



The Simmering Cauldron Newsletter

Lammas
2016

A mystical and magical resource based in Mid Wales

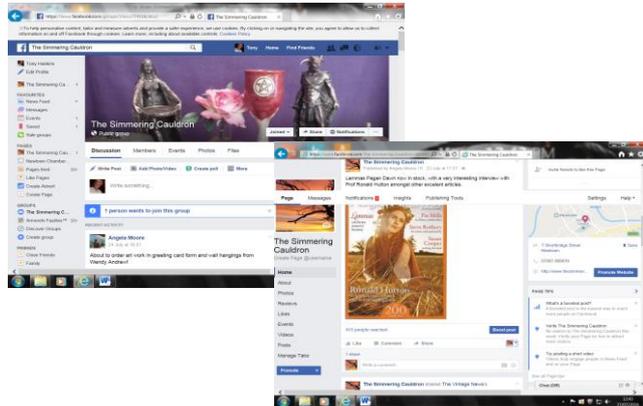
Shop address – 7 Shortbridge Street, Newtown, Powys, SY16 2LW

Have you checked our Facebook Page and Group Recently?

Angela regularly posts up to date information about happenings in the shop and at events. These posts include photos and information about new stock, latest news about events, shared interesting articles and other newsy snippets.

So a great way of keeping up with us is regularly to log on to our **Group** or **Page**

If you are reading this online just click on Group or Page above to take you straight there! Otherwise just search for The Simmering Cauldron in Facebook



Lugnasadh/Lammas time!

The time for 'First Harvest' has come around again along with all the tales of gluts and failures that punctuate many conversations. Questions like 'Have you got a recipe for cucumbers' or 'Any new ideas for blackcurrants'. Here are a couple answers to these which I have picked up over the years.

Spicy Blackcurrant Chutney

Ingredients

- 920g blackcurrants
- 220g onions
- 400ml vinegar mix (100ml balsamic, 100ml white wine and 200ml malt)
- 450g soft brown sugar
- 3 tsp cinnamon
- 2 tsp ginger
- 1 tsp fresh ground pepper
- 3 tsp salt
- 2 tsp whole allspice

Method

1. Top/tail blackcurrants. Finly chop onion.
2. Put all ingredients in large saucepan and simmer gently with the lid off until fruit is cooked.
3. Raise the heat and reduce down, stirring regularly to prevent mixture sticking to the pan.
4. Once a chutney constituency has be achieved (best a little too liquid as will thicken on cooling) pot into hot jars and cover.
5. Leave for at least 3 months and preferably 2 years before enjoying!

German Potato Salad with Cucumber

Ingredients (for 4 -6)

- 1 kg potatoes cooked in their skins
- 2 tbsp white wine vinegar
- 2 tbsp rapeseed oil
- 1 tsp grainy mustard
- 1 cucumber
- 1 large onion
- 1 bunch chives
- Salt and pepper

Method

1. Finely chop the onion and chives. Thinly slice the cucumber
2. Peel the potatoes and cut them into rough chunks
3. Mix the vinegar, oil, and mustard together, then mix in the potatoes, cucumber, onion and chives. Season with salt and pepper.
4. Cover and put in the fridge for 3-5 hours before serving

Tony

Lemon essential oil-some less well known uses!

- ★ Eradicate cooking smells by diffusing Lemon oil
- ★ Get rid of sticky deposits such as sticker residue, permanent marker, even gum in the hair!
- ★ Perk up! Diffuse Lemon oil to brighten and energise your mood.
- ★ Pick me up. Rub lemon oil onto the palms of your hands or the back of your neck to increase motivation and energy.
- ★ Diffuse with Peppermint oil to increase concentration during study time.
- ★ Make washing up more pleasurable by adding a few drops of Lemon oil to your washing up water or dishwasher. Lemon will



- help disperse grease and your glasses will be sparkly clean!
- ★ Freshen up your dish cloth by soaking overnight in detergent and a few drops of Lemon oil.
- ★ Dispense with 'dryer sheets' in your tumble dryer by adding a few drops of Lemon oil to a damp cloth and add to your dryer on a low heat.
- ★ Add a few drops of Lemon oil to a cotton wool ball or tissue and place in front of the air vent in your car. This keeps you more alert on long journeys.
- ★ Mix a few drops of Lemon oil with water and vinegar in a pump spray bottle to spritz your work surfaces. This will cleanse and purify (as well as helping to deter flies!)

Angela

**A New gemstone
Dragon Stone**

Dragon Stone is a mixture of Jasper and Chalcedony. It resonates with the sacral chakra. It can be worn as an amulet to protect from threats or bullying. The stone aids



mental clarity and boosts motivation. It is a goddess stone which helps harmonise mother/child relationships. It also boosts the immune system, helping to prevent colds and other infections. It is an Earthing stone, helping to maintain one's contact with nature.

New in the shop this week (wb 25/7/16)

- ★ Greeting cards from Wendy Andrew
- ★ Pixie figurines
- ★ Goddess wall hangings
- ★ Soya bean wax candles
- ★ 'Reaper' Toilet Roll Holder – yes really!
- ★ Silver Hare figurines

Our Diary

Newtown shop opening hours	Tuesday – Friday 10.00 – 5.00 Saturday 10.00 – 4.00
Notice - We endeavour to keep the Shop open whilst we are away attending events or on holiday but this may not always be possible. We apologise for any inconvenience this may cause	
Saturday 1 st October 8th October	MBS fair, Llanidloes (TBC) Pagan Conference, The Newhampton Arts Centre. Wolverhampton, WV1 4AN