

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 March 2019 Newsletter

Vol. 9 Issue 1/2/3, 1st March 2019

New Year—New Format

We hope that your New Year has got off to a good start. We've been working hard to ensure that our offerings continue to serve our customers. We've added some new products (more about that later) and, for the first time, we've decided to extend our newsletter to 2 pages. We hope to include some interesting regular features in addition to local news. We very much hope that you will enjoy the extra content.

Kosher Breads and Cakes

We have recently added a line of Kosher breads and pastries to our Bakery products. We use a local Kosher bakery and have been told that the products



are authentic and well-priced. Whether you're looking for Kosher products or not, we've found the bread to be very tasty and long-lasting and the cakes to be extremely well made.

We get our main delivery on a Friday, so if you are looking for the widest choice, Fridays are best.

February Weather

It looks like February will continue where January left off as far as the weather is concerned. Temperatures during the day are unlikely to exceed 8C and will drop to about 2C during the night, so it's a good idea to maintain some basic heating levels through this cold spell.

- if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C (65F)
- keep your bedroom at 18C all night if you can – and keep the bedroom window closed
- during the day you may prefer your living room to be slightly warmer than 18C
- to reduce the risk of sudden infant death syndrome (SIDS), babies should sleep in rooms heated to between 16C and 20C
- if you're under 65, healthy and active, you can safely have your home cooler than 18C, if you're comfortable
- draw curtains at dusk and keep doors closed to block out draughts

Please remember to look in on elderly neighbours.

Superfast Poached Egg

If you love a poached egg, but hate the effort of making them, try this method for a perfect poached egg every time.



- Fill a cup half full with water.
- Break the egg into the cup.
- Place a saucer over the cup.
- Microwave on full power for 1 minute (no longer!!) .
- Strain and serve.

Switch to Save

We've written about this before, but every year we find that our service providers, including energy companies, insurers, television and communications; often seem to think that once you're a customer you're fair game for price hikes.

By using one of the comparison websites, it's incredibly easy to find and switch to more competitive suppliers. In most cases, this will cost you nothing and by using a single comparison website, your details will be automatically provided. Even if you don't intend to swap, it's worth looking so you have an idea of what's available.



We have an extensive range of hand-towels, tissues and lavatory paper in stock, all at very competitive prices.



£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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Recipe of the Month

Butternut Squash & Chilli Soup

1 Butternut Squash
 1 Potato
 1 Onion
 2 Gloves of Garlic
 2 Red Chillies'
 Sunflower Oil
 Butter
 Veggie Stock Cube
 Double Cream

Serves 4/6 - Takes 20mins

Add a table spoon of oil and a tablespoon of butter to a saucepan and melt gently. Make a vegetable stock with the stock cube and 2/3 pints of water. Place in the sauce pan.



Dice the Butternut squash, Potato, Onion and crushed Garlic Gloves and place in the saucepan. Cook on a medium heat until it softens. Add 1 or 2 red chillies to mixture (remove seeds if you do not like too much heat). Blend until smooth.

Season to taste. At the last minute add 2/3 table-spoons of double cream to give the soup a creamy taste.

Serve with Crusty bread & Butter

Top Tips—Baking Soda

As the name implies, Baking Soda is used in baking to help leaven dough. It produces carbon dioxide to help most forms of dough rise.

However, Baking Soda is also an extremely versatile household cleaner and deodoriser. When mixed into a paste, it will remove the stubbornest of stains on pots and pans, household appliances, clothes and bathroom surfaces. Used dry, it can help to absorb odours in the fridge, shoes or dustbins. To brighten your washload try putting half a cup in your washing machine.

In addition, Baking Soda can be used for personal hygiene. A half-teaspoon of Baking Soda in a glass of warm water makes an excellent mouthwash and a teaspoon in a glass of cold water will help with indigestion. Or you can try one or two cups in your bath to relieve itchy or sunburnt skin.

It's even useful in the garden. Baking Soda can be used to kill weeds. Simply sprinkle the weeds and watch them wither (do not use near flowers, as it may have the same effect on them!).

In fact Baking Soda has many more uses including silver polish, fruit and vegetable cleaner and even fire extinguisher.

It's a great product to have handy in the house.

Nuisance callers

We recently encountered a series of YouTube videos by an American comedian dealing with nuisance marketing callers.

Get on to YouTube and search for Jim Florentine. Not only are his recordings useful, they are absolutely hilarious as he leads telemarketers down long and winding garden paths.

There are many videos to help you get some fun out of Telemarketers. Why not try a few and see if you can reduce a Telemarketer to tears of frustration.

What's In Season Now?

In the Garden Centre we're building up our stocks of Spring plants and during March we will be adding larger plants and (weather permitting) bedding plants.

Hard and stone fruits and grapes will be changing from Northern to Southern Hemisphere suppliers shortly. Dutch salad season has just started with all the main produce coming in from Holland. The first British cucumbers are here now. British veg will continue for a few weeks with cauliflowers being the best current buy.

Look out for...

Tyrrell's Poshcorn Sweet & Salty 6 pack	75p each
Thurston's Fruit Salad Various Mixes—4 x 4oz pots	£1.20
Addiction Men's Deodorant 4 Aromas in 150ml Spray	£1.19 each
Flower Shop Air Freshener Many Different Fragrances 330 ml Aerosol Can	75p Or 2 for £1.30
Kleenex XL Tissues 2 pack	£2.50
Rolo Easter Eggs	£1.20 Each
Paul Hollywood Apple Loaf Cake Mix	£1.19
Saxa Ground Pepper Black or White Ground 25g	69p pot
Ainsley Harriet Cup Soups Many Varieties—3cups per pack	69p pack

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