

# Heath Stores

H O R S M O N D E N



## *Time to enjoy seasonal treats*

As the nights draw in we can look forward to the joys of the coming season. Think mulled wine or cider whilst sitting around an open fire and mince pies to nibble on. But why do we only eat mince pies and other delicious Christmas treats at this time of year?

The mince pie is a sweet pie of British origin, filled with a mixture of dried fruits and spices called "mincemeat". It is traceable to the 13th century, returning European crusaders brought with them Middle Eastern recipes containing meats, fruits and spices.

The early mince pie was known by several names, including "mutton pie", "shrid pie" and "Christmas pie". Typically its ingredients were a mixture of minced meat, suet, a range of fruits, and spices e.g. cinnamon, cloves and nutmeg. The tradition of eating Christmas pie in December continued through to the Victorian era, although by then its recipe had become sweeter and its size markedly reduced from the large oblong shape once observed, (which represented Jesus' crib.). Today the mince pie, usually made without meat, remains a popular seasonal treat enjoyed by many.

This month brings us National Sausage Week and Stir Up Sunday. It's also a great time to start planning ahead for Christmas.

## *HoVEC Autumn Festival- Thank you*

Huge thank you to everyone who made the fabulous scarecrows of Horsmonden. There were a lot of visitors to the Green over the weekend and also enjoying the scarecrow trail in Sprivers. The petting farm was very popular again. A huge thank you to HoVEC for funding this weekend and to everyone who volunteered their time. Look out for the HoVEC Christmas Market on Saturday 8<sup>th</sup> December.

## *New local wines and gins*

We have some fantastic new local products in store. See over for tasting days!

## *Opening hours*

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

## *Celebrate the Sausage 29<sup>th</sup> October to 4<sup>th</sup> November*

Go sizzling mad for sausages this British Sausage Week. We have a dazzling array of local sausages or for a more unusual treat try some of our exotic meat sausages found in the freezer! Look out for our Multideals on Mash Direct with Speldhurst sausages!

## *BBC Children in Need - Fri 16<sup>th</sup> Nov.*

We will be doing our "thing" for BBC Children in Need on Friday 16<sup>th</sup> November, but this year you get to decide what our "thing" will be! Choose from Pop Stars, Harry Potter Madness or Cartoon Capers. Cast your vote in store or vote now. [https://fans.vote/v/ACxMO4tJx\\_g](https://fans.vote/v/ACxMO4tJx_g)

## *Stir Up Sunday 25<sup>th</sup> November*

What we think of as Christmas pudding, is not what it was originally like! Christmas pudding originated as a 14th century porridge called 'frumenty' that was made of beef and mutton with raisins, currants, prunes, wines and spices. This would often be more like soup and was eaten as a fasting meal in preparation for the Christmas festivities. By 1595, frumenty was slowly changing into a plum pudding, having been thickened with eggs, breadcrumbs, dried fruit and given more flavour with the addition of beer and spirits.

By Victorian times, Christmas puddings had changed into something similar to the ones that are eaten today.

If you want to make your own Christmas pud then why not go Fairtrade with some of our lovely Fairtrade dried fruits. Don't forget the brandy! If you prefer to buy your Christmas pudding, then our delectable selection will be available to taste and to buy on Saturday 24<sup>th</sup> and Sunday 25<sup>th</sup> November.

## *Pat's Review Georgie Porgie Xmas Puds*

Why save Christmas pudding just for Christmas day? It's a delicious treat that ought to be enjoyed throughout this winter season. We followed our Sunday roast dinner recently with Georgie Porgie's cider and apple Christmas pudding. Andrew's mother said that it tasted just like Christmas but was deliciously light.

## He came, He saw, He didn't Conker!

Ross bravely stood up to the great British weather during the British Conker Championships in October. Despite standing on a podium in driving rain he gave it his all but was out classed in the first round by a demon conker master. He went out (and straight off to the pub) with his head held high having been knocked out during a sudden death decider.

