

Heath Stores

H O R S M O N D E N



Food trends in 2019

2019 is forecast to see a rise in the use of alternative greens and ancient grains, expect less lettuce and more lichen. Given the fashion for foraged ingredients and sustainable sourcing, previously forsaken greens are now cutting-edge. Heath Stores will be closely watching this trend and may even try to tempt you with anything interesting we discover. Ancient grains such as teff, spelt, freekeh and Øland wheat are making a centuries-overdue comeback, partly because ancient grains are supposedly more digestible than their refined and engineered counterparts. Heath Stores have spelt and honey bread available most days and look out for the freekeh in our grains and pulses area (find it above pasta!)

Fermented food and drink continue to be a growing area. Why should we be eating and drinking fermented products? Two words: friendly bacteria. Your gut will thank you - even if your taste buds won't. Having said that the Kombutcha drinks we have in our chiller are very palatable. Finally, zero-waste eating is a growing trend. Think no packaging and lots of composting. Don't forget that the majority of Heath Stores produce is sold loose, we will be looking at other areas this year where we can reduce packaging.

Tuesday 5th Feb - Chinese New Year

2019 is the year of the pig. Recent years of the Pig are: 1935, 1947, 1959, 1971, 1983, 1995, 2007. The pig is the twelfth of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. Pig was late because he overslept. Another story says that a wolf destroyed his house. He had to rebuild his home before he could set off. When he arrived, he was the last one and could only take twelfth place.

In Chinese culture, pigs are the symbol of wealth. Their chubby faces and big ears are signs of fortune as well.

Look out for the pig in store on the 5th and come and select your Chinese New Year food too.

Opening hours

- Mon-Fri 7am to 7pm
- Sat 8am to 5pm.
- Sun 8am to 12pm

Date error in last newsletter

Many of you noticed that the February dates in the last newsletter were incorrect. Kate apologises for this, she was full of seasonal lurgy when she wrote it and forgot to update the days/dates from last year. Please be assured that the dates in this newsletter have been carefully checked! It is however that time of year for colds, flu etc. If you are feeling poorly from the winter bugs, we recommend a visit to Ola at the Pharmacy who has some great remedies to get you back on your feet. You can also try some comforting treats from Heath Stores. Our Belvoir lemon, honey and ginger cordial is a perfect warm toddy, just add hot water and a dash of brandy for the perfect release from seasonal misery.

Kate's Gin Review

I was very excited to get a new local gin in just before Christmas. Pipehouse gin is from Tunbridge Wells and is flavoured with cucumber and earl grey tea. This is a very smooth gin; the cucumber comes through strongly and the earl grey leaves a hint of smokiness. This gin pairs well with the Fevertree Mediterranean tonic. The Bosford Rose gin is perfect for Valentine's day, the delicate rose flavour comes through best when paired with lemonade. This gin is particularly good to sneak onto a cruise ship with a no alcohol policy if you hide it in a well washed Alberto Balsalm raspberry shampoo bottle. The Anno Gin from Marden is always a favourite in our family, we love the burst of botanicals you get with this gin and always pair it with the Fevertree elderflower tonic. The Whitley and Neill Blood Orange gin is incredibly zingy and the flavours tingle your taste buds. Emma and Kayleigh both adore the Gordon's Pink gin which is another gin that pairs best with lemonade. They say the fruit smell hits you as soon as you open the bottle!

Why is February the month of Love?

Valentine's Day is named after St. Valentine, who has become known as the patron saint of lovers. He was a rather mercurial figure about whom little is known.

Who was St. Valentine and how did he come to bless lovers' hearts in the middle of February?

Although there are in fact three St Valentines it is likely that St Valentine's Day is based on the Saint Valentine of Rome who, far from being lucky in love on February 14th, was beheaded. Hardly a romantic ending. However, it's likely that the stories of several Valentines merged into one.

The church itself has some doubts about what specifically happened in Saint Valentine's life. In 496 AD, Pope Gelasius I described St. Valentine as a martyr like those 'whose names are justly revered among men, but whose acts are known only to God.' Gelasius I understood how little was known about the saint when establishing February 14th as the day to celebrate Valentine's life.

St. Valentine of Rome was supposedly a temple priest who was executed near Rome by the anti-Christian Emperor Claudius II. The crime? Helping Roman soldiers to marry when they were forbidden to by the Christian faith at the time.

How did we go from Christian martyrs to Hallmark cards? When Pope Gelasius I dedicated February 14th to the saint and martyr Valentine, he chose that date to replace the traditional Roman feast Lupercalia, a pagan festival popular at the time. Lupercalia was a fertility festival in honor of the god Faunus (Lupercus), the protector of sheep and goats from wolf attacks, as well as Lupa - the she-wolf who nurtured the orphans Romulus and Remus, associated with the founding of Rome by legend.

The pagan fertility celebration was marked by all manner of rituals like foot racing among naked men, covered in skins of sacrificed goats. Another ritual required a child to pair couples at random who would have to live together and be intimate for an entire next year in order to fulfill the fertility rite. The church was eager to replace such practices with its own focus and St. Valentine became the saint of lovers.

February Events

Yorkshire Pudding Day - Sunday 3rd February

Yorkshire pudding is one of the most iconic British dishes, having millions of fans all around the world due to its light and airy texture and rich, warming taste.

World Nutella Day Tuesday 5th February

Yum!

Chinese New Year - Tuesday 5th February

2019 is the Year of the Pig come and get your ingredients for a tasty Chinese New Year dinner.

Thursday 14th February

We have Sloegasam gifts, beautiful chocolate shoes, plenty of bubbles, flowers and more. We also have charming Valentine themed crafts from Traidcraft. Our frozen ready meals can be a great option for an easy romantic meal at home. Why waste time cooking when you can use it for romance.

Real Bread Week 23rd February to 3rd March

Real Bread Week is *the* annual celebration of supporting your local, independent Real Bread bakery and baking your own. Heath Stores is supplied real bread daily by Plaxtol Bakery who are based in East Peckham.

Fairtrade Fortnight 25th February to 10th March

The food on our tables, the tea and coffee in our mugs, all come from farmers who toil, sweat and slog.

However hard they work to provide the things we depend on, millions of farmers in developing countries aren't paid what they deserve. It's not a new problem.

We can change the way we think about trade and the products on our shelves - the Fairtrade movement is made up of ordinary people doing extraordinary things in their communities for Fairtrade. Your actions as shoppers, in the choices you make, can change the lives of farmers and workers.

At Heath Stores we offer a comprehensive range of Fairtrade options from soap to rubber gloves, rice to coffee and cards as well as crafts.

March Events

- **St David's Day** - Thursday 1st March - Tasty Welsh cheese to try.
- **Shrove Tuesday** - Tuesday 5th March.
- **British Pie week** - 5th to 11th March - be certain of a Pietastic time at Heath Stores.
- **St Patrick's Day** - Saturday 17th March all things Irish on taste and a top 'o' the morning to all our customers, we will of course be dressed in various shades of leprechaun for your delight.

Promotions - from 11th February to 10th March

Walkers Crisps 18 pack	£2.85	Secretary Bird wine	£5.49
Krave	£1.49	Brancott Estate wine	£7.99
Yazoo	£0.75	Heinz Soup 2 for £1.50	£1.49

www.heathstores.co.uk · heathstores@gmail.com · 01892 722221



Communi