

LIMEWIRE

ISSUE 7



OSTRIP

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Knickers

The Landyman

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In future, we'll see 2015 as the year when everything turned around. It seems that hope and positivity have returned, along with fun (remember that?) and a good dollop of creativity.

Here at Limewire, we particularly love creativity and celebrate the successes of the trusty British-loved Land Rover, which has reinvented itself again and again to keep up with the times.

Talking of turn-around, EHC in London's Brixton is busy transforming the lives of underprivileged kids: with horses. We talked to one of its protégés and visionary volunteer's...

The weather wasn't hot or heavy this summer but nothing seems to stop Frost French from stripping off to their undies – take a peek at their latest line hitting the runway this season.

Culinary sensation Sabrina Ghayour, shares her secrets and some of her recipes from her bestselling cookbook PERSIANA. And Sheila Hulme explains why eating RAW is more than just a passing trend.

We debate the highs and lows of legal highs and carve it up with Adam Humphreys, who talks about his relationship with his chainsaw from his castle in Wales.

There's plenty to do in the garden and The PIG's Ollie Hutson happily gives his tips on exotic veg, while Sarah Siese looks at the wonders of Namibia's Skeleton coastline.

Here's to getting creative and turning life around for another spin.

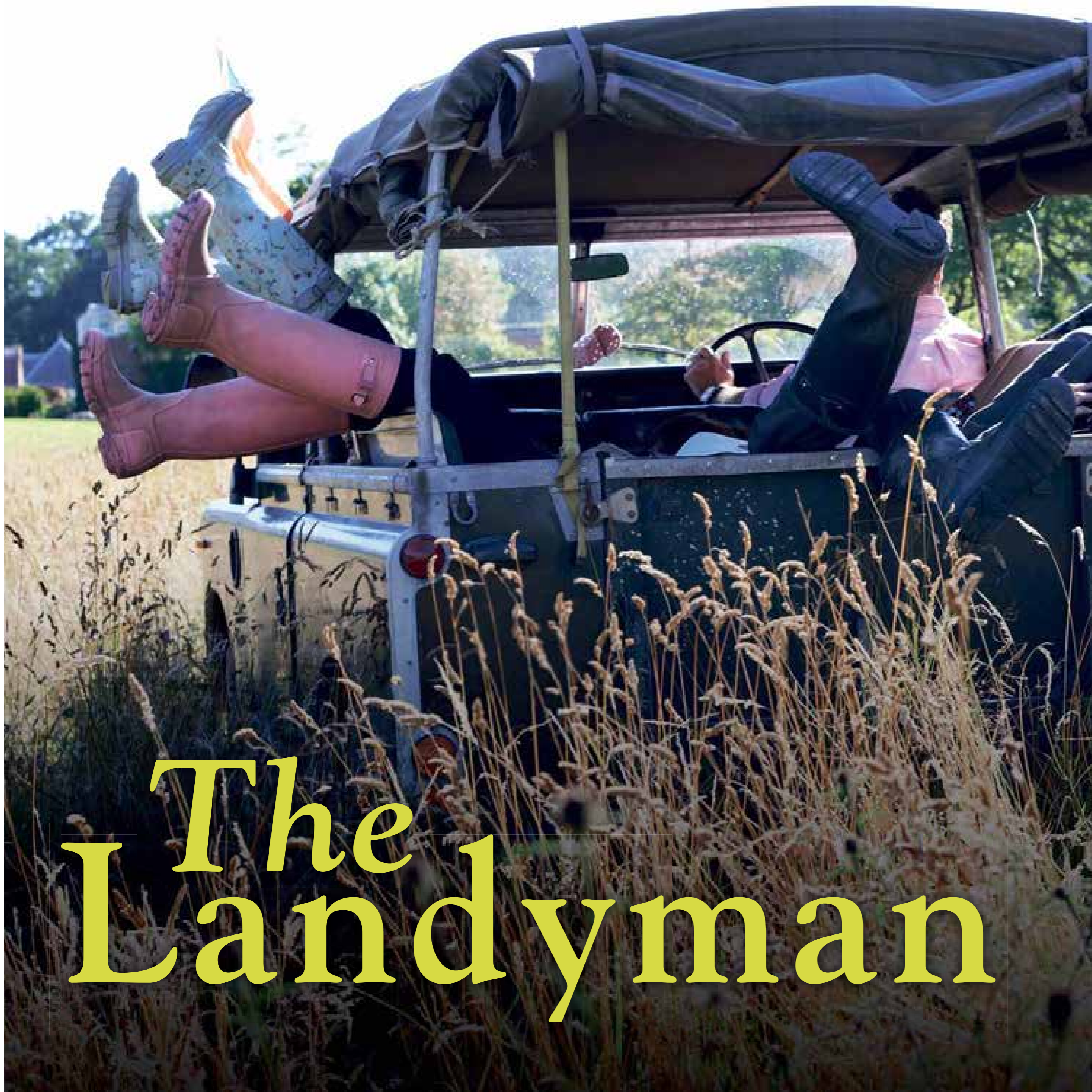
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The Landyman

