



## News ...

### from the Sun Country on the Murray Region

#### **Keep Healthy This Winter With Hot Tips from the Sun Country on the Murray Producers**

Winter is certainly here. There is nothing worse than planning a holiday and then coming down sick right before you head off. We want to make sure you keep in good health on your next trip to Sun Country on the Murray. Check out these ideas for super healthy products;

#### **Sweeten Up the Winter Blues With Honey**

We all know that honey is rich in nutrients and antioxidants and antibacterial properties. But you have not tried honey until you have experienced Aintree Almonds' Cold Spun Honey. The team at Aintree Almonds and Apiary say almonds are their specialty; however their honey is an absolute treat. Image the two mixed together in their delightful Almond Honey – all the freshness and sweetness mixed with roasted almonds. The honey is great on fresh bread, yoghurt, stir fries and carrots and is beautifully presented in a 330g jar or in a 100g pot that you can stick it in your travel pack.

Your visit to Aintree Almonds can include a tour with the operators. It is a working farm with a quaint little farm gate store, showcasing a range of natural almond products. The fountain garden is the perfect setting to enjoy a healthy morning or afternoon tea. Let's be completely honest, honey is not the only health benefit here.

We think you will love this place so much that you will want to stay overnight in the peaceful bed and breakfast on site.

#### **Aintree Almonds & Apiary**

Address: 56 Ferris Street, bearii via Strathmerton, VIC 3641  
Phone: 03 5868 2203 and 0401430098  
Email: aintree @Hotmail.com  
Web: [www.berrarte.com.au/Aintree](http://www.berrarte.com.au/Aintree)  
Open: 10am—4pm by appointment

YARRAWONGA • MULWALA • COBRAM • BAROOGA • NUMURKAH • NATHALIA • BARMAH

For more details visit [www.suncountryonthemurray.com.au](http://www.suncountryonthemurray.com.au)



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