

Bimble Newsletter

Summer 2014

Feeling Hot, Hot, Hot!!

I think it's fairly clear that summer is well and truly upon us! After a couple of shaky starts, we seem to be finally getting a little of our quota of sunny days, soaring temperatures, and summer thunderstorms.

For those of you with children, we've included a couple of 'make at home' recipes for fun stuff for the kids to do over the long holidays, as well as all our latest news, top tips, ideas, features and competitions so, once again, thanks for reading and enjoy the sunshine!

Best Wishes

Charley

Kickstarter

We've had a fantastic response to our Soothe-Ink tattoo balm, with some really lovely feedback from many happy customers, and so we've decided to try to get the product a full retail launch in tattoo studios, gift shops and other outlets across the UK. We're also going to do the same with our Fairtrade organic shea butter balms – which are popular through the website and at farmer's markets, but which currently have quite 'homespun' packaging, which makes it difficult to get them stocked in shops.

To help us cover the costs of packaging development, tooling and origination, as well as point of sale materials for retail outlets, we're about to launch a Crowdfunding campaign through Kickstarter. From as little as a couple of pounds, you can choose from a selection of Bimble goodies, including some one-off limited edition treats for backers only, from custom bath products to your individual specifications, to limited edition gift sets and, of course, the first of the new retail products hot off the production line.

We'll be sending out an email with a link to the campaign to all our customers once the Kickstarter goes live later in the



coming week, and we'd appreciate any support you can give us, whether it's backing the campaign, or sharing it with your friends and social networks to help us spread the message. As soon as it's launched, you'll all be the first to know!

Recipe: Moth Repellent Wardrobe Hangers

This time of year, there always seems to be a stack of moths in the house, and they can be a pest, eating through fabric and destroying favourite garments. Traditional mothballs are made out of the toxic chemicals naphthalene or paradichlorobenzene, and kill moths as they slowly become gases when exposed to air.

As a kinder, safer and natural alternative, these decorative little bags won't hurt the moths, but will discourage them from taking up residence in your wardrobe, and they smell an awful lot nicer than traditional mothballs! Take any of the following dried herbs:

- Rosemary
- Lavender
- Ginseng
- Cloves
- Wormwood
- Cedarwood
- Thyme
- Spearmint
- Cinnamon Quills
- Citrus Peel



Blend your chosen herbs together in a bowl. Take a small organza, muslin or velvet bag and fill with the herbs. Tie a piece of ribbon around the top and use to hang from a hanger in the wardrobe.

Hints & Tips

Given the lovely weather we've been having this past couple of weeks, I thought some hints on Summer health and keeping cool may be a good idea this month, so here are a few of our favourites:

1) Keep an aloe plant on your kitchen windowsill – they're easy to grow and incredibly hard to kill, and are readily available from most garden centres, as well as stores like Ikea. If you're unfortunate enough to get sunburned, cut a piece of leaf off, squeeze out the gel inside and apply directly to your sunburn. It works great on kitchen burns, too!



2) Hot weather can play havoc with concentration and make many folk tired and irritable. To combat this, boil up a couple of tablespoons of rosemary with a couple of mugs of water, simmer a few minutes, strain and refrigerate. When you need to get your focus back, soak a cloth in the tea and apply as a compress to your forehead. Alternatively, pour into a spray bottle and spritz your face as required – preferably straight from the fridge!



3) A lot of people struggle to sleep when the weather gets hot and muggy. Whilst light cotton nightclothes and bedding and fans can help, getting a cold shower before bed and then getting into bed whilst still wet can be really helpful.

Alternatively, wearing wet socks to bed (yes, really!) can seriously help to lower your body temperature.

Competition

It seems only reasonable in such a warm week to have a competition with a summer focus. So, what we're looking for is your best summer tip – whether it's a recipe for a fruit cooler or to put the suntan lotion in the fridge! Whatever your best tip, let us know. We'll publish the best on our Facebook page and pick a winner at random from the entries.



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 15th August 2014, and the lucky winner will get a gift bag of summer Bimble favourites, including Bite Guard insect repellent shea butter balm and some zingy 'Wide Awake Club' goodies!

Forthcoming Dates

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

Sun 31st August: Kirkstall Abbey Market, Kirkstall Abbey Ruins, Leeds, 11am to 3pm.

Sun 29th 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

For more information on any event, or to enquire about us trading at your forthcoming event, please contact us at info@bimble.eu

DO Try This At Home!

Herbal Cat Toys

With the school holidays well and truly begun, here's a project for folk to try with their resident small people, to make a cheap, easy-to-make cat toy, using recycled materials from home.

