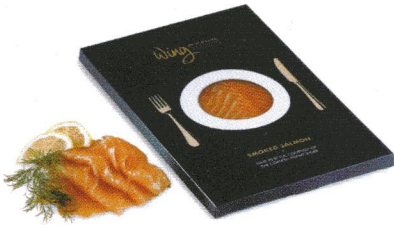


Cornish Smoked Fish

Cured to their own secret recipe The Cornish Fishmonger's award-winning oak smoked salmon and hot smoked Cornish mackerel is available for delivery nationwide. Traditionally smoked in their own smokehouse, the fish has a deep fine flavour and is packaged in a stylish box – perfect to send as a gift and to enjoy at home. Smoked Salmon is available as whole and sliced sides, or in handy sliced packs from just £9.50. Their delicious smoked fish range can be found in Rick Steins deli's throughout Cornwall and you can order online at www.thecornishfishmonger.co.uk. They guarantee you will be back for more! **For more information please call 01726 861666 or visit our website.**



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Tutti frutti

Organic Village has a range of seven authentic fruit juices so you can top up your vitamins every day of the week! The 200ml bottles (rrp £1.29) are ideal when you're on the go. The 1ltr bottles (rrp £3.50) are great for the fridge at home for all the family. Both options provide organic quality at genuinely affordable prices.

All seven flavours – Pomegranate,

Cherry, Peach, Apricot, Strawberry, Apple and Grape – are certified organic. 100% pure first-pressed fruit juice, with no concentrate, no added water, no added sugar.

Available from specialty food outlets, or from the online store at www.organicvillage.org



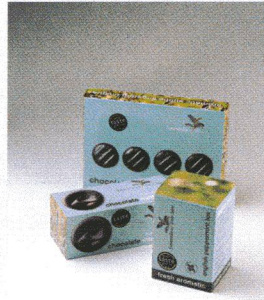
Free-from for kids takes centre stage

This August saw the arrival of O's, the second instalment of Nature's Path's organic-only kids'-themed cereals, geared specifically at the taste buds of the UK's younger free-from followers. O's task was simple enough, to be the perfect marriage of great taste and 'free-from' know-how, combining the colourful everyday looks of more mainstream style cereals whilst distancing itself from all the other 'free-from' fodder which often looked dull and dowdy. O's joins Munch which

was repackaged earlier in the year, a long overdue initiative that quickly resulted in wider distribution and significant sales growth. **Call 0800 0723658 or visit www.naturespath.co.uk**



AWARD-WINNING MINTS



Summerdown grows and harvests traditional Black Mitcham peppermint and distils its pure mint oil. They use it to manufacture their unique brand of peppermint products, including these stylish chocolate peppermint creams, chocolate mint thins and their exceptional peppermint tea – between them they've won six Great Taste Awards in three years! The single estate

quality oil has a highly distinctive and smooth taste – a taste that has been lost for generations. Bright, fresh and aromatic, it is very different from the harsher, blended, imported peppermint of the past 60 years. **To find out more call 01256 780252 or visit www.summerdownmint.com**

A touch of garlic



The Garlic Farm on the Isle of Wight has been growing garlic for over 30 years although these days it's not just about the bulb. They also do chutneys, relishes and mayo's - all with a touch of garlic of

course. But more recently they've added to their butter family with Garlic Butter with Oak Smoked Tomatoes and Tarragon, it's great on new potatoes or liberally applied to corn on the cob! **To find out more about the whole range, visit www.thegarlicfarm.co.uk, email tomhb@thegarlicfarm.co.uk or tel: 01983 865378/mobile: 07970 763083.**

THE ARTISAN BAKER'S CHOICE

Gilchesters is a busy family-run business in the beautiful county of Northumberland. They



pride themselves on the fact that the delicious baking you do with their flours, the Spelt biscuits you nibble with your cheese, all started as grain in their fields. Once harvested they get their mill stones grinding and let the flour flow...

Gilchesters ranges of organic flours are finely stone-ground, full of flavour and the artisan baker's choice! Their savoury Spelt biscuits are handcrafted and ideal to accompany cheese, patés or just when you need a naughty nibble. Packed with goodness – even wheat-sensitive customers can enjoy them for Spelt is a healthy and delicious alternative to wheat.

Call 01661 886119 or email info@gilchesters.com