

DID YOU KNOW?!

- Truly raw nuts and seed are not heat treated and still have all there enzyme activity they will sprout if you plant them and ideally should be eaten within 6 months of harvesting
- Grade B maple syrup has more nutrients than A and is a much stronger taste
- There are over 2000 different teas in China alone and they never drink any of them with milk. Great tea is every bit as good at helping the digestion as great wine and - much more complimentary to the food
- You can keep a supply of new potatoes and carrots going in a poly tunnel for 10 months of the year with no added heat or light
- You can keep herbs, rocket and salad going 12 months of the year with a little heat in the darkest months
- One of the standard ingredients in most of the finest perfumes is vanilla
- It's easy to make a sourdough starter all you need is flour, water and about 10 days patience or we will make one for you
- Vanilla hates being kept in the fridge. The ideal storage conditions are 20c in the dark wrapped in brown wax paper inside a tight sealed tin
- Stone Mill your own bread flour and you will retain approximately 70% more nutrients and flavour than buying from large commercial millers
- Kackar honey taken by the T. spoonful morning and evening claims to heal a damaged stomach lining in 3 months
- There are British apples ripe to eat from August through to March and a good Bramley will keep 12 months if correctly stored -plant a tree this year!
- Speaking from experience the best detox diet is a mix of palm syrup, maple syrup, lemon juice and water. www.lemondetox.com
- Good sourdough bread will enhance the appetite and does not damage the teeth