



More in store. Storage jars, from £4.99, [homesense.com](http://homesense.com)

Half art. Print, from £12 (unframed), [everlongprintco.com](http://everlongprintco.com)

Twin set. Oil and vinegar set, £20, [amara.com](http://amara.com)



Serves you right! Bowls, £20 each, [kellyhoppen.com](http://kellyhoppen.com)

Sweet lift. Cake slice, £8, [debenhams.com](http://debenhams.com)



Creamy creation. Yoghurt maker, £23.99, [wayfair.co.uk](http://wayfair.co.uk)

Spice of life. Garlic crusher, £13, [habitat.co.uk](http://habitat.co.uk)



Fork this way. Forks, £25 for four, [garden.trading.co.uk](http://garden.trading.co.uk)

Daily grind. Pestle and mortar, £4.99, [homesense.com](http://homesense.com)



Secret garden. Allotment planter, £29, [redcandy.co.uk](http://redcandy.co.uk)

Treat yourself. Fairfield's Farm crisps, from £1.89, from independent retailers; Minor Figures chai latte, £1.95, [ocado.com](http://ocado.com); Seasalt & Lime milk chocolate, £6, [coco-chocolatier.com](http://coco-chocolatier.com); Select coffee, £7.95, [pactcoffee.com](http://pactcoffee.com); hot wholegrain mustard, £2.05, [tracklements.co.uk](http://tracklements.co.uk); Rosemary, Thyme & Lavender drink, £1.89, [hollandandbarrett.com](http://hollandandbarrett.com)



## Savour the flavour

Elevate your cooking with some store-cupboard staples. There are many special ingredients that can enhance the flavours in food; from mint and garlic to garam masala and Parmesan. Consider growing your own herbs for extra freshness, either in the garden or in a window box.

Good kitchen storage is also key so everything is within reach when whipping up a delicious dish: A large fruit bowl filled to the brim with zesty citrus fruits; a decorative spice rack; and plenty of jars to keep food at its best. Let your culinary flair flourish!

### Blogger spotlight



Kellie Anderson is a cancer health educator at Maggie's Cancer Caring Centre in Edinburgh, with an MSc in public health. Her blog, [kelliesfoodtoglow.com](http://kelliesfoodtoglow.com) (or @food\_to\_glow on Instagram), is full of nutritious recipes.

Try her mouthwatering 'Low-carb cauliflower rosti with smoked salmon', her immune-boosting 'Turmeric, lentil and lemon broth' or something sweet, such as her 'Chocolate-chip cashew butter blondies'.

It's feel-good food that's good for you.

## TASTE THE DIFFERENCE Recipes to delight the senses



1 **The Science Of Spice** by Stuart Farrimond (DK, £20) 2 **Salt, Fat, Acid, Heat** by Samin Nosrat (Canongate Books, £30) 3 **Sour: The Magical Element That Will Transform Your Cooking** by Mark Diacono (Quadrille Publishing, £25) 4 **Season** by Nik Sharma (Chronicle Books, £25)