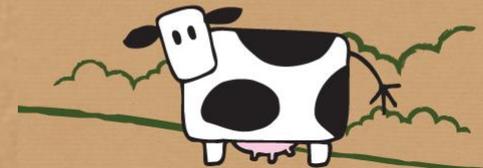
Energy	145kj/34kcal
Protein	3.5g
Carbohydrates	5.0g
Of which sugars	5.0g
Fat	0.3g
Of which saturates	0.1g
Sodium	Trace
Calcium	129mg

Research has shown that organic milk is naturally higher in omega-3 fatty acids, vitamin E and antioxidants.

Shake Me!

Calon Wen Organic Milk Co-operative,  
Heol-y-Sprig, Gorseinon, Gwent,  
Carmarthenshire SA34 0HZ WALES  
[www.calonwen-cymru.com](http://www.calonwen-cymru.com)

CALON WEN



# www (way we were):

English | Cymraeg

## CALON WEN ORGANIC MILK



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[About Calon Wen](#)

[Our products](#)

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[Meet our farmers](#)

[Organic farming](#)

[Ethical trade](#)

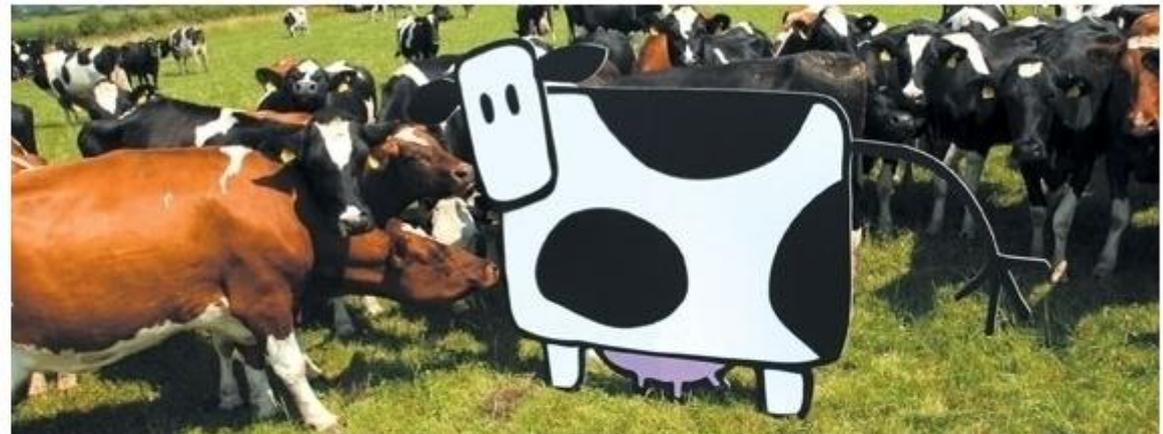
[Where to buy](#)

[Calon Wen Dairy](#)

[Awards](#)

[Fun stuff](#)

[Contact us](#)



Calon Wen is a Co-op owned by over 20 farming families from across Wales. Our children and families drink our milk everyday and the rest is bottled or churned giving you a taste of the simple life.

Calon Wen is the first dairy in the UK to achieve the Soil Association Ethical Trade Symbol.

Milk from our cows, milked by us. Fresh from Wales!



Join us on Facebook

Awarded 'Food Producer of the Year' at Radio 4's Food and Farming Awards 2008

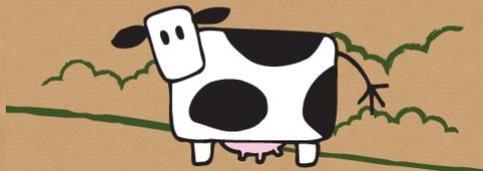


GwirFlas  
TrueTaste

www (way we were):



CALON WEN



joined up thinking

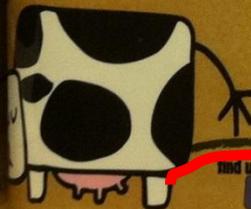
**CALON WEN**  
**ORGANIC**  
SEMI SKIMMED MILK

From our cows, milked by us... Fresh from Wales



**CALON WEN**  
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SEMI SKIMMED MILK

From our cows, milked by us... Fresh from Wales



**CALON WEN**  
**ORGANIC**  
SEMI SKIMMED MILK

From our cows, milked by us... Fresh from Wales



# facebook

facebook

Search



facebook

19 photos

3 photos

20 photos

39 photos



**Pembrokeshire Show**

23 photos



**Some Cows**

5 photos



**Royal Welsh 2011**

66 photos



**show signs**

4 photos

CALON



Simply Better.



