

Long Whetton News

OCTOBER 2022



Autumn is officially here according to the meteorological and astronomical calendars. Early autumn can feature some glorious sunsets, bathing the landscape in golden glows,

such as the sunset featured on this month's cover.

This was snapped looking along West End from Uplands Farm westwards towards Diseworth.

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EDITORS NOTES

There are plenty of events taking place in the village this autumn starting with Whatton House's Witchfinder trail inspired by the success of last years halloween event. Witchfinder starts on October 7th and goes on throughout the month. Go to whattonhouseofhorror.co.uk for all the info.

A Cheese and Wine tasting is being held at the community centre on 7th October. Tickets can be acquired for the bargain price of £10 from the village shops.

Bonfire and Fireworks are back at the cricket ground on November 5th. Tickets are available in advance from the village shop or you can pay on the gate on the night.

Four times nominated in the BBC Radio 2 Folk Awards duo Megson are coming to the Community centre on November 7th. Tickets from the village shop and the farm shop.

And finally, the christmas event 'A Yuletide Tale' is coming to Whatton House throughout December. Details at www.whattonhouse.co.uk

SUMMER

I'm afraid I have to take you to task over the error on the front page of the September 2022 edition of Long Whatton News.

Summer does not officially end until the autumn equinox, when the sun passes directly over the plane of the equator thus making day and night of equal length. This year this will occur at approx. 1:04 am GMT on 23 September. We still have over two weeks of summer left. Enjoy.

Keith Murphy

Letter received 7th September.

Thank you for getting in touch Keith. I think many people consider summer to be June, July and August. The end being when the kids go back to school. According to meteorologists this is Meteorological summer. It will always begin on 1st June and end on 31st August.

But, you are right as far as Astronomical summer started on 21st June and finished on 23rd September and are more accurate scientific dates.

THE LONG WHATTON NEWS

The Long Whatton News is produced twelve times a year and is delivered free of charge to every home in the village every month.

We aim to distribute each months magazine around the 1st of each month.

It is produced by volunteers and depends entirely on voluntary contributions, advertising revenue and fund raising events.

The online version can be found on: www.longwhattonnews.co.uk

WE WANT YOUR NEWS

We would like to hear from you about your club, event or absolutely anything news-worthy about the village and its people.

Text us, WhatsApp us or email us longwhattonnews@gmail.com

THE TEAM

Penny de Kock 07393 407896

Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the November issue is 20th October.

EAST MIDLANDS HALLOWEEN ATTRACTION

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 skiddle  'WHATTON HOUSE OF HORROR'

VAMPIRE BATS – *Wildlife: Halloween edition*

Yes, vampire bats really exist. No, you won't find them in Long Whatton. They can be found from Central to South America and live in arid to humid, tropical and subtropical areas.

And yes, they do live on blood.

Vampire bats live in colonies in almost completely dark places, like caves, old wells, hollow trees, and buildings – all the spooky places you would expect. Colony sizes can range from a few to hundreds in roosting sites.

There are three species of vampire bats and they are the only mammals that have evolved to feed exclusively on blood.

They diverged from the bat family some 26 million years ago.

Vampire bats have short, conical muzzles. They also lack a nose leaf, instead having naked pads with U-shaped grooves at the tip. The common

vampire bat, *Desmodus rotundus*, also has specialized thermoreceptors on its nose, which aid them in locating areas where the blood flows close to the skin of its prey. A nucleus has been found in the brain of vampire bats that is very similar to the infrared receptor of infrared-sensing snakes

These amazing creatures have front teeth that are specialized for cutting and the back teeth are much smaller than in other bats. The part of the bat's brain that processes sound – *inferior colliculus* – is well adapted to

detecting the regular breathing sounds of sleeping animals that serve as its main food source.

While other bats have almost lost the ability to maneuver on land, vampire bats

can walk, jump, and even run by using a unique, bounding gait, in which the forelimbs instead of the hindlimbs are recruited for force production, as the wings are much more powerful than the legs. This ability to run seems to have evolved independently within the bat lineage.



