

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 September 2018 Newsletter

Vol. 8 Issue 09, 6th September 2018

More Meats

We have now decided to extend our range of meats to include additional cuts of pork, beef and lamb and full joints of beef and lamb. In particular, we are now selling a number of different beef steak cuts. These are in addition to our normal range of whole chickens, chicken legs and breasts and lamb and pork chops. We will continue to supply all the necessary elements for a great barbecue including burgers, sausages, ribs and marinated pieces.

Garden Centre

We now have a full range of spring bulbs in stock for immediate planting. Plan your spring display in advance, plant your bulbs and start next year off with



bursts of colour in your favourite spots.

We also have a range of Autumn bedding plants in stock, with ornamental cabbages and peppers, primroses and wall flowers to arrive in the coming week.

Our winter baskets and tubs will also be arriving in the coming week.

Given the forecast, our special offer of half-price hanging baskets looks good value—there should be another 6-8 weeks of flowers and, of course, you can re-use the baskets next year.

Finally for the bargain hunters, we have a special offer on all deciduous shrubs—buy one and get a second half-price. These will start dropping when the weather changes, but will leave your garden in great shape when they re-appear next year.

Pampers for Grown-ups!!



Well—not real Pampers, but a good pampering.

Now the school holidays are over, try setting an evening aside after the kids are in bed to treat yourself to a long, relaxing bath. Here are a few tips:

Firstly, get your towels and nightwear ready. If it's a chilly evening, pop them over.

a heating rail or radiator to make them nice and warm. Have a shower first, so that the bath water stays clean and fresh. Prepare the bath with your favourite essential oil or bubbles and light some candles to set the mood.

If you have a waterproof mobile set up your favourite music, grab a book or a magazine and have them ready.

Just before you get in, exfoliate and put on a facemask. Have a nice glass of wine or your favourite evening drink ready, lock the door then climb in and RELAX!

You'll find lots of things to help you in the Farm Shop, including bubble bath and cream, scented candles and exfoliating scrub cloths.

Oh, and by the way, this works pretty well on Dads too although facemasks are the devil to get off if you have a thick beard.

Jewish New Year

We'd like to wish all our Jewish customers a Happy New Year. Rosh Hashanah this year is celebrated from Sunday evening through to Tuesday evening and we'll have our usual selection of exotic fruits for those who like to try something new as part of the celebrations.

We've streamlined our normal website: forestfarmshop.com and built one for the Garden Centre at forestroadgardencentre.com. Both have versions for mobile phones.

Taco Event

Old El Paso Salsas Mild or Hot 226g jar	2 for £2
Old El Paso Refried Beans 435g jar	2 for £2
Old El Paso Guacamole 240g squeezey and Sour Cream 235g squeezey	£1.99 each
Old El Paso Tachos 12 pack	2 for £2
Diced Chicken or Beef C. 335g pack	£2.99 each

PAYPAL Email Threat

If you receive an email that appears to be from PAYPAL and has a Word document attachment DO NOT OPEN IT.

The scammers are at work again and this time have created an email that even has what appears to be a PAYPAL 'From' address. It asks you to confirm some of your personal details using the attached form, but the form itself contains malicious code that could 'steal' your PAYPAL login and password details.

As with all emails, NEVER open an attachment that comes from someone you do not recognise, or from a name that is familiar to you and asks you to confirm personal details via an attachment. Most reputable financial organisations have a help line that you can ring to check that emails are authentic.

£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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