FOLLOW US

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**Calon Wen Collection**

6 photos



**Smallholder Show**

55 photos



**our show shop**

4 photos



**London outing**

27 photos

- Wall
- Info
- Friend activity
- Insights
- Likes**
- Reach
- Talking about
- Photos
- EDIT



**badges**

3 photos



**coffee break**

3 photos



**Out and About**

53 photos



**Some of our Farmers**

10 photos





### Interactions

#### Mentions

Who to follow · Refresh · View all



**fforest** @fforestcamp  
Followed by Folly Farm and others  
[Follow](#)



**Nick Speed** @speedupdating  
Followed by UGCS and others  
[Follow](#)



**Jay Doyle** @JaySwanseaBay  
Followed by Kevin Ashford and ot...  
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### twitter

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### Interactions

**Gowertwit** and 6 others followed you 3h



**Proud to be Welsh** added you to list [welovewales/wales-food-drink](#) 5 Jan



**Kelcourse Norris** @kelcourseljpvt7  
[@Calonwencymru](#) [cj5t.co.cc/eyz](#)  
[←](#) In reply to [Moula the Cow](#)



**John Richards** @johnniemojo 19 Dec  
[@Calonwencymru](#) It was a CRACKING day, and your produce is AMAZING!! LOVING the extra mature Cheddar :-)  
[←](#) In reply to [Moula the Cow](#)

**Carmarthen Journal** and 6 others followed you 18 Dec



**Gibler Fogg** @giblerajaeuf4 17 Dec  
[@Calonwencymru](#) [tinyurl.com/ckgdbjl](#)  
[←](#) In reply to [Moula the Cow](#)



**Yagi Yorkman** @yagiacw4 16 Dec  
[@Calonwencymru](#) [tinyurl.com/d2f47v8](#)  
[←](#) In reply to [Moula the Cow](#)



**Helen Treharne** @helentreharne 8 Dec

KEEP CALM AND CALON WEN

KEEP CALM AND CALON WEN

AND CALON WEN

AND CALON WEN



# joined up

CO-OP OWNED BY  
FAM  
FAR

25  
FAMILY  
FARMS

CALON WEN



Simply Better. Braff



FANTASTIC  
DAIRY PRO  
THOSE WH  
GREAT FO

 FIND US ON  
FACEBOOK



Calon Wen on  
Facebook

 FOLLOW US ON  
TWITTER

 Follow @Calonwencymru

Office move almost complete, slightly  
chaotic, but getting there!

Back to the Wales Millennium Centre  
on Sunday.. hope to see you there

off to the Usk Winter festival over the  
weekend, as well as Cardiff  
Millennium Centre.. we do love a  
busy weekend!



ET OUR  
MERS

RE FARMERS

W MORE

.com

# QR (Quick Read)

# WEN

# ANIC

ORGANIC MILK

...milked by us...  
...om Wales



Water  
Energy

Protein  
Carbohydrate  
Fat  
Cholesterol  
Sodium  
Calcium

1L



Calon Wen is a group of 25 organic family farms across Wales. We believe in keeping things simple so our cows graze on rich pastures and when they are ready we milk them ourselves. Mae Calon Wen yn helpu cynnal ffermydd teuluol yng Ngymru ac felly'n rhoi cefnogaeth i gymunedau gwiedig, ein hiaith a'n diwylliant.

Discover more about the people and the farms that produced this milk at: [Calonwen-cymru.com](http://Calonwen-cymru.com), alternatively you can find us on facebook or follow us on twitter.

