



Modern jar. Vegetable print, £12, etsy.uk.shop



Breakfast anyone? Waffle maker, £65, cuisinart.co.uk

Eggstra storage. Egg basket, £15, garden trading.co.uk



Chop and serve. Wooden paddle board, £30, habitat.co.uk

Shake it up. Salt and pepper shakers, £6, next.co.uk



Handcrafted and handy. Butter dish, £14; honey pot, £22.50, both hudsonhome.co.uk

Gut to love it. Kefir milk and water maker, £29.99, lakeland.co.uk

On tap. Kilner kombucha dispenser, £22.99, wayfair.co.uk



Worth its salt. Olive wood salt pot and spoon, £15, hudsonhome.co.uk

Pitcher perfect. Recycled glass jug, £20, shop.nationaltrust.org.uk

Sipping pretty. Barroc glasses, £40 for a set of six, amara.com



Nourish to flourish. Re:Nourish soup, £2.89, renourish.co.uk; Gregory's Tree fruit twists, 69p, whsmith.co.uk; Biotiful Dairy mango kefir drink, £2.25, groceries.morrison.com; Vadasz raw garlic and dill sauerkraut, £4.50, and raw kimchi, £4.50, both waitrose.com; Mad Millie kefir kit, £9.99, lakeland.co.uk; Yeo Valley frozen blueberry kefir, £4, waitrose.com

Culture club

Popular the world over for centuries, fermenting food has made a comeback in recent years as a great way to provide good bacteria that contribute to a healthy digestive system. It's a simple and satisfying method to preserve food with added health benefits. Cabbage can be fermented for homemade kimchi or sauerkraut, or why not give kefir, a probiotic cultured drink, or kombucha, a fizzy, fermented black tea, a try?

Check out Eve Kalinik's book, *Happy Gut, Happy Mind* (Piatkus, £25), for recipes or go online where you'll find plenty of resources to get you started.

Blogger spotlight



Jenna Farmer is a journalist and blogger, who shares her experience of living with Crohn's disease and the gluten- and dairy-free diet that she follows. Her blog, abalancedbelly.co.uk, is full of recipes for those with inflammatory bowel disease, or who simply have an interest in healthy nutrition and free-from dishes.

Try Jenna's tasty 'Gluten- and dairy-free slow-cooked butter chicken', or her nutritious 'Spicy fish and veg stew'. Trust your gut!

EAT FOR HEALTH *Feed your body with natural, wholesome goodness*



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1 Simply Good For You by Amelia Freer (Penguin, £22) 2 Eat Green by Melissa Hemsley (Ebury, £22) 3 Eat Yourself Healthy by Megan Rossi (Penguin, £16.99) 4 The Doctor's Kitchen: Eat To Beat Illness by Rupy Aujla (HarperCollins, £16.99)