



Cut and dried.
Tea towel, £9,
sophieallport.com



Drawer inspiration.
Wooden
veggie rack,
£125, garden
trading.co.uk



**Good-looking
cooking.** Denim
apron, £55,
toa.st



Tasty little numbers.
Spice jar set, £5.50,
gardentrading.co.uk

**Dishers of
the day:**
Spoon set,
£40, soho
home.com

No strain. Enamel
colander, £18,
gardentrading.co.uk



Time saver. Crock-Pot
5-litre slow cooker,
£109.99, wayfair.co.uk



Spoonful of sugar.
Measuring spoons, £8,
lisavalentinehome.co.uk



Bowl over. Serving dish, £28,
fiveanddime-interiors.com

In season. Salt
and pepper set,
£22, oyoiliving
design.co.uk



Complementary goodies

Appetisers. Wildflower No.2 gin, £34.95, cotswoldsdistillery.com; Nairn's biscuits (gluten-free), £1.85, waitrose.com; rosé wine, £24.99 for six cans, coppercrew.co.uk; Fabalous hazelnut and cocoa spread, £4.99, amazon.co.uk; Fearne & Rosie low-sugar jam, £2.50, waitrose.com; caramelised onion marmalade, £3.95, tracklements.co.uk; Lo-Fi alcohol-free pale ale, £2, signaturebrew.co.uk

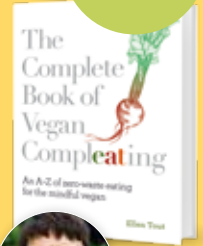


**How slow
can you go?**

SLOW COOKERS can be a godsend in the kitchen. With a bit of morning prep, delicious meals practically make themselves, delivering healthy, home-cooked suppers after a long day.

Models come in a range of prices with varying functions, so finding the right one for you depends on your needs. Consider how many people you're cooking for and how much space you have for appliances. From soups, stews and curries to puddings and cakes, you'll have all your courses covered in no time.

Waste-free kitchen



Tops tips!

Eco Living Editor Ellen Tout shares sustainable, creative cooking advice

Root veggie tops are overlooked but packed with goodness. Carrot, turnip, beet, swede and radish tops are all edible and delicious. Add them to salads, blend them into soups or blitz into soups. 'Carrot top tabbouleh' is one of my favourite recipes from my new book – and makes full use of a bunch of carrots!

Reader offer: Ellen's book 'The Complete Book Of Vegan Compleating' (Nourish, £14.99) is available for pre-order now. 'Psychologies' readers can save 30% with offer code 'COMPLEAT21' at tinyurl.com/psymag
For waste-free recipes, follow Ellen on Instagram @completely_vegan

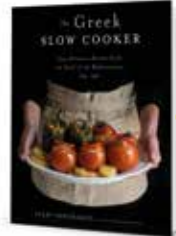
TAKE IT EASY with these inspiring recipe books for slow cookers



1



2



3



4

1 Cook Slow: Light & healthy by Dean Edwards (Hamlyn, £16.99) **2 The Ultimate Slow Cooker Cookbook by Linda Larsen** (Rockridge Press, £15.72) **3 Greek Slow Cooker by Eleni Vonissakou** (Page Street Publishing, £16.99) **4 Vegetarian Slow Cooker by Libby Silbermann** (Hamlyn, £10)

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