Drink driving

The folk at Chase Vodka are, fundamentally, farmers. Farmers who have always championed the Land Rover – which, like them, is a brand of British heritage. Their much loved Defenders 90 and 110, are always a talking point at events – fully kitted out with freezers, lighting, and a healthy quantity of vodkas and wines ready to serve from the back.

In 2011 William Chase's choice to restore a beautiful 1963 Series 2 Land Rover was a passionate decision that Landy fans appreciate. But its practicality for events is also obvious, brought to life in signature black with hand painted logos, it's always ready to hit the road. A little Land Rover that's covered the length and breadth of the country and, to date, has never let them down.

It arrives at events, drops its tailgate and is instantly ready to serve cocktails; most recently at the West Wycombe Estate for a shooting day with England rugby players Chris Robshaw and Sam Burgess. It took quite a hammering at the London Cocktail Week, and is now set for some summer fun at The Pigs and Lime Wood.

999

When Richard Hammond approached Mark Griffiths at the Land Rover Centre in June 2002, he had been requested by a TV company (I'll name no names) to locate a Land Rover suitable for a castaway-style satellite TV show. There were a few challenges: it had to be a 110; it had to be black; it had to be a V8; it had to be a soft top; and it had to be in Scotland in just seven days. Not too much to ask then. Obviously, no such vehicle existed, so the Landy specialists had to "build" the required machine.

The team accepted the challenge and set about locating a suitable donor vehicle and altering it as necessary to meet the required specification. Richard pulled out all the stops and managed to get suppliers to send various parts that would be needed along the way. An X-Fire engine was located (note the "999" number plate), which was as close to the specification as they could muster; it was a 110; and it was a V8 – the rest would have to be adapted.

Its original form began to morph – the hard top, shutters and internal tanks and pumps were stripped, and once all the fire engine equipment had been removed the team fitted the soft top kit and tailgate. Big Red became Black Beauty. Seven intensive days of blood, sweat and tears transformed a fully operational fire engine into a Landy like no other. And the rest, as they say, is history.

Move over Dad

I've heard of starting young but up in the sunny gorges of Gleneagles a dream has come true for junior drivers aged between four and nine. Just like mum and dad, they can hit their own off road course in mini Land Rovers. Instruction from behind the wheel of these custom built replicas is set to test their driving skills over a purpose built course designed to reflect the grown-ups' challenge.

The Land Rovers, a quarter the size of their parents original at the school, are the first in the UK to offer junior off road instruction in these mini-scale Series 1 replicas. Once children have mastered the controls on level ground, they complete a circuit around off road obstacles, including log piles, sleeping policemen and a muddy water splash on the purpose-built junior course, culminating in a scored circuit, where points are deducted for touching gates, reversing and stopping. It's great for developing hand-eye co-ordination and twitchy parents are reassured that the cars conform to British and European safety standards and, more importantly, are fitted with a remote cut-off facility.

The Landyman's philosophy:

"There is hardly anything in the world that someone cannot make a little worse and sell a little cheaper, and the people who consider price alone are that person's lawful prey. It's unwise to pay too much, but it's worse to pay too little. When you pay too much, you lose a little money — that is all. When you pay too little, you sometimes lose everything, because the thing you bought was incapable of doing the thing it was bought to do. The common law of business balance prohibits paying a little and getting a lot — it can't be done. If you deal with the lowest bidder, it is well to add something for the risk you run, and if you do that you will have enough to pay for something better."

