



JULY NEWSLETTER

Its Hotter than July here as I write and the pollen count is up, so Sudi and Chris are busy advising visitors of the benefits of our pollen for hay fever and our honey-plus range to ease their sore throats, dehydration and lethargy. With summer outings being enjoyed by many the subject of stiff joints and patchy skin are also talked about and I see Propolis is in most shopping baskets coming past me.

Phil's roses and lilies are in full bloom & forget-me-nots in the grass have been followed by buttercups so our bees have plenty of forage, lets hope the fine weather stays until past our honey harvest when we shall feed them syrup to replace their honey. The Moorhen is pecking about the pond with her 7 chicks, a Little Owl keeps swooping into the barn to feed her young and we are constantly watched by an elderly Pigeon we call Harold, despite a pair of magnificent but noisy Sparrowhawks nesting next to our tea garden! A friend cinematographer has made a short film of some of our activity on the farm (we find it highly amusing) so you can see us in action at www.flynnsbefarm.co.uk .



Here on the Isle Of Sheppey we are fortunate to have a Bowen Practitioner, very talented in the hands-on but non invasive technique which can alleviate pain and a range of physical discomforts. He came to Flynn's farm for 2 days to offer our visitors ten minute "tasters" and it was such a success and complement to what we already offer that he will be back frequently. To find out more about Bowen therapy see www.bowenmoves.co.uk and/or to arrange a consultation with him call us on 01795874935.



Kent Show, Detling,

From July 16-18th you can find Sudi representing Flynn's as a guest in the beekeeping tent. We are the first and only commercial beekeepers to be given this honour, specifically to show & explain all the products we make from the beehive in the hope of inspiring others to keep bees and make full use of the wonderful stuff they give us.

The county show is a full day out for the whole family so take extra drinks for the car park and plenty of suncream.

Yours Alma Driver (daughter of Founders)

JULY ONLY SPECIAL OFFER 10% OFF

DELICIOUS BATHTIME.....

Our generous size Bath Soaks are handmade, free from colour and made entirely from natural salts with a little fragrance, suitable for the most sensitive of skins in 3 different Fragrances - Bluebell, Lavender or Herbal Fresh - **NOW £4.49**

Our Hair & Body Wash range is also handmade and suitable for sensitive skin & all hair types.

They are paraben-free and free of SLS & SLES in 5 Fragrances - Spicy Grapefruit, Orange & Cedarwood, Refreshing Lemon & Lime, Revitalising Lemongrass & Teatree, Relaxing Chamomile Lavender & Palmarosa, Relaxing Lavender or Unscented- . **NOW £7.16**



www.flynnsbefarm.co.uk 01795 874935 Open All Bank Holiday Weekend.
Normal Weeks Tues - Sat 9-5. SUNDAY 10-4 (Closed Monday)