

Bimble Newsletter

Winter 2014

Christmas is Coming...

It doesn't seem like five minutes since last Christmas, but we're back in the middle of the run-up to the festive season, and I have no idea where the time has gone!

This quarter's newsletter is packed with all the usual features, recipes and competitions, as well as plenty of Christmas cheer and festive ideas. Have a wonderful holiday season, whatever you're doing and whoever you're spending it with.

Best Wishes

Charley

Christmas 2014 Range Launch

We launched our Christmas range over the last couple of weeks, and it's now available on our website, as well as in our Amazon, Etsy and EBay stores, and our stockists at The Alternative in Bradford and Airy Fairy in Sheffield also have a good selection.

We have a range of Christmas gifts to suit all taste and budgets, with stocking fillers starting at just £1.95. Our popular favourite mulling spice gift bags and sparkle & shine Christmas massage bars are back by popular demand, and we also have some new ideas this season.



Our limited edition bath products are each available as cute star-shaped fizzy bath melts, and this year's fragrances are *Christmas Tree* (a refreshing pine and cypress blend), *Spiced Orange* (a warming blend of lemon, orange, cinnamon, clove and nutmeg), *Candy Cane* (reviving peppermint) and *Christmas Party Bomb* (a

new take on last year's best-selling gothic-inspired 'Nightmare Before Christmas' blend with Jasmine, Patchouli, Rose Geranium and Ylang Ylang, but with the added fun of popping candy to get the party started with a bang!). Each one is presented in a colour-coordinated organza gift bag to hang on the tree before pinching them at bath-time! They're £1.95 each, £7.25 for a gift box of 4 (pictured above) or buy 2 boxes for £12.50.



We also have a range of gift baskets and boxes, starting at just £17.50, with plenty of options for all ages and tastes, and we'll continue to offer our



custom 'Build a Gift' right up to Christmas where you can select your own

products and we'll wrap them up for you in a gift basket or box with all the trimmings. We'll even create an explanatory laminated card, whether it's an 'Employee of the Year' award you're after or a 'Rugby Players Survival Kit'!

Recipe: Buttered Rum

Here's a modern take on a classic buttered rum recipe, guaranteed to keep the cold out on a winter's night!

You will need:

- 100g Unsalted Butter
- 120g Soft Brown Sugar
- 6 Shots (150ml) Dark Rum
- 2 tsp Grated Orange Zest
- ¾ tsp Ground Cinnamon
- ½ tsp Ground ginger

½ tsp Ground or Grated Nutmeg
3 mugs Hot Water
Orange Juice (to taste)



Cream the butter, sugar, orange zest and spices until smooth. Place 2 tbsp of the butter mixture in each of 4 heatproof glasses or mugs, adding ¼ of the rum to each glass. Top up each mug with

boiling water and add orange juice to taste. Stir well and garnish with orange slices if you like.

Hints & Tips

With the weather getting colder, here are a few tips to keep you in top condition despite the winter winds and rich food:

1) Central heating, winter winds and sub-zero temperatures play havoc with your hair. Here's a quick remedy that sounds a bit icky, but it really works to banish frizz and leave your hair smooth and sleek. Before you wash your hair, comb a couple of tablespoons of full-fat mayonnaise through it. Wrap your hair in a towel or plastic bag and leave for 15 minutes, before massaging in and rinsing with plenty of cool water, then shampooing as normal.

2) Skin gets a pounding in the winter, and even naturally oily skin can get dry in the winter. Avocados, packed with monounsaturated oils and vitamin E are your friends, and can help your skin inside and out. Try mashing an avocado with a splash of lemon juice and use as a face mask. Avocados are also delicious in salads, dips, sandwiches and even smoothies, and can help keep your complexion in great condition from the inside, too!

3) Winter bugs and viruses affect a huge number

of people, and garlic can really help tick them into touch. It's a powerful natural antimicrobial agent,



and can kill both bacteria and viruses responsible for winter illnesses. It works best either raw or

lightly cooked, so why not try it in salad dressings? Garlic capsules are also available if you're not a fan of the taste.

4) We all eat heavier food in the winter, but Christmas especially can put a strain on the digestive system. Fennel is great at easing trapped wind, indigestion and similar complaints. Fennel tea is a good way to use it, or simply chew fennel seeds (available from most health food stores and large supermarkets) to ease bloating and discomfort.

Competition:

As its Christmas, we have two competitions to announce! Our first is our Christmas raffle. We're handing our raffle tickets to all our Christmas customers. You'll get a ticket for every £5 you spend on products, in our web store, at events, through direct orders, and through our stores on Amazon, EBay and Etsy. We'll keep the counterfoils with your name and customer number or email address. We'll draw a winner on 11th December, to make sure the winner/s get their prize/s in time for Christmas.

