

## OCTOBER NEWSLETTER



Now the bees are tucked up safely in their hives its time for us to help you stay healthy & fit over the coming winter months with the benefit of their products.

**PROPOLIS** : Those of you already taking Propolis will know its health benefits but it is worth reminding that it: \* Boosts the immune system helping to keep illness at bay \* Helps the joints \* Helps regulate stress, sleep & other vital needs. If you have any questions about Propolis please do phone, write or email us & we will answer to the best of our

knowledge.

**HONEY** : Good honey, when expertly produced, handled & stored (as ours is) is a real dose of sunshine. It is \* Anti-viral \* Anti-bacterial \* Soothing for throat & mouth \* Helps beat lethargy \* Helps re-hydration – and all that is before we have blended it with any other health-giving hive foods! If you do happen to catch a cold it is worth trying our **Honey with Ginger** : Good honey with generous helpings of ginger added. Ginger is very warming and helps to: \* Loosen catarrh \* Warm the chest \* Aid digestion. This particular blend is also delicious when used to \* Make a drink by adding hot water \* Dress up ice-cream, yoghurt & pancakes \* Spread on hot toast & crumpets \* Make oriental flavoured stir-fry (especially with chicken, pork or prawns). All that comfort & nutrition in a jar for only 227g **£4.25** / 500g **£8.25**

**WIPE-CLEAN RECIPE CARDS** : Delve into the secrets of a bee farmers' kitchen to deliver the ultimate comfort foods to your own table made with *good* honey! We publish an **exclusive** range at **£1.50 each**. Many are recipes for our best-selling cakes, cookies & sweets including a chocolate sponge, swiss roll, Trekkers (high energy cookies), scones, short-breads, buns, ginger muffins, peanut butter cookies, lemon fairy cakes and Athol Brose drink made with whiskey. By popular demand we also publish Iris Flynn's 1938 recipe for her Honey Fruit & Nut cake (see below).



**FLYNN'S HONEY, FRUIT & NUT CAKE.** Always a family favourite, it has been served here since we opened the tea room and frequently bought by visitors to take home. We take a limited number of orders for whole cakes for special occasions and we are **NOW TAKING ORDERS FOR**



**CHRISTMAS CAKE BY POST OR FOR COLLECTION.** Ready iced white for you to decorate as you wish the cake is 8" round x 3" high (approx), yours can be made with or without marzipan (under the icing) and with or without brandy. Price Without Brandy No marzipan **£8.99** – With Marzipan **£9.99**. **Last orders** for Christmas FOR POSTING must be placed by 1st December; FOR COLLECTION by 16th December.

Price With Brandy No Marzipan £ 11.99 - With Marzipan £12.99 **Last orders for Christmas FOR POSTING by 3rd November FOR COLLECTION by 18th November (the extra 4 weeks is so that your cake can be slowly "fed" with brandy**

before it is iced).

**HOME MADE MINCEMEAT** ANOTHER OF IRIS FLYNN'S SECRET RECIPES; it is made with honey, fresh lemons & oranges as well as the usual nuts & dried fruits. Make your own luxury mince pies, suitable for vegetarians too 300g **£2.20** .

**FLYNN'S TEA ROOM** our new larger tea room is open and serving Winter Warmers. All home-made and organic soups, stews, casseroles & curries as well as crumpets, ploughmans' with warm bread, a variety of hot drinks to accompany home-made cakes & puddings and our famous Cream Teas with warm honey-scones are still available.

As always the gift shop is stacked with unusual items and hand-made cards for adults & children of all ages and for all occasions.

Hoping to see you or hear from you soon, – *Sudi Austin.*



**CLOSED FOR HOLIDAY OCTOBER 25th - NOVEMBER 1st (inclusive)**  
[www.flynnsbefarm.co.uk](http://www.flynnsbefarm.co.uk) 01795 874935  
Open Tues - Sat 9-5. SUNDAY 10-4 (Closed Monday)