John Ruskin (1819 – 1900)



PERSIANA



The Rising Star of 2015 is self-taught Persian supremo **Sabrina Ghayour**. Her debut cookbook, 'Persiana – Recipes from the Middle East and Beyond', was an instant bestseller for its simple, colourful recipes. Sabrina demystifies fashionable Persian cuisine, making the moreish dishes easy to recreate at home. She tells us how...

WHERE IS PERSIA? AND WHAT DO WE MEAN BY PERSIAN FOOD?

Home to one of the world's oldest civilisations, Iran was known as Persia until 1921. Famous for fine cooking, Persian cuisine is about aroma, citrus and an abundance of herbs.

WHAT WOULD AN EVERYDAY MEAL LOOK LIKE IN A PERSIAN HOUSEHOLD?

Lamb neck fillets are my favourite meat, both for flavour and value. Baghala Polow, broad-bean rice is a must-know recipe for this summer. Kuku is a kind of herby frittata and a great way of using up whatever you have in the fridge. Vine wrapped baked feta is a traditional favourite and I've created a twenty first century version of the classic. Lastly, spiced beetroot yogurt makes a Persian meal complete - every table needs this homage to the plain yoghurt dish.

WHAT'S YOUR MUST HAVE TOOL IN THE KITCHEN?

One really good sharp knife speeds every job, especially for meat. But that doesn't mean you should trim all the fat - our bodies are designed to eat animal fat, and it thickens the dish and adds flavour.

HOW DO YOU MANAGE TO WRITE, COOK, AND ENTERTAIN AND MAKE IT ALL LOOK SO EASY?

I'm the queen of making things stress-free. I'm a home cook, not French disciplined. I love simplicity that's conducive to easy living. Just get it in the pan. With most of my meat dishes you don't even need to brown it - we want to keep the natural colours of the ingredients.

WHAT'S THE NATIONAL DISH THAT COMES TO MIND WHEN YOU THINK ABOUT PERSIAN FOOD?

Our Persian rice is different from any other rice in the world, it's a bit of a pain but worth it. The difference is that we are one of the only cultures that doesn't use the water absorption method but rather parboil and

elongate the rice. Like most of our dishes we season this heavily with sea salt. The Lucknow region of India is the only other region to mirror this rice dish in their biryani rice, using saffron and cardomon.

HOW DO PERSIANS FEEL ABOUT ENTERTAINING?

Hospitality is our way of life. It's all about spoiling guests, even if it's your neighbour and you live in a cave, it's ingrained in our culture. Our guest is king.

THE DISHES SEEM TO HAVE LONG COOKING TIMES?

It's true, we don't eat things al dente; we cook it until it's dead and then dead some more. It's just the way we do it, so don't be afraid to cook things for longer than you would normally. In Iran we don't use olive oil; we generally cook with vegetable oil. If you have to use olive don't use extra virgin.

WHAT'S YOUR FAVOURITE PERSIAN INGREDIENT?

Saffron is our liquid gold and the one ingredient we really produce en masse. Where Middle Eastern recipes rely on spice our Persian dishes are aromatic, citrusy, simple, and use tonnes of saffron. Since days gone by saffron and turmeric were used abundantly for marinating; meat smelt before refrigeration was invented so these spices would have been used to disguise the smell as well as add flavour.

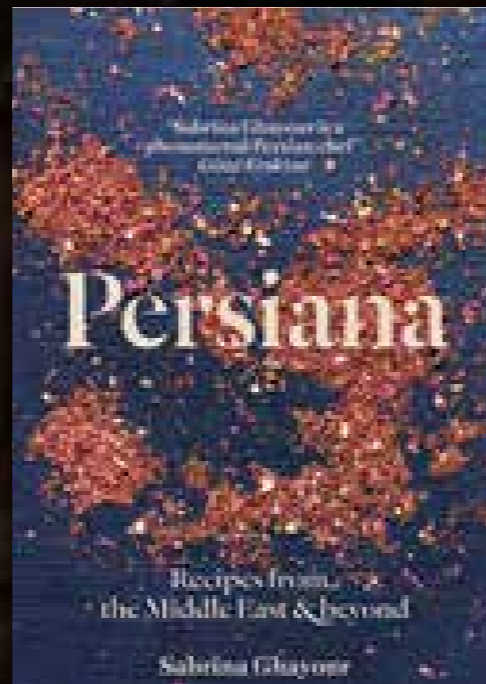
WHAT ARE THE THREE KEY INGREDIENTS YOU COULDN'T BE WITHOUT?