You will need: An old child's sock
 Needle & thread
 Old clean rags or cotton wool
 Old bits of felt or scrap fabric
 10g catnip/catmint/catnep
 5g valerian or 2 valerian teabags
 Piece of old ribbon

Take the sock and make a 'face' on the end by sewing small bits of fabric onto the toe end of the sock. Please don't use marker pens or small buttons etc. which could hurt the cat.

Take your rags or cotton wool and stuff in into the foot part of the sock, missing in the herbs thoroughly. If you're using valerian tea bags, it's fine to leave them whole – stuff those in, too! Take the ribbon and tie the 'body' off at the heel. Tie the ribbon securely, leaving the 'leg' part of the sock as a tail. You can wrap the remaining ribbon around it to make a thin tail if you like, and secure it by stitching it together.

That's it! One recycled toy that your/your neighbours/aunties/colleagues/friends cat won't be able to resist!

Plant of the Month:

Nettle

'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.



The common stinging nettle (*Urtica Dioica*) is a common wild plant, generally considered to be a weed, which is native to the UK and grows abundantly in woods, fields and on waste ground. It is a herbaceous perennial and is common across Europe, as well as into Asia, North Africa and North America. It's best-known feature is it's tell-tale 'sting': The plant has hollow hairs called 'trichomes' on its leaves and stems, which inject a combination of phytochemicals, including histamine, into the skin on contact, producing a stinging sensation and rash. This is commonly treated by crushing a dock leaf (*Rumex Obtusifolius*) in your hand and rubbing the leaf onto the stings. Helpfully, the plants often grow together.

Normally plants which cause pain like this are toxic, but the reverse is true of the stinging nettle – it is not only edible, but very nutritious. The trichomes are softened when heated, which neutralises the sting. Nettles are quite tasty with a taste similar to spinach, and are very popular in soups, stews, teas, and can also be cooked the same way you would any leafy green vegetable – boiled, stir-fried or steamed, and they can also be made into a sweet cordial or brewed into beer. They should be eaten as young plants before they flower. Nettle is rich in vitamins A, C, iron, potassium, manganese, and calcium, and young plants can contain up to 25% protein and more vitamin C by weight than oranges or spinach – making them a real superfood!

Nettle is an excellent medicinal plant. It has been used around the World for centuries for numerous conditions. In Germany, for instance,

it's used primarily as a treatment for arthritis, as nettle extract has been shown to reduce inflammatory compounds in the body. It's also used to treat kidney disease, gout, stomach and bladder problems and many more.

However, it's most powerful use is as a natural antihistamine: the properties of the nettle which makes it sting also make it a very effective anti-allergy remedy, easing hayfever as well as many other histamine-based reactions – the plant is rich in a natural antihistamine called Quercetin, which acts as an antihistamine. For this reason, you'll find it in our 'Allergy Liber-Tea' infusion, as well as our 'Tea Pee' infusion for a healthy bladder.

You can buy dried nettles or nettle tea bags from most health food stores and large supermarkets, or you can pick them yourself. If picking them fresh, wear gloves to gather them and wash them well if they have been growing wild. To make a hayfever-busting brew, boil a handful of fresh leaves or 2 tsp dried leaves (or a nettle tea bag) in water, brew for 5 minutes and strain. You can add lemon, honey, sugar, agave or sweeteners if you like, or you can even mix the tea into another drink like cordial or Bovril.

Summer Special at The Lazer Clinic, Leeds

We've recently been working with The Lazer Clinic at the White Rose Centre just South of Leeds - they're a lovely, friendly urban beauty bar with a keen interest in natural products, so we've been working on a collaborative project. We've developed some custom mineral salt body polishes for them - using our ever-popular light and summery citrus 'Morning Glory' blend, as well as our Lime and Lemongrass scrub and two new, custom fragrances - 'Red Berry Daiquiri' with natural strawberry and raspberry extracts, and 'Spiced Mojito' with Lime and cinnamon essential oils and coconut extracts and oil.



The Lazer Clinic are running a special promotion for summer, with a full body polish to get your skin in tip-top summer

condition and a special facial-style treatment for backs to get your skin glowing for bikinis and summer low-backed dresses. The regular price for this treatment is £40, but they have a special offer on at half price, so you get a session with both treatments for just £20. They also offer a range of facials, waxing, manicures & shellac and massage. To book or for more information, call the salon on 0113 322 6585.

The Lazer Clinic are a unisex salon, so this isn't just for the girls! Why not treat yourself or use it as a birthday gift with a difference?

For those Bimblebees who are a little too far away to take advantage of this offer, if we get enough requests and interest in the body polishes, we could easily do them as a limited edition to buy on the website, so if you're desperate to try them, feel free to mither us with comments/PMS/emails etc!



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