

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 May 2019 Newsletter

Vol. 9 Issue 4, 3rd May 2019

Garden Centre

Now that the weather has warmed up, we've fully stocked the Garden Centre with seasonal plants. Now's a great time to put together your hanging baskets and we have, of course, stocked up on all your favourites. If your fingers are quite so 'green', we have plenty of ready made baskets to decorate your house.

As we mentioned previously, we also have a great selection of pots for all occasions.

BBQ



As BBQ time approaches, we'd like to remind you that we have a fantastic range of fresh meats, salads and dressings for your BBQ.

Our meats come from a highly-regarded local butcher, our salads are fresh daily from local growers and/or markets and our sauces and seasonings will suit every palate

You'll also find plenty of deserts to finish your BBQ off with a touch of luxury.

May Weather

Although it seems rare these days, May's weather forecast is in line with 'normal' historic temperatures. However, apart from a few days of showers early on, it looks as if the month will be quite dry, so do pay attention to any plants you have put in; they can dehydrate easily and will suffer later in the year if they don't get enough water when they're growing to maturity.

As far as your lawn is concerned, the slightly late start to the growth period means that lawn seeding and repairs can still be undertaken. Just be sure to keep the new planting well-watered. It's a bit early to be treating for weeds. This is best done in June/July.



Car Boot Sale

The car boot sales that take place in the field adjoining the Farm Shop will commence on Tuesday, May 14th.

Although this is a smaller event than the one held near the Moby Dick, there are still plenty of stalls with lots of interesting objects.

Clever Tip

A customer told us that he was always mis-placing the remote controls for his TV, his cable system, his sound bar and his Hi-Fi system. He tried using a side-table organizer, but wasn't happy with the way it looked.

His solution: he put a small



piece of hook-fastener on each remote control and covered the underside of his coffee table with the 'eye' fabric. Discreet storage and easy to find when needed.

Mobile Phone Costs

Although everyone loves a new mobile phone, it seems that the latest models offer little over earlier models of 'smartphones'. Unless you're looking to take specialist photos or listen to music on expensive headsets, most older smartphones will run your favourite apps, take photos and play music perfectly well. The big difference is the price. A new phone can cost between £40 and £60 per month, whereas keeping your old phone and going to 'pay monthly' SIM card, you can save a fortune. It's also much easier to shop around and avoid being locked in to an expensive commitment. Worth thinking about.



Hanging baskets in the Garden Centre, ready made to brighten the even darkest doorstep!!! Come and take a look around.



£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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Eat Veg for Health

Everyone knows that vegetables are good for your health. With few calories and high fibre and vitamin content, vegetables should form part of your daily diet, but which are the best?

Spinach actually tops the list. One cup provides over half of your daily Vitamin A needs and all the Vitamin K required. Studies also show that it can help to reduce blood pressure and help to protect against cancer.



Next on the list come Carrots. These are rich in Vitamin A with just a quarter of a cup providing all of your Vitamin A needs. They also have high levels of Vitamins C and K.

Also highly beneficial is Garlic. It is rich in Allicin, a compound that can help control blood sugars and cholesterol.

The last in our list is Broccoli. It contains compounds that help prevent heart disease and cancers. One cup can provide all your daily Vitamin C and K needs plus impressive levels of folate, magnesium and potassium.

These vegetables are all cheap and easy to prepare.

Top Tips

Coca Cola has had some bad press recently for being a contributor to obesity. It's probably common sense to say that if you don't drink too much of it, it's not going to do any harm, but that's another matter.

As well as being a highly popular drink, it is also regularly used to remove grease and oil stains. From a small grease spot on the carpet, to a stained garage floor, Coke is excellent at lifting out the stains. You can find plenty of ideas for use on-line. It can even help clean rust from seized locks, tools or dirty coins.

Coke is also very good at calming an upset stomach, either in its natural sparkling form or when the fizz has gone.

And yes, it even cleans this....



Another surprisingly useful household item is white aerosol shaving foam.

It is great for cleaning bathroom and shower mirrors and will prevent them from fogging up again the next time you run hot water in a cool room.

Keep your Broadband Fit

It's likely that you'll have many different devices connecting to the internet through your broadband router.

It's a good idea to get into the habit of resetting your router every day. Switch it off, leave it for about 30 seconds, then switch it back on again. This allows the router to clear all its stored information and start again from scratch. Some network providers send updates to their routers over the network, and these will not install until the router is 'power cycled' in this way.

What's In Season Now?

This is a busy time of the year for fruit and vegetable suppliers. During May, most of the 'winter' vegetables are imported, whilst local growers will start to supply salad items such as lettuces and spring onions.

But the biggest area of change is in fruit, where stocks of Peaches, Plums, Nectarines and Apricots will increase as the main crops from Spain and Italy become available.

Keep an eye out for the very best deals in our Fruit section.

Look out for...

Monkey Nuts 350g Pack	£1 each
4 in 1 Seasonings Many Types	£1 tub
Wilkinger Giant Hot Dogs 1 Kg jar	£2.49 each
French's Spicy Mustards Spicy Yellow or Honey Squeezy Bottle	99p each
East End Sauces Spicy Chilli, Tamarind or Hot Mint 260g bottle	£1.99 each
Cadbury's Chocolate Shake 280g tub	£2.40 Each
4Pro Action Nut Spreads 3 Delicious Types 250g tub	£1.50 each
Marshmallow Puff Biscuits Various Flavours Pack of 12 x 18g biscuits	£1.09 each