

Bimble Newsletter

Autumn 2014

The Nights Are Drawing In...

It doesn't seem like five minutes since the start of summer, and yet the kids are already back at school and the nights are well and truly starting to draw in.

This quarter's newsletter is packed with all the usual features, recipes and competitions, along with news of our new limited edition products for Hallowe'en and Bonfire Night. Thanks for reading!

Best Wishes

Charley

Kickstarter Success!

Our Kickstarter project finished on Friday 5th September, and I'm thrilled to announce that we raised over £1500 – more than double our funding target. The generosity and enthusiasm of our customers has meant that we were able to add, and reach, two 'stretch' goals, which means that, in addition to the original project aims, we'll soon have new packaging for our 15ml travel sized shea butter balms, and we'll also have a new 30ml 'Soothe Ink' tattoo balm, also.

These new products will be added to our website once we've completed the new packaging and the Kickstarter backers have received their exclusive first orders!



We'd like to take this opportunity to thank all our customers who have supported us in this project, not just backing us on Kickstarter, but also those who did such a fantastic job of sharing the project far and

wide – we've had backers all over Europe and from as far and wide as the USA and India, and we can't thank you all enough for your support!

The initial new packaging for the 50ml shea butter balms and Soothe-Ink tattoo aftercare balm are complete and are up on the website, and they'll be available from our stockists and on Amazon in the coming weeks, certainly in time for Christmas!



The New Packaging

Recipe: Hot Toddy

We're getting to the time of year where the dreaded autumn colds will be putting in an appearance! The Bimble 'Contraflow' range is designed to help ease the congestion, sinus pain and misery of the common cold but, if you fancy something a little more, shall we say, 'traditional', here's the recipe for a traditional 'hot toddy' – a favourite home remedy for many generations:

Squeeze the juice from 1 lemon into a pan, and add 1 teaspoon black treacle, 2 teaspoons honey, a mug of water and a dozen whole cloves. Bring to the boil and strain. Add 1 shot (25ml) of whisky or brandy, and drink before bed. You can also add grated fresh ginger or nutmeg whilst warming.



Hints & Tips

It's still lovely and warm out at the moment, but given the speed that the nights are drawing in, it won't be long before the weather starts taking a turn for colder climes, so here's a few tips to help you keep you and your family healthy for the Autumn:

1) The kids are back to school, and with school comes every opportunistic bug known to man! Boost your family's immune system with



echinacea tea supplements (note: these are not suitable for people with auto-immune conditions), or why not try an old-fashioned immune booster in the form of delicious rosehip syrup. There's a recipe to make your own on page 3 of this newsletter.

2) Give winter colds the boot with a steam inhalation. Our 'Contraflow' aroma oil is great for this but, if you don't have any, peppermint, eucalyptus, pine or camphor essential oils work well. Put 5-10 drops in a mixing or washing-up bowl with a kettle-full of boiling water, pop a towel over your head and inhale the steam.

3) Give your daily cuppa a warming boost that helps keep the bugs away – brew your regular tea with allspice berries, cloves, a cinnamon stick, a slice of fresh ginger, star anise, or a mixture of any of the above – whatever your favourite spices happen to be. You can pop them in a tea or spice ball, or make in the pot and strain. Brew the same amount as you would to make regular tea to your liking. You can then add milk, sugar, honey or lemon as you normally would.

Competition:

Over the next couple of weeks, we'll be launching some special limited edition bath products for Hallowe'en and Bonfire Night, but we're still in process of planning our Christmas range.

So, our competition this edition is to win a selection of our Hallowe'en and Bonfire specials. To be in with a chance of winning, we'd like to hear your suggestions for Christmas products – whether it's a bath product, gift basket or even just a limited edition fragrance you'd like to see.



To enter, send us an email to info@bimble.eu, Tweet us [@bimble.around](https://twitter.com/bimble.around) or send us a message via Facebook, and let us know what your top tip. The competition closes on 10th October 2014, and the lucky winner will get a gift bag of limited edition bath goodies, including pumpkin pie spice and vanilla fizzing bath melts, spooky surprise depth charges and bonfire night toffee apple bath goodies, complete with festive sparkles and popping candy!

Forthcoming Dates

We'll be at the following events in the coming weeks:

Sun 28th September Kirkstall Abbey Market, Kirkstall Abbey Ruins, Leeds, 11am to 3pm.

