



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

September, 2011

Hello to you all,

September has arrived, bringing with it a glimpse of sunshine and a full serve of hay-fever. But, sneezes aside, it is also haling a busy month for Four Seeds.

As of last Sunday, you can buy Four Seeds chocolate brownies every day of the week. A lovely art café, named [E for Ethel](#), has opened on Melbourne St and is stocking these tasty morsels.

As the sunny days begin, why not don a hat and some sunscreen and visit Four Seeds at the [Gilles St Market](#) on Sunday the 18th of September, and the [Fullarton Market](#) on Saturday the 25th of September. As well as a healthy dose of vitamin D, you can enjoy a Four Seeds chocolate brownie, carrot muffin with cream cheese icing, pumpkin frittata, or a lemon melting moment. A word of warning, my lemon supply is dwindling, so this may be your final opportunity to enjoy a lemon melting moment... unless another box of lemons appear on my doorstep.

For those of you who have accessed the [Four Seeds](#) Face Book page, you may have seen some lovely photos of Four Seeds produce, along with an adorable photo of one of my chooks name Pumpkin (one of the four seeds). A big thank you to my good friends for these creative photos. I can't wait to show you many more as they are published. If you haven't 'liked' the [Four Seeds](#) page, it's easy, just follow the link.

That's all for now.

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