

Appetisers



DIG IT JUNE

Sarah Raven

Summer's bounty, including new potatoes, sugar snap and shelling peas, really kicks in this month.

SUNNY SHELF

It's easy to think it's all over with sowing now summer's here, but you need to get in your winter things - such as purple sprouting broccoli and the beautiful crimson brussels sprout 'Red Rubine' - and plants will be ready for Christmas.

WINDOW BOX

In June, you can find window boxes get dry so, if you can, round to north- or south-facing windows to keep them moist. Then sow some hardy plants, such as salad purslane and turk lettuce 'Reine de Hollande' basil 'Sweet Genovese'.

POUND FOR POUND

All the best barbecues this summer will be accessorised with this oak mortar and stoneware pestle by Sagaform - perfect for pounding up robust marinades for skewers, such as Charlie Bigham's pancetta and scallop beauties (£5.99/4). *Mortar and pestle from John Lewis; £33*



LATHER UP... AUSTRALIAN ORGANICS

Green-beauty junkies will love a new range of naturally fragranced soaps, shampoos, conditioners and bath goodies from the land down under. Australian Organics products are free from controversial parabens, sodium laurel sulphates, synthetic perfumes and propylene glycol. They're all made with organic plant extracts, with no animal ingredients - and they're not tested on Peter Rabbit and friends. Available in Waitrose and John Lewis, from £1.49/100g.

Food fashions time forgot...

Remember the good old days when pud wasn't pud unless it had been gussied up with glacé cherries and carpet-bombed with candied peel? Bring back those happy times with this 'Orange Rice' delight. It ticks every retro box - super-sweet cherries and peel, tinned pineapple pieces and meringue-topped oranges. Perfect for Abigail's next party.

From the Hamlyn Recipe Card Collection (1968).



GARDEN

Sow some climbing runner beans in a path in your vegetable garden. Create frames from bamboo cane willow or hazel. 'Blue Lake Climber' and 'Polka Dot' runner - you'll have flowers as well as veg.

FORK TO F

Beautifully made with natural virgin olive oil and finely chopped garlic. Leave to marinate for a serving with...

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