A Vampire Bat skeleton

A vampire bat can only survive about two days without feeding, yet they cannot

Vampire bats use infrared radiation to locate blood hotspots on their prey.

guarantee finding food every night. This poses a problem, so when a bat fails to find food, it will often “beg” another bat for food. A “donor” bat may regurgitate a small

amount of blood to sustain the other member of the colony. Sounds lovely.



Ballet Classes

FOR CHILDREN AND ADULT BEGINNERS

LOCKINGTON VILLAGE HALL - SATURDAY From 10th September 2022

Young beginners, Primary and children's ballet classes up to Grade 4 are held every Saturday.
Small classes to develop confidence and enjoyment through dance and storytelling styled movements.
Dance/Drama for older pupils. Enquire for class times and details.

NEW CLASS: SILVER SWANS BALLET FOR ADULTS

From 7th September

DISEWORTH VILLAGE HALL - WEDNESDAYS

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LONG WHATTON KARATE CLUB *The WSKA championship*

England were on top of the world at the World Shotokan Karate-Do Association Championships!

The Championships took place on the 10th

in Repton under the instruction of Sensei Frank Brennan, 8th Dan. The day after, the club is hoping selected club members will be successful in achieving their next belts at the third grading opportunity of the year at Nottingham Trent University.

Inspired to give karate a try? We run a junior class (5 years and above) from 5:45pm and a second session from 6:45pm for our slightly older children and adults every Thursday at the Long Whatton Village Hall. Get in touch via our Facebook Page @longwhatton karate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598



Photos courtesy of the KUGB

and 11th September, fielded competitors from around the world coming together to compete in kata (a pattern of moves and techniques) and kumite (sparring) at Liverpool's M&S Bank Arena.

For the KUGB (Karate Union of Great Britain), and the England squad in particular, it was a fantastically successful tournament with England finishing top of the medal table!

15 medals were won in total, with seven golds in the following categories:

Senior Men's Team Kumite
Senior Men's Individual Kumite
Cadet Ladies Team Kumite
Cadet Men's Individual Kumite
Cadet Men's Individual Kata
Junior Men Individual Kumite
Junior Men Team Kata

Huge congratulations to all of our KUGB competitors and to the England squad for finishing on top of the world!

With the World Championships now behind us, the timetable of regular events starts again this month. On 24th September, Central Region Kata Squad training resumes after its summer break. Sensei Ben, along with the rest of the squad will again be undergoing intense training



MENS BREAKFAST

Don't forget the Mens Breakfast which takes place on the 4th Saturday of each month, (except December). In January it's wives, partners or girlfriends too.

Start time is 9am for 9.30 for a full English breakfast with tea or coffee, at The Rose and Crown, Zouch.

If anyone wishes to come contact Clark for more details, clark.jennings@live.co.uk or telephone 01332 605647

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PLAYGROUP CELEBRATION

Val Chadwin hosted a lovely party in August to celebrate 49 years of Long Whatton Playgroup.

The evening was well attended by past and present staff, committee members and families. Everyone enjoyed looking at the old photos from playgroup over the decades.

Val provided a fantastic buffet and the Falcon was a great venue for everyone to get together and remember their experiences of playgroup.



ALBINO MOLE

Phil Reffin told us of an albino mole found at Rushcliffe Golf Club just after the article about moles appeared in the August issue.

Albino moles are exceedingly rare - estimates say only 1 in 100,000 moles will be an albino, which means there are probably around 400 albino moles out of the UK's 40,000,000 mole population.



