

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 September 2017 Newsletter

Now That's a Proper Bike

A bike rider dropped in to the shop recently and we immediately spotted that he was riding a Fred Dean bike—something that we, as kids over 50 years ago, would have died for.

Norman Bright, the rider, told us that he had met Claud Butler, another great bike builder, at his Clapham shop and had bought his first bike there. Fred Dean was an employee of Claud's until 1958, when he set up his own shop. He was renowned for his superb racing frames.



Norman told us that he had once ridden the bike in a handicap race against an Olympic cyclist and had beaten him.

Norman can often be seen cycling around Essex and participates to this day in a weekly ride with fellow enthusiasts every week at the Hog Hill cycling club.

Oh, did we mention—Norman is over 80 years old!!!!?

Lawn Seeding

If you have a bare patch to repair in your lawn, or you want to seed an new area, now is a good time to do it. We have a large selection of lawn seed in the Garden Centre and we're sure to have one appropriate for just about any lawn type.

For new seedings, there are three golden rules.

First, make sure you select a good seed and be sure to spread it evenly.



Second, ensure that the seed makes good contact with the soil; don't leave seed up-ended, or just laying on the surface. Lightly rake the seed into the ground, then roll gently (the roller on your lawnmower is ideal).

Lastly, never let the seeded area get dry: water regularly.

If you are trying to thicken a bald patch, spread the seed in the affected area and then cover with about half an inch of topsoil.

Fairlop Brass Band

You may not have known it, but we have a distinguished brass band right on our doorstep.

Fairlop Brass Band was started at Fairlop Junior School in 1968. As members left the school, their enthusiasm was such that the band elected to become independent from the school.



They have enjoyed much success in competitions, the first being in 1995 when they were crowned Third Section National Champions of Great Britain at the Wembley National Brass Band Championship Finals.

From humble beginnings, the band has continued to thrive and through its membership, often passed from generation to generation, it has been and still is, a remarkable success.

If you are interested in watching, supporting or even playing in the band, visit their website at www.fairlopbrass.co.uk.

As part of the shop re-organization, we're about to upgrade the shop surveillance and security systems. We'd like to apologise in advance if you are inconvenienced by any of the work.

Summer Specials

Tilda Rice 4 Varieties 250g microwave pack	2 for £1.20
Rice Crackers Gluten Free Cheese or Sweet Chilli	99p pack
Gruffalo Drink 200ml Orange & Carrot Juice Gluten Free 3 pack	£1 Each
Scotch SuperGlue 14 oz	£1.49 each

LED Spotlights

We previously did a short article about replacing standard house lights with LED lights to reduce electricity costs.

The same applies to security and garden lighting. LED lights are significantly cheaper to run than halogen bulbs, last much longer, but are more expensive to buy initially.

However, don't be tempted to buy cheap 100w LED floodlights. Very often these are made with defective 100w LED bulbs in which many of the LEDs fail to fire. Ultimately, this could lead to a failure of the whole bulb and since it is not easy to replace an LED bulb, it is a false economy. It's better to buy a quality 50w bulb. The output will be very similar.

£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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