Calon Wen also produce wonderful Organic Butter and Cheese. But if you need help finding it, drop us a line and we will point you in the right direction: [moo@calonwen-cymru.com](mailto:moo@calonwen-cymru.com)  
Telephone: 01994 24 14 81



Cynnyrch o Gymru  
[CALONWEN-CYMRU.COM](http://CALONWEN-CYMRU.COM)

# QR (Quick Read)



Y WEN

ANIC  
MILK

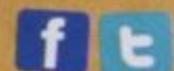


...milked by us...  
...m Wales

family farms across Wales.  
...so our cows graze over  
...by we milk them ourselves.  
...mydd teuluol yng Ngymru  
...edau gwiedig, ein hialth

...d the farms that produced  
...alternatively you can find  
...tter.

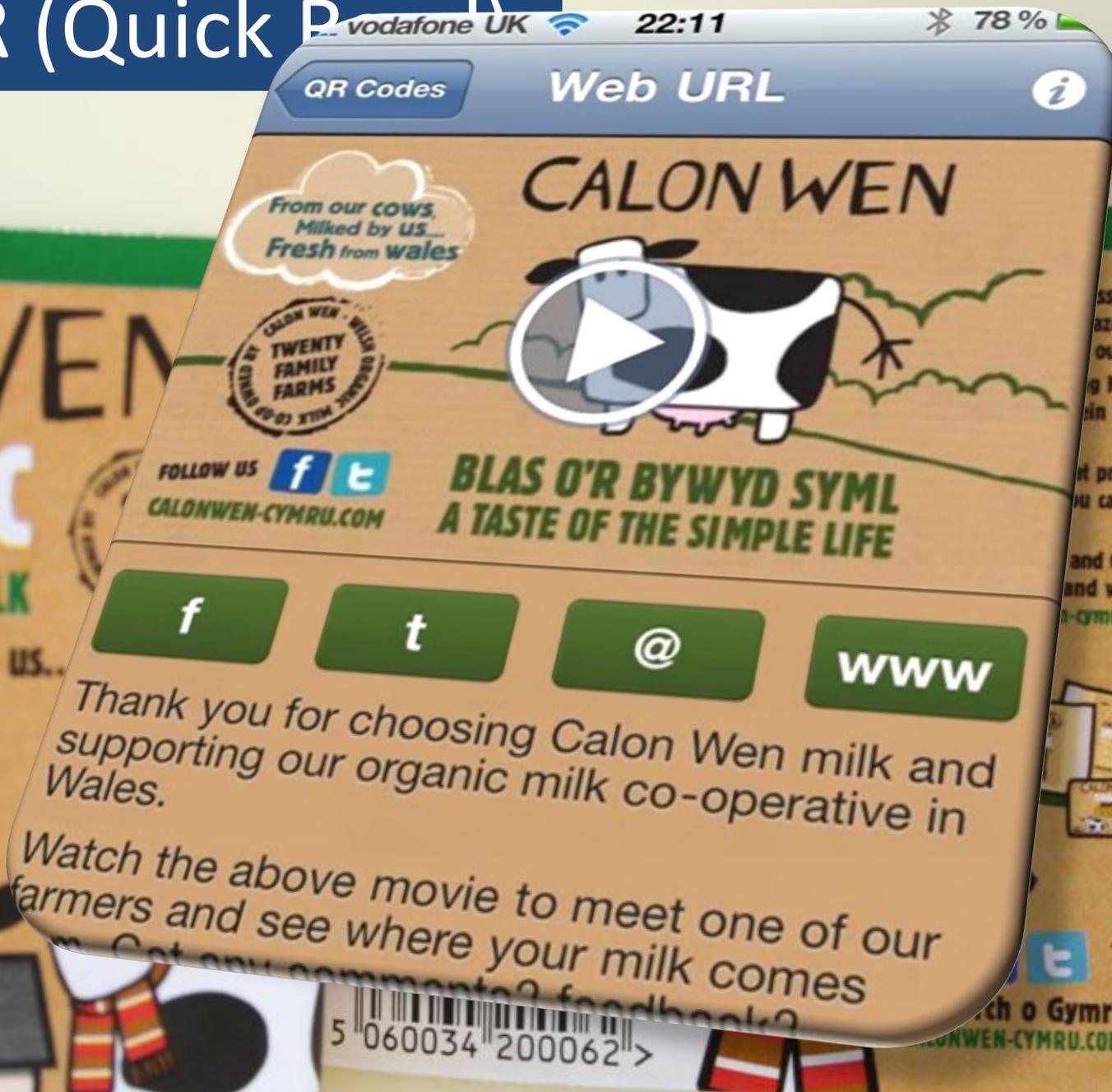
...rganic Butter and Cheese.  
...op us a line and we will  
...@calonwen-cymru.com