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WHATTON HOUSE GARDENS: *Autumn Planting by William Stanger*

After an extremely dry and hot growing season, we are having to rethink our planting schemes. It is predicted that our summers will be typically on the dry side. Consequently, drought tolerant planting would seem to be the way to go. However, most of our soil is clay which can get rather wet in the winter, possibly too wet. Many of the typical 'go to' plants from the Mediterranean that are drought tolerant do not like getting their feet wet and require good drainage. In some parts of the garden the beds have been built up and raised thus improving drainage. So, we get away with some Mediterranean plants. The only real way to find out, is to experiment.

The next issue to address is extending the flowering season. Both Mediterranean and woodland gardens are at their best in the Spring and Early Summer when normally the

soil is still moist. The woodland (dry shade) areas are the most problematic. Two plants that I hope will work are Fuchsia 'Riccantonii' and Hypericum calycinum. Both flower for a long time and are fairly tough. The Hypericum flowers best in full sun but should still put on a decent display in shade. We have had some success with Aster ageratoides asran and Eurybia divaricate. Unfortunately, the Japanese Anemones which have been in the garden for many years did not enjoy this summer in the slightest.

For areas that receive more light there is a great number of plants to choose from. Aster x frikartii 'Mönch' has performed very well in the paradise garden. It started flowering in

However, it will soon bounce back after some rain and like many other things will hopefully be back on form next year.

Another long flowering and drought resistant super star is the shrubby Salvia. There are a few species and hybrids in the mix, but my favourite is S. 'Nachtvlinder', a good dark purple and one of the more reliably hardy forms. S. 'Royal Bumble' and S. 'Hot Lips' have both performed well over a number of years. Selections of Salvia x jamensis tend to be the hardiest, shortly followed by other small leaved species such as S. microphylla. Buddleja x weyeriana selections such as B. x weyeriana 'Moonlight' flower for a long time particularly with deadheading. I am also fond of the Buzz Series which again flower for a long time and are shorter plants at around 1.2m high. Flowering can be delayed till August if pruning is postponed till April. The plant looks tidier if flowers are removed when the bottom half of the panicle has gone over. Both B. x weyeriana and the Buzz series are near sterile, so self-seeding is not a problem.

Miscanthus sinensis is reasonably drought tolerant and will perform in clay. Being a grass, it adds a structural element to a border for a long season. Its flowers and seed heads add more interest in late summer and will persist into late winter. The long leaves of grasses are particularly useful to contrast with the typically small leaves of most flowering herbaceous plants. Sedum (now classified as Hylotelephium) is also a useful drought tolerant candidate for late summer, that will perform in clay soil, I particularly like the purple leaved forms such as S. 'Purple Emperor'.

The changing climate is making it more of a challenge to keep the garden going. However, with some modifications we will strive to the keep the show going.



Red Salvia

mid-July and even without dead heading will hopefully keep going till it gets frosted. In the main herbaceous border two plants have stood out for long flowering and shrugging of the drought. Perovskia atriplicifolia (now classified as a Salvia) and Saponaria officinalis. The Perovskia is often cited as being drought tolerant, the Saponaria I am not so sure about. Lady Crawshaw has intervened with some watering so I can not be sure how drought tolerant some of the herbaceous border occupants are. Persicaria amplexicaulis is normally long flowering and happy in clay soil. But like the Japanese Anemones and Hydrangeas it has suffered this summer.





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NUISANCE PARKING *In Long Whatton and Diseworth*

There has been a lot of work done over the years with East Midlands Airport and Leicester County Council Highways Dept. regarding the problems of 'holiday parking' in the villages. As part of this the Parish Council has explored parking schemes to deter non-resident parking while not inconveniencing the actual residents. This is proving harder than you might think, or what had been expected.

Of course, any scheme must be lawful to enable it to be enforceable. Restricted Parking Zones and Resident Parking Zones cannot be combined - it MUST be one or the other. As our villages have over 40% off road resident parking available a Resident Only parking scheme will not be allowed.

Documents relating to these discussions are available to view on the Parish Council website.

