

ISSUE 5
SEPTEMBER 2019

Spring

at norwood®

CHRISTMAS 2019

SNEAK PEAK AT OUR
CHRISTMAS RANGE

FERNS

THE INDOOR
PLANT TREND
WE'RE LOVING

*fresh spring
recipes inside*

Cover Image supplied by Jamie Currie of Growing Solutions Australia

EXCLUSIVE DESIGN TIPS
- inside -





Hello
Spring

WHAT'S TRENDING

Spring Colours

DANDELION



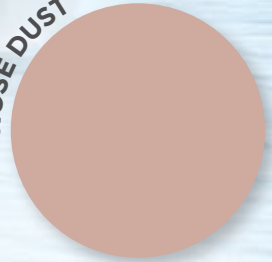
COCKATOO



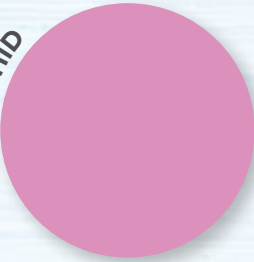
FLAMINGO



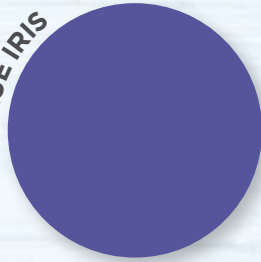
ROSE DUST



ORCHID



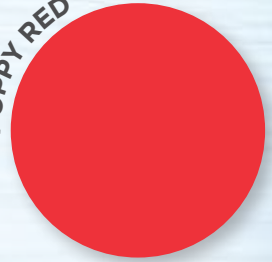
BLUE IRIS



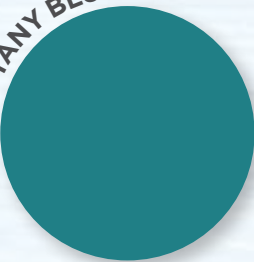
JADE LIME



POPPY RED



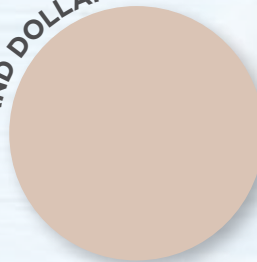
BRITTANY BLUE



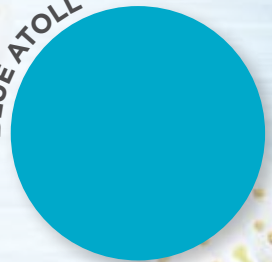
CALYPSO CORAL



SAND DOLLAR



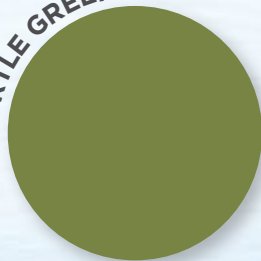
BLUE ATOLL



CARROT



TURTLE GREEN



BLAZING YELLOW



FUCHSIA ROSE



Indoor Plant Trend **FERNS**

2019 has seen a huge trend towards indoor plants, and whilst succulents or a fiddle leaf fig are always hugely popular, we are seeing ferns now increasing in popularity when choosing an indoor addition. Ferns give off a lush tropical feel which can make us feel relaxed and calm, and with their beautiful green leaves what's not to love!





7 Popular Indoor Ferns

- Holly Fern
- Boston Fern
- Staghorn Fern
- Bird's Nest Fern
- Maidenhair Fern
- Rabbit's Foot Fern
- Lemon Button Fern



grilled chicken, tomato

+ MINT SALAD

ingredients

- 4 skinless chicken breast halves
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup halved multicolored roma tomatoes
- ¼ cup thinly sliced red onion
- ¼ cup olive oil and vinegar salad dressing
- 1 handful mint leaves
- 5 cups rocket
- ½ lime

directions

Heat a large grill pan over medium-high heat. Sprinkle chicken with salt and pepper.

Coat pan with cooking spray. Place chicken in pan; cook 6 minutes on each side or until done.

While chicken cooks, combine rocket, tomatoes, onion, mint, 3 tablespoons dressing; toss gently. Arrange about 1 cup salad on each of 4 plates. Brush chicken with remaining 1 tablespoon dressing. Cut chicken into slices. Arrange 1 sliced chicken breast half on each salad.