Saffron, basmati rice and sea salt are everyday ingredients in everyone's store cupboard.

EVERYONE WORKS WITH WHAT THEY GROW, OH AND I LOVE PUTTING PISTACHIOS IN EVERYTHING.

WHAT'S THE MOST SURPRISING THING ABOUT YOU?

As a teenager I worked in McDonalds.



TIP —

Keep cut herbs wrapped in kitchen roll and refrigerate to keep fresh and use your nose to judge quantity in recipes.

TIP —

Warburton's easy roll soft white wraps are as close as you'll get to Persian bread

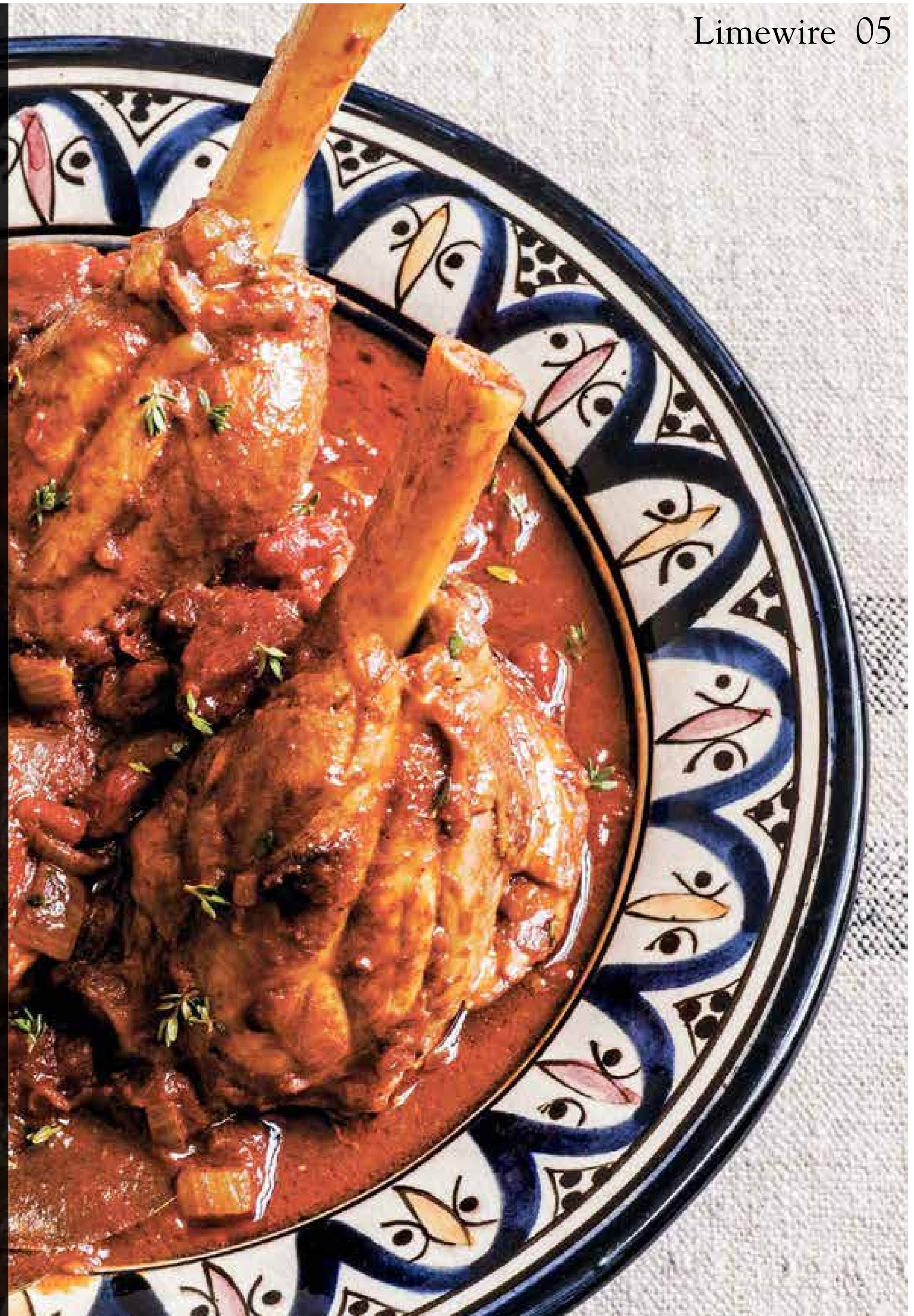
TIP —

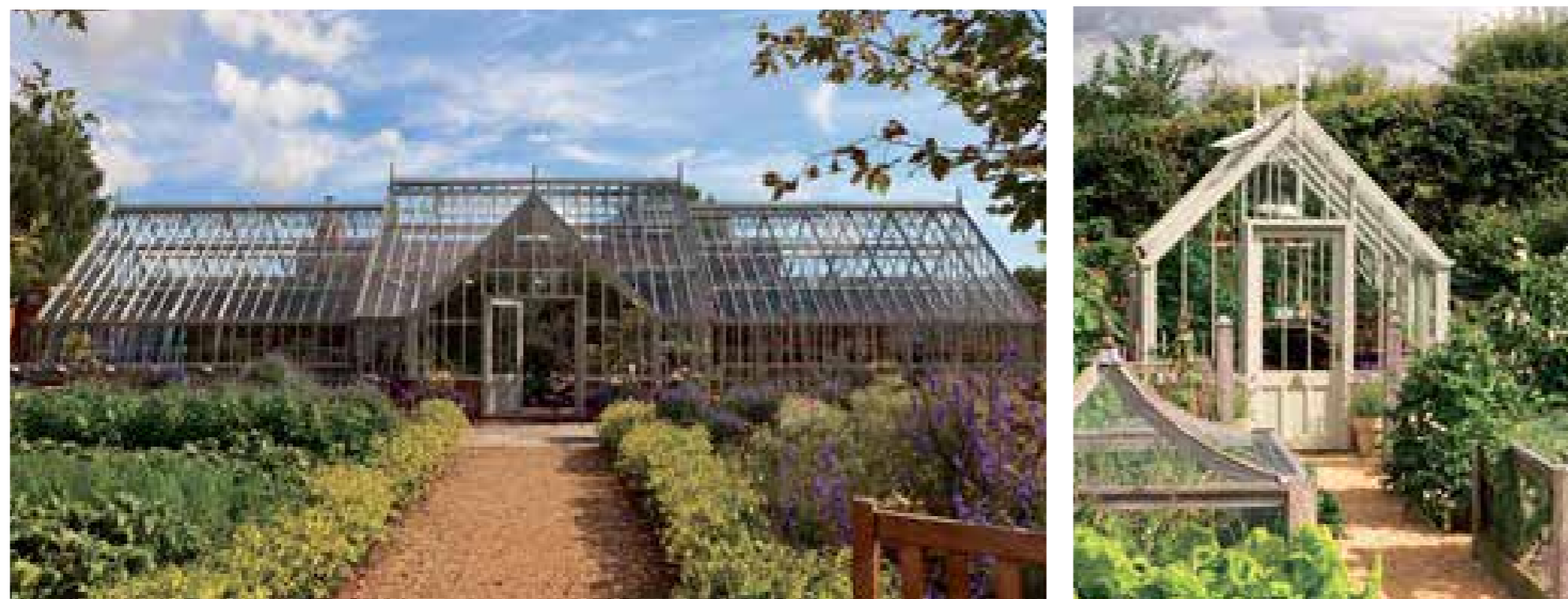
Salt takes a while to develop as a taste so leave it at least ten minutes before you add more.

TIP —

There's no single holy grail brand for rice. Sainsbury's Taste the Difference range of aged long grain or aged basmati are half the price of others with excellent quality.

That just leaves you wanting more...