Cynnyrch o Gymru  
CALONWEN-CYMRU.COM



# QR (Quick Response)



# QR (Quick Response) Codes

vodafone UK



22:11



78%

QR Codes

Web URL



Watch the above movie to meet one of our farmers and see where your milk comes from. Got any comments or feedback?

5 060034 200062 >



Ch o Gymru  
GWRWEN-CYMRU.COM



vodafone UK 14:30 41%

Done 25 CALON WEN YOU CAN ALSO CALL moo@calonwen Telephone: 01954 24 14 01

HOME NEWS & MEDIA ABOUT US PRODUCTS MERCHANDISE

Simply Better. Braf o syml

CALON WEN MERCHANDISE

FIND US ON FACEBOOK

FOLLOW US ON TWITTER

KEEP CALM AND CALON WEN MUG £4

KEEP CALM AND CALON WEN T-SHIRT £10

KEEP CALM AND CALON WEN PHONE MUGS £1.50

KEEP CALM AND CALON WEN PHONE CASES £4

KEEP CALM AND CALON WEN BAG £5

Calon Wen merchandise is kindly hosted by our design partners at ODDGOODS.co.uk

Please click below to shop in our online store, security supported by sagepay and paypal.

CLICK HERE TO BROWSE OUR SHOP

Calon Wen gift shop - so close to being on line...

Like Comment 9 7

vodafone UK 14:18 45%

Me

Moula the Cow  
View your profile

116 TWEETS	304 FOLLOWING	220 FOLLOWERS
------------	---------------	---------------

Direct messages 2

Drafts 2

Lists

Saved searches

Switch accounts

Home Connect Discover Me

vodafone UK 22:11 78%

QR Codes Web URL

From our COWS Milked by US... Fresh from wales

CALON WEN

From our COWS Milked by US... Fresh from wales

FROM TWENTY FAMILY FARMS

BLAS O'R BYWYD SYML  
A TASTE OF THE SIMPLE LIFE

FOLLOW US f t @ WWW

Thank you for choosing Calon Wen milk and supporting our organic milk co-operative in Wales.

Watch the above movie to meet one of our farmers and see where your milk comes from. Got any comments? feedback?

# cows that tweet

LOL

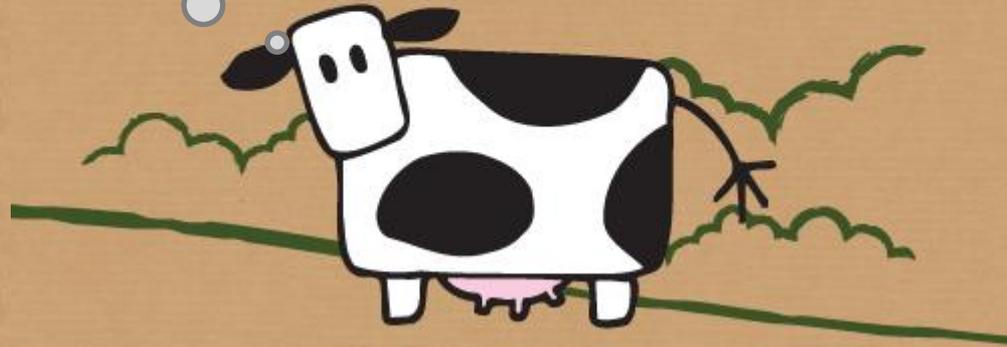
CALON WEN



Calonwencymru



Facebook/calonwen



# cows that tweet

LOL

CALON WEN

Richard Arnold

Marketing Director

@ Calon Wen

