

October, 2011

Hello to you all,

I hope this update from Four Seeds finds you well. After a week in the land of Yo-Yos (not melting moments), coffee scrolls and potatoes cakes, I am inspired to explore new and wonderful ventures. One of these explorations will, I hope, lead to additions to Four Seeds chocolate brownie range.

White chocolate brownies have continued to be the crowd pleaser, but that's not to say its dominance can't be superseded by another flavour. Do you have any ideas for new brownie flavours? Cherrie brownies, with or without coconut? Ginger brownies? Jaffer brownies? Just keep in mind that additions need to be in keeping with Four Seeds mantra of 'Baked Without Numbers' – so no artificial flavours, colours or preservatives. Please email me with your suggestions.

I'm sorry to do this, so please look away as I go against one of my core values and mention Christmas before mid-November. For those of you who are thinking ahead, I will briefly let you know that I have created the perfect Christmas present for your friends and family. Four Seeds chocolate brownie jars will be available in two sizes from the [Gilles Street Market](#) and the [Fullarton Market](#) between now and Christmas.

Speaking of markets, the [Gilles Street Market](#) has begun its summer trading and will be open on both the first and third Sunday of each month. That's one more opportunity every month for you to appreciate the sunshine and enjoy some Four Seeds baking. The upcoming dates are the 16th of October, and the 6th and 20th of November. The [Fullarton Market](#) will again be on the fourth Saturday of the month, that's the 22nd of October.

Don't forget that Four Seeds chocolate brownies are available from [E for Ethel](#) on Melbourne St. E for Ethel also has a delightful offering of unique jewellery and knick-knacks.

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