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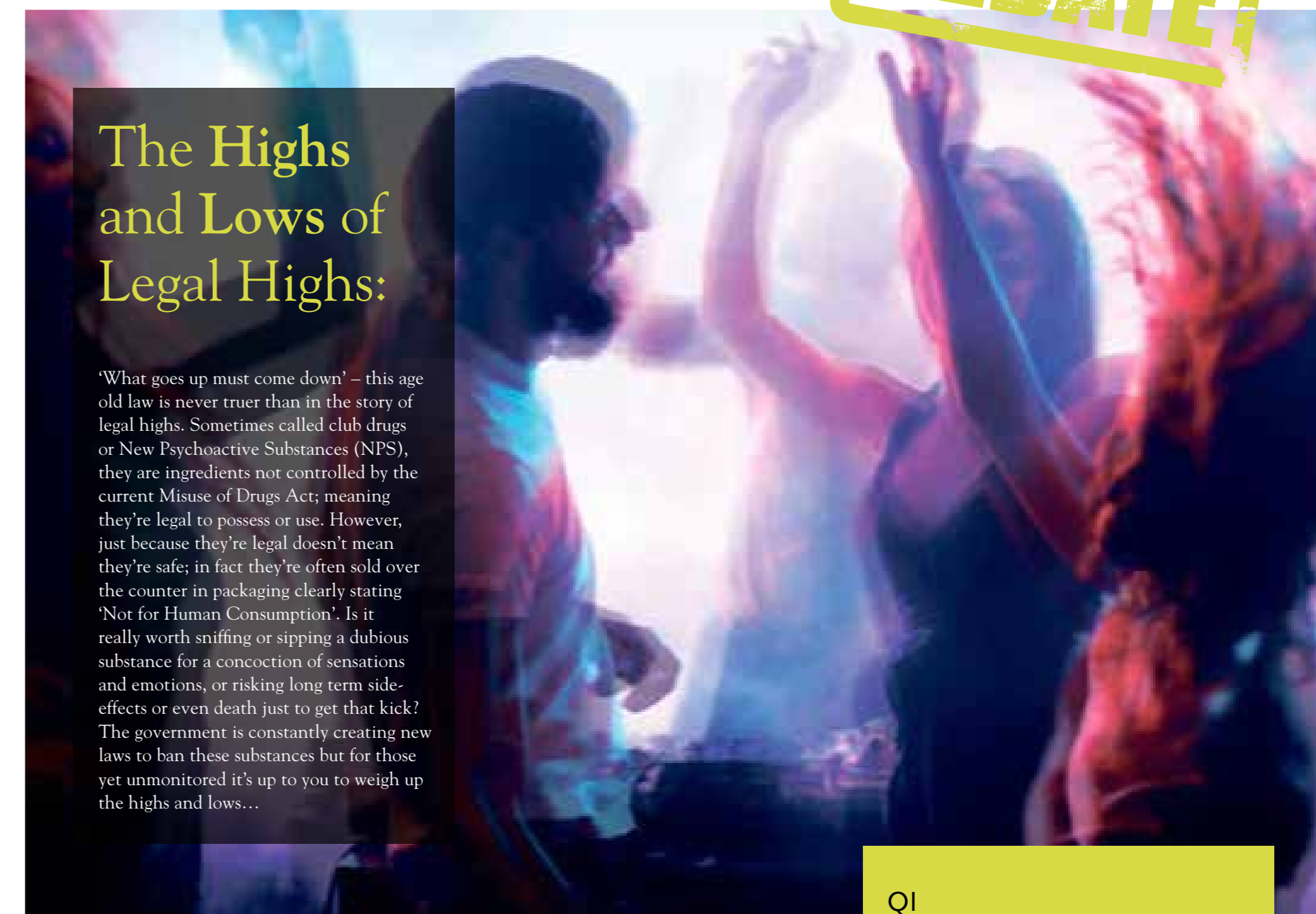


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Limewire **DEBATE**



The Highs and Lows of Legal Highs:

'What goes up must come down' – this age old law is never truer than in the story of legal highs. Sometimes called club drugs or New Psychoactive Substances (NPS), they are ingredients not controlled by the current Misuse of Drugs Act; meaning they're legal to possess or use. However, just because they're legal doesn't mean they're safe; in fact they're often sold over the counter in packaging clearly stating 'Not for Human Consumption'. Is it really worth sniffing or sipping a dubious substance for a concoction of sensations and emotions, or risking long term side-effects or even death just to get that kick? The government is constantly creating new laws to ban these substances but for those yet unmonitored it's up to you to weigh up the highs and lows...