The following are the only options that can be considered:

1. Double Yellow Lines entering Diseworth from the A453.

2. Parking Bays and double yellow lines.
3. Restricted Parking Bays - 2hrs (no return within 2 hours).

Other things to consider are:
Taking traffic off the road WILL increase speeding traffic and yellow lines will detract from the appearance of our conservation village.

East Midlands Airport and NWLDC have tried various schemes to stop the taxi firms waiting in gateways and grass verges - the Parish Council have requested that these be reviewed and reinforced.

Now 'normal service' has been resumed at EMA following the COVID lockdown the parking problems have returned so the Parish Council has requested a meeting with all relevant agencies to review and resume the work to resolve this significant issue - updates to follow. We are also aware that there are daytime issues relating to parking around the School and that these also need to be addressed.

DISEWORTH SCHOOL *New management team*

If you have children attending Diseworth C of E Primary School, or you are considering the school for your youngsters, the school would like to introduce their new leadership team in the form of a new Executive Headteacher and new Head of School.

Emma Pepper takes over the role of Executive Headteacher with Lynne Heath, who becomes Head of School.

The new team believes that everyone deserves opportunities

to be the best they can be to reach their full potential, be it child or adult, within the school and local community

The school are planning a number of events to enhance their links with the local community, as well as starting open afternoons to showcase the school. The school's new website will be up and running in September, showcasing all of the new and exciting things planned.



Mrs. Pepper



Mrs. Heath

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PICKING BLACKBERRIES *Rev. Louise Corke*

I really should get on with choosing the music for the Sunday service or..... I could go and pick blackberries. I should also sit at my desk and write the next pastoral letter or..... I could go and pick blackberries. There will always be a list of jobs to do, but there won't always be blackberries, and the blackberry harvest is bountiful and sweet this year. It is too good to miss, I think, and there won't be another for a whole year. I love this marvellous miracle of growth and fruitfulness embedded in the seasons of the earth and of life, especially when it is in the hedgerows to be shared freely!

You will have your own experiences of harvest this year. Do you think of your fruit trees, or your fields, your allotment of flowers and veg, or maybe the fruitfulness of this last year of life, I wonder? Whatever our harvest

focus, the cycle is the same, deeply embedded as it is in our land and bones and psyche and spirituality. All our village churches will be celebrating harvest in all its vast importance on 2nd October – I hope you'll join them. Just going back to the blackberries, they always remind me of this quote from Elizabeth Barrett Browning:

*Earth's crammed with heaven,
And every common bush afire with God,
But only he who sees takes off his shoes;
The rest sit round and pluck blackberries."*

The phrase 'take off his shoes' is a reference to the practice of removing shoes when standing on holy ground. I think I want to be like that – to notice the deeply spiritual in the world, to recognise it as a place of holy ground in the rhythm of life. I might celebrate that with blackberries!

JOIN A VILLAGE COFFEE MORNING

Everyone is welcome to the coffee mornings. If you are new to the village this is a wonderful way to meet new people and to hear all the history of Long Whatton and life stories of those that live here.

The Falcon Inn: The next coffee morning will be held on the Monday 10th October at 10:30am till 12 o'clock at The Falcon Inn.

All Saints Church: The next coffee morning will be held on Saturday 22nd October at 10:30am till 12 o'clock at All Saints Church.

If you would like more information or need a lift to The Falcon Inn, contact Jane Scholtz 07393 349009 or 01509 842736 or Penny de Kock on 07393 407896

Or just join us on the day.

LONG WHATTON NEWS *Advertising rates*

6 months per month	One off per month
Full page £18	Full page £22
Half page £12	Half page £14
Quarter page £7	Quarter page £8

These prices are based on print ready artwork supplied. We can accept Jpeg, EPS and TIFF formats although PDF is the preferred format, in CMYK.

Advert sizes:
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***SUBJECT TO AVAILABILITY**

MAGNY COURS AND CATALUNYA *Alex Lowes*

Alex Lowes bagged a 4th place finish from the first race at Magny Cours in France in September, starting from 6th on the grid. He slipped down to 7th early on in the race but found his rhythm and fought back, steadily moving up, passing Gerloff with 6 laps to go and fending him off right to the end.

