



Edgy veggie. Vegetable print, from £23.95, desenio.co.uk



Box clever. Vegetable store, £125, gardentrading.co.uk

More in store.
Storage bag,
£15, [garden
trading.co.uk](http://garden
trading.co.uk)

Grow your
own. Herbs
kit, £264,
[horticus
living.com](http://horticus
living.com)



Top of the
pots. Ceramic
garlic pot,
£9, tch.net



Green service.
Artichoke plates, from
£20, micucci.co.uk



Hot stuff.
Cast-iron
casserole
dishes, £119
for a set
of two,
procook.com



Touch of glass.
Clear glass jug,
£30, habitat.co.uk;
Homemade jar, £1,
poundland.co.uk; jar
with lid, £3, wilko.com



Pickle and preserve

Cooking with seasonal ingredients means you're guaranteed a varied diet all year. Eliminate the guesswork of what's in season by choosing food grown in your area, ordering a fruit and veg box from a local farm and, of course, growing your own, which is a rewarding pastime. [See our new mindful gardening column on page 64.]

Make the most of your harvest by transforming fresh produce into jams and chutneys, which have a long shelf life and make thoughtful gifts. We didn't want to say it so soon but... Christmas is coming!



Stock up. Everleaf non-alcoholic aperitif, £18, everleafdrinks.com; Filippo Berio chilli olive oil, £3.99, asda.com; Lucky Saint alcohol-free beer, £25 for 12 bottles, luckysaint.co; Starling aperitif, £23, amazon.co.uk; Nush almond milk cheese spread, £2.75; The Meatless Farm Co. sausages and burgers, £2.50 per pack; Heinz lemon and black pepper mayo, £2; all sainsburys.co.uk; Sacia vegan salad cream, £2, ocado.com

Blogger spotlight



Jacqueline Meldrum is a Scottish food writer and recipe developer specialising in simple vegetarian and vegan home cooking. The recipes she creates for her award-winning blog tinnedtomatoes.com are not only tasty, they are made using humble, easy-to-find ingredients.

Try her tangy and unintimidating '10-minute spicy vegan bean burgers' or, for a sweet and comforting family treat, her 'Pear and ginger crumble'. Fruit and veg never tasted so good.

GROW YOUR REPERTOIRE *Plant-based cooking made easy*



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1 Deliciously Ella *Quick & Easy* by Ella Mills (Hodder & Stoughton, £25) **2** *The Vegetarian Kitchen* by Prue and Peta Leith (Pan Macmillan, £25) **3** *The Happy Pear: Vegan Cooking For Everyone* by David Flynn (Penguin, £20) **4** *My New Roots* by Sarah Britton (Pan Macmillan, £16.99)