

# 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](http://www.forestfarmshop.com)  
[www.forestroadgardencentre.com](http://www.forestroadgardencentre.com)

Welcome to our July 2018 Newsletter

Vol. 8 Issue 07, 5th July 2018

## Heatwave

With the continued hot weather, some strange things are happening in the garden and on our growers' land.

By now, unless you've been watering your lawn daily, it will probably look like a straw mat. There's not much point in watering it if it does; grass is practically



impossible to kill in hot weather unless you deliberately use chemicals and it will recover very quickly if there is natural rain. At least it doesn't need cutting!!

However, if you have new flowers or shrubs, try to give them a drink every day to keep them healthy otherwise they will either 'bolt' or just shrivel up and die.

Sadly, for our growers, the problem is a bit more serious. They have to keep watering to keep their crops healthy and this, of course, costs money. Needless to say, these costs have to be passed on and we are already seeing increases for most produce.

## Petcare in the Hot Weather

For most of us, the hot weather can be a bit uncomfortable, but we can usually find a way to get cool.

For our pets, it's not so easy, so dog owners in particular should be aware of the dangers of heat to dogs. First and foremost, since dogs don't have sweat glands, you should make sure that they have access to cool water at all times (this actually applies to all pets). During the hot days, it's a good idea to partially fill a childrens' paddling pool to give them somewhere to cool down.



Perhaps less obvious is the ground heat. If you take your dog out for a walk, make it either early morning, early evening or only on grass. Scorching pavements can hurt and even seriously damage dog pads. And never leave them unattended in a car.

Cats with white fur, especially on noses and ears should be treated with sunblock as the skin underneath can quickly become cancerous. For all other animals, plenty of available shade and water will do the trick.

## Days Out

If you're planning on taking the family out somewhere in the car for a day to enjoy the hot weather, it's worth making a few checks first. Top up your windscreen washer fluid, your radiator and your oil and check for leaks. Once you set off, make sure that you have plenty of drinking water on board. Keep windows open to provide ventilation even if you have air conditioning as fresh air is important on a long car journey.



If you are going for a picnic or perhaps open-air portable BBQ, please be very careful with your handling of the fire and all of your waste. Disposable BBQs should always be placed on non-flammable surfaces such as paving slabs. In this hot weather, even the most innocuous objects can present a fire risk. You should always have a large container of water handy to help extinguish any flare-ups.

Most cars have a first-aid kit on board but if you don't, buy one to take with you.

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...

After-Sun Lotions Many Brands and Sizes	From 99p
Log-life Burger Buns Pack of 4	£1.20 pack
P20 Suncare Lotion For ultra- sensitive skin	£9.99 200ml
Pureety BBQ Glazes Maple and traditional	£1 Tub
BBQ Meats Many Varieties	£2.99 each 2 for £5

## 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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