Alex could only manage 6th in the shorter sprint race, defending from Scott Redding to finish behind his team mate.

A podium spot narrowly eluded the local racer in race three - finishing just 0.3 seconds behind Bassani's Ducati, to take 4th again but a safe 5 seconds ahead of his team mate.

The world superbike circus moved from France to the Catalunya circuit in Barcelona for round 8.

Things didn't work out quite so well for Alex in the first race, finishing 7th after a close

four-way battle for 5th spot. Although Alex started well, holding third place for the first

5 laps and 4th place up to lap 13. But then, one by one, the trio of Rea, Gerloff Lecuona overhauled him, though he only missed out on 5th by half a second.

Alex blasted from third place up to second at the start of the 10 lap superpole

race. Chasing the championship leader, Alvaro Bautista, Alex maintained second until the last lap when his team mate, Rea passed him and held on by a mere 0.2 seconds across the finish line. Alex came away with a podium finish. The trio had left the rest of the field 3 seconds behind.

The weekend didn't end so well as Alex fell early on in the last race, sliding off at turn 10.

The series moves to Portimao in Portugal for round 9 from the 7th to 9th October, a fast sweeping circuit with huge undulations and blind crests. Not for the faint hearted.



Alex (right) with his team-mate Jonathan Rea chasing

THE NEW BUS PROPOSALS *In a nutshell*

The Skylink Loughborough/Derby bus services will cease on 2nd October but at the same time Trent Barton will extend their Skylink Nottingham service route, as we understand it, from EMA to Long Whatton stopping at Main Street, The Green, Hathern Road and Ashby Road and on to the Bull Ring at Shepshed, where you could catch another bus to Loughborough.

Alternatively, the Shepshed to Nottingham bus could be used to board at any of the aforementioned stops in Long Whatton, to change at EMA (Bay D) for the Skylink bus to Loughborough via Kegworth and Hathern, a journey time of approximately 55 minutes.

It has been proposed that instead of paying for two tickets, a single, cheaper, 'Loughborough' ticket may be introduced.



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HOW MANY WAYS CAN YOU SCRAMBLE EGGS?

I was watching a re-run of an episode of *Mortimer & Whitehouse Gone Fishing*, in which Bob Mortimer was showing Paul Whitehouse how he prepares scrambled eggs. Bob uses 3 eggs per person and adds half an eggshell of milk for each egg, before adding a knob of butter.

Delia Smith prefers the method used by French chef Georges Auguste Escoffier. He and therefore Delia advocate 2 eggs per person with a little salt and pepper 20g of butter and a little cream.

Jamie Oliver also recommends 2 eggs. He also demonstrates another 'French' method of scrambling eggs in a bowl placed above a pan of simmering water, he does admit this takes a while though.

Gordon Ramsey is another 2 eggs per person chef. He says cold eggs should be used. He also says to cook them over a high heat taking the eggs off and back on the heat, which is at a variance to other recipes.

Nigella Lawson says you should melt the butter over a high heat pour in 3 eggs, take the pan off the heat leave for around 30 seconds, then turn the eggs until they re cooked to your liking.

Of course you can always now scramble eggs using a microwave and there are plenty of recipes for doing this online.

Who knew there were so many ways to cook this simple dish?

I always use the following method which can be found on the BBC website, works perfectly every time for me.

What you need

2 eggs

A little butter

What you do

Crack 2 eggs into a bowl and season with salt and pepper. Lightly beat with a fork until the yolks and whites are combined.

Heat a frying pan over a medium heat. Melt a teaspoon of butter in the pan so the base and sides are covered. When the butter starts to foam, pour in the eggs and stir



immediately with a wooden spoon. Keep stirring gently as they cook to break up the egg and help it to 'scramble'. This should take 3-5 minutes.

