



no artificial colours.  
no artificial flavours.  
no artificial preservatives.

November, 2011

Hello,

I hope this email finds you relaxing under a tree, enjoying the sun and a glass of Pimms..... or at least appreciating 5 consecutive days of sunshine.

I have a lot of exciting Four Seeds news to share with you this month. Firstly, and possibly most excitedly, Four Seeds now has an official logo. Julia, I owe you numerous home-grown, vegetarian dinners for your creative contributions to Four Seeds. To see the official logo, go to [Four Seeds](#) Facebook page.

Last month I asked for suggestions for new Four Seeds chocolate brownie flavours. The responses were unanimously in favour of cherry and coconut chocolate brownies. Of course, I am pleased to oblige and will bake the first batch for the [Gilles Street Market](#) this Sunday, the 6<sup>th</sup> of November. If you have been keeping your flavour ideas quiet, please feel free to share them with me.

This month, in addition to cherry coconut brownies, the Four Seeds table will be spread with other new treats. Do gluten free orange friands, apple and ginger cakes with lemon icing, or kisses with Viennese cream sound tempting?

Now that we have turned our calendars to November, I'm willing to openly advise that Four Seeds will have Chocolate Brownie Jars available for Christmas gifts this year. Head to the [Four Seeds](#) Facebook page to see a photo, or come along to the [Gilles Street Market](#) during November and December.

During November, you will find Four Seeds at the following locations;  
[Gilles Street Markets](#) on Sunday the 6<sup>th</sup> and 20<sup>th</sup> of November.  
[E for Ethel](#) practically every day of the week.

That's all for now.

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