## Let us reduce your stress this Christmas – Order your Christmas feast from Heath Stores

Imagine a peaceful and restful last few days before Christmas – no need to struggle in traffic to get into town, no fighting for a car parking space at Waitrose, no two-hour queue to leave the car park at Tesco's, no punch up for the last Christmas pudding at Marks and Spencer's. Simply spend a little time at Heath Stores early on selecting your turkey from Terrys, your fruit and veg, reserving your amazing Christmas pudding and ordering from our fabulous cheese selection. Then just before Christmas simply pull up outside the shop to be greeted by our hard-working elves and have your pre-ordered Christmas feast brought to you. Christmas order forms will be available from mid-November – please hand in by Monday 10<sup>th</sup> December.

## November Events

### 29<sup>th</sup> October to 4<sup>th</sup> November – British Sausage Week

Sausage sarnies for breakfast, Heath Stores homemade sausage roll for lunch or Speldhurst sausages and Mash Direct Bubble and Squeak for tea, so many ways to enjoy the Great British Banger!

### Saturday 10<sup>th</sup> November – Make it a Fairtrade Christmas

Charity Christmas cards, Fairtrade decorations, delicious Fairtrade Christmas chocolate, unique Fairtrade crafts and the most comfortable sock you will ever wear - find it all at Heath Stores.

### Friday 16<sup>th</sup> November – Children in Need

You decide our "thing" for this year. Cupcake sale too, all donations of cupcakes for this annual fundraising event gratefully received.

### Saturday 17<sup>th</sup> November – Hampers for Christmas

Launching this year's Heath Stores hamper range – Make Your Own Hamper and custom hampers available too.

### Saturday 24<sup>th</sup> November and Sunday 25<sup>th</sup> November – Stir Up Sunday

Come and get your Christmas pudding ingredients or taste our tasty selection of puds!

## December Events

### Saturday 1<sup>st</sup> December – It's a taste of Christmas!

Kate will be cooking Christmas dinner with lots of different recipe ideas. Come and get a preview of Christmas. New this year, Kate will be re-creating the original Christmas shrid mince pie, come and try and get the recipe.

### Saturday 7<sup>th</sup> December – Elf Day for Alzheimer's Society

Some of you may remember Kate's mum Heather who until 2016 worked for a couple of hours in the shop on a Wednesday lunchtimes. Sadly, she had to give this up at the end of 2016 due to early stage dementia. Unfortunately, this awful disease progressed very quickly, and Heather died of end stage dementia in September this year. The Alzheimer's Society was a huge help to Kate during this time and we will be supporting this valuable charity in a number of ways starting this year with the official Alzheimer's Society Elf Day. Expect lots of dressing up, hidden elves in the shop and guess the number of candy canes plus another delicious cake sale.

### Friday 7<sup>th</sup> and Saturday 8<sup>th</sup> December – Cheese and wine for Christmas

Come and try our stunning cheeses and place your order for Christmas – 10% discount on orders placed on these days. Wine tasting available too!

### Saturday 8<sup>th</sup> December – HoVEC presents – the Horsmonden Christmas Market with St Nicholas

Interesting stalls, tasty treats, mulled wine and a festive atmosphere and then a visit from St Nicholas with mince pies and mulled cider plus gold chocolate coins for all the children.

### Saturday 17<sup>th</sup> December – Christmas Chocolate

Christmas is a great time to indulge and Heath Stores is a chocoholics paradise. Beer filled chocolate, chocolate tools, indulgent Kentish fudge, fine English chocolates from Kimberley plus much, much more.

### Saturday 22<sup>nd</sup> December – Gifts for Christmas

Still need to get presents? No need to fight the Christmas Shopping traffic and crowds. See our selection of the tasty, the quirky and the unusual.

## Promotions – from 30<sup>th</sup> October to 24<sup>th</sup> November

Matchmakers	£1.00	Corn Flakes	£2.00
Brancott Estate Wine	£6.49	Isla Negra Wine	£4.99
Walkers Sensations	£1.00	Andrex 4 packs	£1.95

[www.heathstores.co.uk](http://www.heathstores.co.uk) · [heathstores@gmail.com](mailto:heathstores@gmail.com) · 01892 722221



Community Retailer of the Year