When the egg is nearly cooked remove from the heat and stir in another teaspoon of butter. The eggs will continue to cook in the

residual heat of the pan to produce a smooth and creamy finish. Serve immediately.

A search on the BBC Good Food website brings up a large number of recipes that use scrambled eggs inc Scrambled eggs & Feta Hash, Bloody Mary Scrambled Eggs with smoked salmon, and Indian Scrambled eggs.

Trivia: When Beatle Paul McCartney started playing around with lyrics for his song 'Yesterday' he wrote 'Scrambled eggs, oh baby how I love your legs'.

*If you have any ideas for
'Themed Recipes' you'd like to see or
if you have any queries or comments
email alanc9989@gmail.com*

Ladies - still feeling young at heart?

Maybe niggling aches and pains are stopping you from moving as well as you used to?

Maybe you've been told you should 'strengthen your core' because you have back pain?

Do you want to feel stronger, more flexible, taller and looser?

Perhaps you are looking to get back into exercise, but are not quite sure where to start?

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"I feel stronger and straighter... and I think if you can stand tall and walk tall it makes you feel much better. Makes you feel stronger. Makes you feel more confident... and that's part of what Pilates does." - Pam

To claim your FREE class text 'YES Free Class' to 07921 040 707 or email cara@caratattertonpilates.co.uk - Find us on social media  

ALL SAINTS CHURCH NEWS *October services*

After all the momentous events of the last 13 days (I'm writing this on the 21st) – so many 'goodbyes' and 'hellos' on a national and indeed international level, governmental level and on a personal level – we must now look forward in faith and hope to the future. I doubt we will ever forget the events following the death of our wonderful Queen Elizabeth II. We have listened to many tributes to her – her amazing sense of duty and loyalty, her deep abiding faith, her ability to make people feel so special among others and of course that wonderful smile. The photographic images will stay with us always. And so, as we give thanks for her wonderful life and witness, we ask God's blessing on King Charles and his family and all the Royal family as they move forward into the future.

"God save the King"

October services in the Benefice Long Whatton Sunday 2nd at 10.30am This will be a family service of thanksgiving for the harvest. We will be decorating the church for harvest on Saturday 1st October between 10 and noon. Please do come and help if you can – many hands make light work and the church will look wonderful once decorated. The fruit and veg and any other goods will be given to

the Shepshed food bank.

Oct 9th at 10.30 Belton Benefice Holy Communion

Oct 16th Hathern 10.30am Benefice Holy Communion with Bishop Martyn

Oct 23rd Diseworth Benefice Holy Communion with simultaneous online service

Oct 30th Kegworth Benefice Holy Communion

You will be warmly welcomed at any or all of these services. Refreshments are offered after the service at all churches.

If there is anything you would like to see or put into the Church news articles in future, please let Viv know. Thank you
v@manororganicfarm.co.uk

*The Long Whatton News
would like to hear from you
about your club or event or
anything news-worthy about
the village. Email us at
LONGWHATTONNEWS@GMAIL.COM*

CLOSE OF PLAY *a poem by David Griffiths*

The sun sinks low behind the Flats,
The batsmen leave the crease,
Aggers quits his microphone
And Geoffrey says his piece.

"They should be battin' sensibly!"
I think I hear him say,
"Get yer head behind the ball,
That's how I used to play".

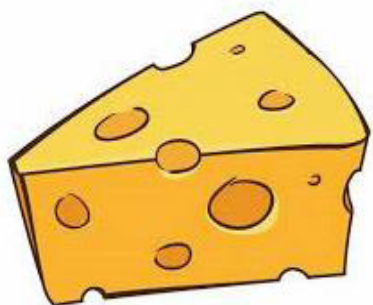
For some it's been catastrophe
And some have all the luck,
Zac has plundered sixty odd
And Ollie's got a duck.