Sat 11th October: Leeds Steampunk Market, Armley Mills Museum, Canal Road, Leeds, 11am to 5pm

Sun 26th October: Kirkstall Abbey Market, Kirkstall Abbey Ruins, Leeds, 11am to 3pm.

For more information on any event, or to enquire about us trading at your forthcoming event, please contact us at info@bimble.eu. We're getting quite heavily booked up for November and December as you'd expect, so if you want us to visit your Christmas event, please let us know ASAP to avoid disappointment!

DO Try This At Home!

Rosehip & Ginseng Syrup

With the autumn sniffles already underway in many households, here's a modern take on an old-fashioned preventative, popularised during the Second World War, but used for generations. It's easy to make and store, and will keep for a good few weeks in the fridge. It can be hard to get children to take what's good for them, but this syrup is delicious, and will have them coming back for more! The recipe make 500ml.

You will need: 250g Rosehips (fresh or dried)
250g Sugar
10g crushed cinnamon sticks
100ml Honey
30g Dried Ginseng (Optional)
25g Dried Echinacea (Optional)
600ml Water



Put all the ingredients into a large, heavy saucepan and bring to the boil. Turn down the heat and simmer to reduce to a syrup. Strain through a sieve or a clean tea towel or muslin. Sterilise a bottle in boiling water (most pharmacies will sell you a 500ml glass bottle for less than £1, or you can use any spare bottle you have lying around, or a mason jar), allow to cool and dry thoroughly.

Once the syrup is cold, pour into the bottle and put in the fridge. Take 1-2tsp daily for adults and children. This recipe isn't suitable for infants under 12 months, owing to the honey content.

Plant of the Month:

Chamomile

'Plant of the month' is a monthly feature which explains the health-related uses of a different plant each month. It explains what something is

good for, how to use it, where to find it, how to grow it (if possible), and any safety information you might need. If you have any questions, please contact us. If you have a plant you'd like to know more about, nominate one for the next issue, using the contact details at the back of this newsletter, and we'll write a report like this one.

Chamomile is a collective term for several daisy-like flowering plants, of which there are 2 common varieties used medicinally and for culinary use:



Roman Chamomile (*Chamaemelum Nobile*) and German Chamomile (*Matricaria Recutita*). Both have similar properties, but their uses are slightly different, for the reasons below. You will most commonly find chamomile as a herb, usually used as a tea, and as an essential oil. With essential oil, Roman Chamomile is more common, as German Chamomile oil is very expensive. When it comes to the dried herb, both are common, but German (or 'wild') chamomile is generally more common.

Both varieties are common wild plants, which are also farmed. They are native to Europe, North America and Argentina. They are flowering perennials, which are also used in ornamental gardens as well as agriculturally cultivated for the dried flowers and their oil.

Chamomile has a wide range of uses, but the two most common are as a soporific and relaxant, and as an anti-inflammatory agent. Both the essential oil and the herb in the form of a tea are used to help people relax and get to sleep, which is why you'll find the herb in our 'Farewell Anxie-Tea' and 'Py jama Par-Tea' herbal infusions, and the essential oil in our 'Bedtime Snorey' aromatherapy range. In addition, its anti-inflammatory properties make it equally useful to soothe stomach cramps and pains, and muscle and joint sprains and aches. For this reason, you'll find it in our 'Smokin' Joints' and 'Back for Good' ranges.

In addition, it's also traditionally used to bring out the highlights in blonde hair – for many generations, cooled chamomile tea was used as a final rinse when washing your hair if you wanted blonde highlights to stand out, and it's still common as an ingredient in shampoos and other haircare products.

You can buy chamomile tea in tea-bag form in most supermarkets, and loose from most health food stores. Chamomile essential oil is available from most health food stores and online. As well as chamomile tea to help you sleep, a few drops mixed in with a base oil like olive or grapeseed, or your favourite unscented moisturising cream and gently massaged in the stomach, can be very helpful at soothing stomach aches, or massaged into aching muscles, sprains and strains to ease them. Chamomile tea can also be used as a compress on sprains, strains and bruises.

To make a compress, make a strong mug of chamomile tea, then allow to cool to the point where it's still nice and warm, but won't burn you. Pour onto a clean flannel, wring out and apply to the affected area.

A quick word of warning: Chamomile is from the same family of plants as ragweed, so if you're sensitive to ragweed, you're almost certainly going to be sensitive to chamomile also. Secondly, chamomile is a uterine stimulant and can cause contractions, so shouldn't be used during pregnancy, especially in the early stages.



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