The first prize is a gift basket or box of the winner's choice from the website, and we'll add a new prize for



every 100 tickets issued. We'll be updating the new prizes as they're released on our Facebook page, so pop along there to find out more.

The second competition is fairly simple. Let us have your top tip for Christmas, whether it's a cooking tip, easy way to wrap awkward gifts, whatever your best hint is.

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 is. The competition closes on 10th December 2014, and the lucky winner will get a gift box of our limited edition Christmas bath goodies!

Forthcoming Dates

We've a fair few Christmas events coming up, so why not pop along to see us?

Thurs 27th Nov: RAF Linton-on-Ouse Christmas Fair, RAF Linton-on-Ouse, YO30 2AJ, 1pm to 4pm

Sun 30th Nov: Kirkstall Abbey Market, Kirkstall Abbey Ruins, Leeds, 11am to 3pm

Sun 7th Dec: Steampunk Surgical Spirit, Thackeray Medical Museum, Beckett Street, Leeds, LS9 7LN, 11am to 5pm

Sat 13th Dec: One Paw Cat Rescue Christmas Fair, George 3rd Pub, Chapel Street, Queensbury, BD13 2PR, 10.30am to 4pm

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!

'Black Jack' Cough Syrup

This recipe is our own take on an old Victorian cough syrup. It's surprisingly delicious as well as effective, and tastes a lot like the old 'Black Jack' chewy sweets. It's also quite easy to make.

You will need:

- 50g Licorice Root
- 25g Marshmallow Herb
- 5 Licorice Juice Sticks (available at most chemists)
- 100ml Honey
- 100ml Black Treacle
- Vodka or Whisky

- 50ml Lemon Juice
- 50ml White Wine Vinegar
- 100ml Vegetable Glycerine
- 200g Brown Sugar
- 600ml Water

Put the licorice root and marshmallow in a pan with the water. Bring to the boil and simmer for 20 minutes. In a



separate small pan, break up the licorice juice sticks and cover with the vodka or whisky. Heat and stir until the sticks dissolve. Add more of the spirit if needed.

Strain the herbs out of the water and discard. Put the infused water and the licorice solution in a fresh pan and add the rest of the ingredients. Bring to the boil whilst stirring, then reduce the heat and simmer for 10 minutes. Leave to cool.

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

Plant of the Month:

Cinnamon

'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, please feel free to 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.



Cinnamon is a popular culinary and medicinal spice, which is taken from the bark of a tropical tree. There are two main types of cinnamon, 'true' cinnamon (*Cinnamomum Verum*), which is native to Sri Lanka, and several varieties of cassia, which are native to Indonesia, Northern India and China.

Both types have a broadly similar appearance and taste, but Sri Lankan 'true' cinnamon has a subtler flavour, a flakier texture and is often considered



the superior of the two varieties. In the picture to the left, true cinnamon is on the left, whilst cassia cinnamon is

on the right. We only use true cinnamon in all of the Bimble products which contain it.

Cinnamon has been used since ancient times for a variety of purposes. It is mentioned in the Bible as being used in anointing oil and incense, used by the ancient Romans to flavour food and wine, as well as in ointments and medicinal applications.

In modern times, cinnamon is used in cooking and for medicinal uses, as a spice and an essential oil. The flavour of cinnamon comes from the essential oil within the bark, which makes up around 1% of its total composition. In terms of its medicinal usage, cinnamon is currently under investigation for its potential to lower blood sugar in people with type 1 or type 2 diabetes and reduce blood triglyceride and cholesterol levels, as well as for its ability to lower blood pressure and increase metabolic rate. Whilst research is still ongoing into these

possibilities, it's certainly a good seasoning to use if you're on a diet or have cholesterol, blood pressure or blood sugar issues. In addition, it's said to be effective in increasing appetite, so is useful as an additive in food for those who have been ill and have lost their appetite.

However, the most common usages in modern herbal medicine are topically for arthritis and muscle aches, as it is a counterirritant which can warm muscles; and as an antimicrobial agent. It is effective against a wide range of bacteria, viruses and fungal infections. For this reason, it's often included in athletes' foot remedies, and is included in our cold and 'flu remedies, including the spice in our 'Nasal Clari-Tea' herbal infusion, and the essential oil in our 'Contraflow' range.

To use cinnamon at home, try adding 10-15 drops of the essential oil in a bowl of warm water and soaking feet to help treat athletes' foot, or 5-10 drops to a bowl of boiling water as an inhalant to treat colds and nasal congestion. Using ground cinnamon to flavour both sweet and savoury dishes can be beneficial to diabetics, as well as people suffering with high blood pressure, raised cholesterol and people trying to lose weight.

A quick word of warning: Cinnamon is an emmenagogue and a stimulant so, whilst the levels you'll find in cooking are perfectly safe for pregnant women, using the essential oil during pregnancy, particularly in the early stages, is best avoided.



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