



Newsletter October 2011



In Praise of Apples.....

From helping Eve tempt Adam in the Garden of Eden, to Isaac Newton discovering the principles of gravity, through demonstrating William Tell's crossbow skills, and the subject of old wives deciding how to keep the Doctor away, apples seem to have woven their way through our history.

What exactly was it that these old wives knew? Why wouldn't a turnip or a carrot keep the Doctor away? Looking at the nutritional make-up of an apple it's hard to tell – fibre?, well, that's useful for keeping everything moving along nicely in the digestive tract, and more recently, fibre has been implicated in maintaining hormone balance by binding to waste hormones and carrying them out of the body. There's water, sugar and a smattering of vitamins and minerals but not more so than other fruits.

Seasonal, local, bountiful, tasty, and so versatile in the kitchen –

as a snack, sauce with meat, desserts – perhaps that's all the evidence we need to enjoy them.

Science though is finding more, and supporting the old wives (who just knew!). It seems that the main benefit of apples can be found not through dissecting and evaluating their nutritional make-up, but by investigating their colour.

Plants have pigments that give fruits, flowers and vegetables their beautiful hues. These are termed flavanoids and are antioxidant (prevent the oxidation of other molecules) in nature. Antioxidants are useful in the diet to prevent damage from free radicals (highly chemically reactive atoms and molecules believed to be involved in degenerative diseases). Amongst other situations, free radicals are thought to be generated by sunlight,

chemical reactions and the stress response.

There are numerous antioxidants throughout the fruit and vegetable kingdom, but fresh apples (and red ones more so than green or yellow) have one of the highest levels of one called quercetin. This particular antioxidant is thought to have anti-histamine and anti-inflammatory properties.

So, when you are considering your 'five a day' in this season of mists and mellow fruitfulness, make one of them an apple!



Launch of 'Be..Prepared' all natural first aid kit.....

Sulgrave Manor in Oxfordshire is holding its annual Apple Day weekend on 8th and 9th October 2011 (www.sulgravemanor.org.uk) where we will be launching Be..Prepared' - our new all natural first aid kit.

We have lots of fantastic natural remedies for all those little mishaps, bumps and knocks that happen from time to time. Our range includes creams with antiseptic Tea Tree, bruise healing Arnica, soothing Aloe Vera gel and the great Hypercal (a combination of pain relieving Hypericum and skin healing Calendula) which is so useful for cuts, grazes, stings, mi-

nor bites and scratches.

This cream has been out and about recently whilst blackberrying to help heal all those thorn scratches!

Some of our favourite remedies are the balms – made from natural bases like cocoa butter, olive oil and beeswax with added herbs and essential oils. The balms are formulated for a range of symptoms from sore gardener's hands and tired muscles, to help with sleep and maintaining a cheerful mind.

The products slot into our hand crafted jute wallet – robust enough for carrying out and about but attractive enough for your handbag too!

Our stall will be in the Marquee at Sulgrave Manor from 11.00am - 5.00pm on Saturday 8th October - see you there!

Did You Know?

...that in addition to Dr Bach's well-known Emergency or Rescue Remedy, there are 38 other remedies in the range and one of them is made from Crab Apple!