

Forest Farm Shop & Garden Centre

Forest Road, Hainault, IG6 3HQ Tel: 020 8500 2221

Mon - Sat
Sun

8.30am to 5pm
8.30am to 2pm

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FOREST FARM SHOP NEWSLETTER www.forestfarmshop.com

Welcome to our June 2017 Newsletter

Rapeseed Rules

For many years, we've seen fields and fields of bright yellow coloured crops and wondered exactly what the farmers did with them.

Well, that crop is rape and, until recently, the seed was chemically treated to produce cheap and rather bitter tasting cooking oil.

Now things have changed. By using the cold pressing methods normally associated with olive oils, British



farmers are producing rape seed oil with a sweet, nutty flavor that makes a perfect substitute for olive oil.

But there is more good news. Rape seed oil contains less than half the saturated fat of olive oil, has a higher smoke point and contains high levels of Vitamin E, Omega-3 and beneficial fatty acids.

We've recently joined forces with a British supplier and we're now enjoying the very best of British rapeseed oil for cooking or as a condiment.

Car Servicing

We say this every year, but it's worth repeating. The school holidays are coming up shortly and it's a good idea to prepare your car in order to avoid difficult breakdowns with the children on board, especially if you plan a day excursion with a long drive. Check the coolant, engine oil, brake fluid and windscreen cleaner levels, inspect tyres for pressures, nails or other damage and make sure your brakes are in good order. Most important of all drive safely!!



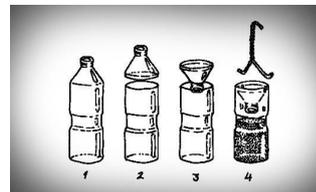
Be Wise with Water

Most of us have water meters these days, so we pay for every drop we use. One thing you can do for your garden is to install a water barrel. Modern brands have very easily installed deflectors that route water from a downpipe to the barrel and then allow the water to flow on through the downpipe when the barrel is full. It's a great way to have water for your plants literally on tap!

Dealing with Garden Wasps

Wasps in the garden are a vital part of the eco-system, but they can be a real nuisance if you like to eat outside or have children playing close to the house.

The main problem is that when wasps produce their larva, they feed them proteins (usually from garden pests which they catch) and



the larva produce a sweet waste product which the adults eat. As the larva develop, the wasps have nothing to satisfy their craving for sweetness, so they look for human food as a source.

You can create a simple wasp trap. Cut right through the main body of an empty plastic bottle just below the collar then place the top upside down back into the main body. Put a very sweet liquid laced with a drop of vinegar (to deter bees) in the bottom of the bottle and coat the neck with a little vegetable oil. Take care when emptying as dying wasps produce pheromones to attract helpers.

The next stage of our re-organisation is nearing completion. We have created more shelving in the rear hall to house Paper Towels etc. This has enabled us to extend the Household Goods racking for new lines.

Holiday Specials

Potato Hoops	
Cheese Nachos	£1
Tortilla Chips	each
250g bags	
Mini Pretzels	£1
500g bag	each
Walker's Sensations	
Honey & Salt Peanuts	99p
145g bag	
Mini Crackers	
Pub Mix Snacks	£1.09
350g tub	each

Keep Your PC Up To Date

There has been a lot of press regarding the massive virus attack that disabled PCs in the NHS and impacted many companies throughout the world.

The attack targeted PCs running Windows 7 primarily so if you have Windows 10 you are unlikely to be directly affected.

However, don't be complacent. Download one of the many free anti-virus programs (Avira, Avast and 360 Total to name a few), and make sure that you allow them to perform updates.

You will also find that Microsoft issue regular updates to Windows 10. Let them install and to ensure you stay safe.

£5 Discount

When you spend over £50 in one transaction.

Please print and present this voucher to the cashiers to claim your discount.



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