Andy's bowled a ball that swung
And Robbo's bowled a wide,
The slips have dropped a catch or two
There is no place to hide.

Stokes's hit another six,
The Barmy Army's wild,
They shout and sing like anything,
The opposition's riled.

But there is little time for joy
And even less for sorrow.
Try to get a good night's sleep.
We start again tomorrow!

The Long Whatton Community Association is inviting you to an evening of



Cheese and Wine

Friday 7th October, from 7.30pm
Long Whatton Friendship Centre

Marie from Nibbles and Cheddar will guide us through a selection of cheeses with light hearted conversation on each cheese, its origin and tasting notes.

The ticket price of £10 covers the first glass of wine, cheese and nibbles.

Additional wine, soft or hot drinks available to purchase.

Tickets from Long Whatton shops, Nibbles and Cheddar market stall in Loughborough on Thursdays and Shepshed on Fridays or mob 07964 824 108.



Sorry, no card payments taken.

THE POTENT HEALTH BENEFITS OF PLUMS *by Liz Jarrom*

Whenever superfoods are mentioned, plums rarely get a mention. This is a shame, as plums have many health benefits, and are easily obtained nearly all year round, and they come in many different varieties with the purple and red varieties, for example, Czar and Victoria, having the highest amount of nutrients. If plums are not available, the same benefits can be obtained from prunes, dried plums, which are easily purchased from health food shops and supermarkets.

A large, ripe plum, or a couple of small ones, contains around 30 calories. This fruity snack supplies 8 grams of carbohydrate, 7 grams of which is sugar, 1 gram of fibre, 1.9 milligrams of potassium, 0.1 grams of fat, a trace of zinc, 5% of the daily requirement of vitamin A, 10% of vitamin C, 2% copper, 2% manganese and a small amount of B vitamins and magnesium.

The sugar content of plums seems high, but that's not the whole story. This sugar occurs in the form of sorbitol, a type of sugar that is beneficial, especially to our digestive tract, as its presence draws water into the bowel, which gently softens and smooths the passage of matter on its journey to the rectum. This helps to keep bowel movements regular, and generally is a natural way of relieving constipation. Eating up to 8 plums or prunes a day seems to keep the bowel regular, but best not to eat more than this, or eat less if the stools become too loose.

Sorbitol supports the health of some of the important gut bacteria needed to keep the bowel healthy. The benefits don't stop there, as the spectrum of phytonutrients in

plums may help to slow, and even reverse the progression of osteoporosis. Our bones contain two different types of cells. Osteoblasts are the cells that build up a strong framework of dense bone tissue, using the calcium contained in the foods we eat. Osteoclasts, the other cells in bone tissue, break down ageing bone cells, that are crumbling away, to make way for the formation of new bone cells, which strengthens our skeletal structure. An imbalance in this natural process, is associated with age related bone loss, which occurs when old bone is broken down faster than it can be

replaced, resulting in weakness, pain and a higher risk of fracture. Diets rich in the type of polyphenols found in plums and prunes seems to help redress this imbalance, by mopping up excess free radicals that fuel this tendency for bone to

break down bone faster than it can be rebuilt. Also, plums and prunes, contain the correct balance of vitamin K, boron, manganese, copper and potassium that helps support bone health. Along with many fruits this year, due to the lack of rain, plums are a bit small. This is not a problem health wise, as the smaller the fruit, the higher the proportion of skin to flesh. The skin contains a high proportion of polyphenols, which makes smaller plums more beneficial for health.

The riper the plums, the more nutrition they contain. Allow the plums to become quite soft and look for a rich bloom on the skin. The final benefits of eating plums are that they are associated with lowering the "bad" LDL cholesterol levels in the blood, and may have a positive effect on mental health.

*"The riper the plums,
the more nutrition
they contain."*



*Christmas is
coming!!!!*

Christmas Party Bookings

Now being taken!

Breakfast with Santa

3rd, 10th & 17th December

Tickets now on Sale

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