

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

FOREST FARM SHOP NEWSLETTER www.forestfarmshop.com
www.forestroadgardencentre.com

Welcome to our June 2018 Newsletter

Vol. 8 Issue 06, 8th June 2018

Garden Centre

The new Garden Centre website

forestroadgardencentre.com

is now up and working. It is a straightforward page listing all the plants that are currently available for sale. So, if you're planning on doing some planting, you can check out what you'll need and what it will cost online. If you are coming in for something specific it's always worth telephoning first as our stocks sell fast!

A Great Little Gadget

For sale in the shop at the moment we have 10,000 mAh power packs. These



handy gadgets can be charged up, then used to re-charge mobile phones and other USB-charged devices. They are about the same size as most modern smartphones but will re-charge your phone up to 8 times from a fully charged power pack. We have them for sale at £19.99, about half the standard retail price. Ideal for holidays and days out.

Strawberries

We're well into strawberry season now, so we thought you might be interested in some facts about them.

First and foremost, the strawberry is not, technically a berry, but an aggregate accessory fruit. Since Egyptian times it was found in forests, but the 14th century, botanists in France started to grow what has now become



the standard garden variety.

Strawberries and Cream was first popularized by Cardinal Wolsey for the court of Henry VIII although there is also a rather unpleasant, inedible fungus also nicknamed Strawberries and Cream.. At the Wimbledon Tennis Championships each year, 28,000 Kg of strawberries and 10,000 litres of cream are consumed! Strawberries are an excellent source of vitamin C and manganese, and also contain decent amounts of folate (B9) and potassium. They are very rich in antioxidants and plant compounds, and may have benefits for heart health and blood sugar control.

Draft Guinness

We're now stocking draft Guinness in cans. Draft Guinness is famous for having the 'widget', a small plastic globe that is canned with the beer. The widget has a small hole in it and when the beer is canned, the widget is filled with liquid Nitrogen. When the can is opened, the liquid evaporates to form Nitrogen gas and this gives the Guinness a smooth creamy head just like that produced at the pump. Nitrogen is used because it forms much smaller bubbles and is not as easily absorbed as Carbon Dioxide.



Oliver Fisher

Rupert's son Oliver, the pro golfer, has had a pretty good year so far, with a few top 20 finishes and a 10th place in Belgium. With one European tour win under his belt, he's looking forward to the rest of the season and is hoping to put together 4 rounds in a competition that will earn him his 2nd title.

Are you using your 10% discount for purchases over £50? Claiming couldn't be easier. Simply find the discount page on our website and show it to a cashier on your mobile phone.

Look out for...

Diablo Sugar Free Sweets Assorted Types	£1.25 pack
Draught Guinness 440ml Per can	80p
4-pack	£3
24 can Case	£15
Yuzu & Pear Juice 250ml	3 for £1.20
Budweiser Alcohol Free Beer	4pack £1.20

BROADBAND

Superfast broadband speeds are readily available now, but you may not be making the best use of them. Older devices, especially wireless network adapters and network switches provide throughput of up to 100 Mbps. If your service provider is giving you more than this, then every component that you use to connect to your broadband service must be able to handle the speed otherwise you will end up with the lowest common denominator. Check that your motherboard's network interface card (NIC), your network switch, if you use one, or your wireless adapter in the PC or via a USB stick are all capable of at least the speed you pay for. Ideally they will have the word Gigabit on them.

£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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