HELLO Christmas



51-5637
\$180/1000
Min. quantity 125



51-6169
\$180/1000
Min. quantity 125



51-6150
\$180/1000
Min. quantity 125



51-5638
\$180/1000
Min. quantity 125



51-6151
\$121/1000
Min. quantity 125



51-6170
\$121/1000
Min. quantity 125



51-6166
\$121/1000
Min. quantity 125



51-6173
\$140/1000
Min. quantity 125



51-5627
\$140/1000
Min. quantity 125



51-6154
\$140/1000
Min. quantity 125



51-6152
\$180/1000
Min. quantity 125



51-6171
\$180/1000
Min. quantity 125

To see the full range of Christmas Labels and Gift Boxes available, contact your Norwood Representative or call our friendly office staff on 03 8796 9300





31-0695
\$153/1000
Min. quantity 50



31-0745
\$153/1000
Min. quantity 50



51-6174
\$180/1000
Min. quantity 125



51-6155
\$180/1000
Min. quantity 125



51-6153
\$180/1000
Min. quantity 125



51-5635
\$180/1000
Min. quantity 125



51-5636
\$180/1000
Min. quantity 125



51-5634
\$121/1000
Min. quantity 125



51-6183
\$140/1000
Min. quantity 125



51-5633
\$180/1000
Min. quantity 125

140MM GIFT BOXES



51-5639
\$1 each
Min. quantity 10



51-5640
\$1 each
Min. quantity 10



51-5642
\$1 each
Min. quantity 10

zucchini

SLICE

ingredients

- 5 eggs
- 1 cup self-raising flour
- 400g zucchini, grated
- 1 onion, finely chopped
- 250g rindless bacon, chopped
- 1 cup cheddar cheese, grated
- ¼ cup extra light virgin olive oil

ZUCCHINI

HEALTHY VEGETABLES





directions

Pre-heat oven to 180°C. Place eggs into a large bowl and beat lightly until combined. Add flour and mix until smooth. Add grated zucchini, onion, bacon, cheese and oil, stir until combined. Place into a greased tray (30cmx20cm) and bake in the oven for 30mins. Serve with a green salad and garlic bread.

Thanks for your feedback

12 MONTHS OF
NETFLIX
WINNERS!

We would like to thank everyone who entered our Autumn Netflix competition. We appreciate all the feedback on our symbols and are so glad you are loving them as much as we are!

*We would like to announce the
3 lucky winners of our Netflix competition:*

*Suncoast Water Gardens & Wholesale Nursery - Beerwah QLD
Horticulture Fresh Australia - Kallangur QLD
Blue Sky Nursery - Yandina QLD*

THE POWER OF *fonts*



Lemongrass

Parisine Plus

Fertigo Script

Clavo Light

Shelby Bold

VERVEINE

Providence

Big Moore

In our last spring issue we took a look at a few fonts and how they influence customers feelings toward your brand and labels. A font needs to be easy to read and practical, however there are so many fonts and variations out there to choose from we thought we'd take another look at some more fonts that we love!

Coquette

CHAUNCY Pro

GRAND CENTRAL

Attic Antique

Quiche Sans

Cocon Pro

SEASONED HOSTESS

Voltage



Tabbouli salad

ingredients

- 1 cup burghul (cracked wheat)
- 1 bunch of flat leaf parsley, roughly chopped
- 1 bunch of mint leaves, chopped
- 4 spring onions, thinly sliced
- 4 ripe tomatoes, chopped
- 2 tbsp. olive oil
- Juice of 1 lemon
- 1 tsp. ground cumin
- Salt & pepper

directions

Place burghul (cracked wheat) into a bowl. Pour over 2 cups of boiling water. Stand for 15 minutes. Drain well. In another bowl add the remaining ingredients, season with salt and pepper. Toss well. Serve with warmed pita bread and BBQ meat.





MINT
COMMON



PLEASE PLACE LABEL

PARSLEY
FLAT LEAF



PLEASE PLACE LABEL
IN RECYCLE BIN





*get to
know us...*

Carolina Tello
Graphic Designer



Carolina is a graphic designer at Norwood Industries. August marked her first year with the company.

As a graphic designer, she oversees product development, finished art, print-ready designs, brings designs from concept to a finished product and gets them ready for either print or digital application.



Originally from Colombia, Carolina has lived in Australia for 18 years and recently went back to Colombia with her husband and daughter to visit family and friends. She loved her time there and had some time to take photos to share with us. Photography is also one of her passions (how amazing are these photos!)





*Carolina continuing to work hard on
our customers labels and designs.*



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