HIGH POINTS

- **What goes up...?**
From stimulants to downers and hallucinogens – your choice of poison will alter your mind and body to experience the desired state.
- **Stimulants**
Designed to act like cocaine or ecstasy, they will make you feel confident, chatty and fast-thinking, energised and active.
- **Downers**
Also known as sedatives, these are similar to cannabis, making you feel care-free, relaxed and sleepy.
- **Hallucinogens**
Illegal comparisons include magic mushrooms and LSD – some legal highs not only induce hallucinations but can lead to a feeling of enlightenment, being detached from the world, or even from your body.

LOW POINTS

- **Lack of information**
The physical and psychological risks are totally unpredictable, changing from person to person. Unlike illegal highs, legal highs are formed from a concoction of chemical components. They're often branded products, such as plant fertiliser, incense or salt, whose ingredients frequently change resulting in unpredictable risks that even scientists find hard to pinpoint. Their use as highs squeezes between the lines of the law.
- **Health risks**
The chemicals ingested are rarely used in drugs for human consumption and as such have not been tested for safety. It's simple logic - if you aren't sure what you are taking, how are you able to predict the effects?
- **The Concoction**
Consumers never know what they've bought or taken, or if it was a clean cut. Some of the chemicals used as cutting agents are also found in household goods. This cutting-up process is a way of reducing production costs and an easy deception to consumers regarding actual ingredients.
- **Mixing**
Legal highs are often taken in combination with other substances or alcohol; the reactions can be amplified or fatal.
- **... Must Come Down**
Like the comedown from illegal stimulants, negative effects may take several days to wear off completely and are destructive to the immune and nervous system as well as a huge strain to the heart.

QI

Many everyday substances found in the home can induce a legal high but have fallen out of favour due to unappealing side effects...

- **Nutmeg**
While eating nutmeg is reported to give a buzz and intense hallucinations, it leaves an unpleasant aftertaste, causes dizziness, accelerated heartbeat, the feeling of panic, nausea, and can cause both constipation and difficulties in urinating.
- **Xenical**
A weight loss drug whose side effects include an oily discharge when passing wind, an increased number of bowel movements, or even the loss of being able to control them.
- **Anafranil**
Also called clomipramine, is an anti-depressant, causing some people to orgasm every time they yawn.

CONCLUSION

Read Before Consumption
Common household and consumer products are designed for specific jobs. When consumed as bizarre human cocktails the packet warning should read no differently: **WARNING** side effects of lethargy, confusion, depression, paranoia, induced coma, seizures, epilepsy or death.



Brixton's Black Beauty

EHC is a club for kids who have gone off the rails. What's strange about that? Well, their tool is an unusual one: they're using horses, between a rail track and a tower block, to turn around broken lives.

HOW DO YOU DO IT WITH A HORSE?
"I live with my nan in Brixton, about a 10 minute walk from Ebony Horse Club," says young rider Julie and continues matter-of-factly, "I've never really known my parents as they didn't show any interest in raising me."

Julie arrived at EHC three years ago, suffering from bullying at school and attending a clinic for young people with eating disorders. She found it extremely hard to make friends. Her mother was never involved in her up-bringing and her father abandoned her to her adored nan, who is now her legal guardian. It is a complete credit to her that she has overcome a mountain of childhood challenges and developed into this evidently popular, confident young woman.

Her considerable contributions to the club is her way of paying back after recently completing an Extended Level 3 Diploma in Animal Management, during which she undertook work experience looking after Ebony's horses and mentoring younger riders – an echo of her former self. It's just one of the club's happy stories; with EHC's support she has just gained a place at college to study for a BSc in Equine Management this September, "Horses have been an escape route for me as they keep me busy so I don't have time to think about my problems. I also really like a challenge, which I know studying at college will be. All I want is to be around horses and to make it my career."

For teenagers in Brixton, finding your way in life is tough due to a predominant legacy of underachievement combined with a culture of gang or drug-related violence. The labour market was a closed shop long before the recent economic downturn, resulting in a high rate of unemployment and low aspirations from childhood.

There's barely any relief for teenagers like Julie, other than a wistful dream of winning Britain's Got Talent. But Britain does have talent and EHC's mission regularly ignites that vital spark by providing a unique experience with horses. It's also the only opportunity for most of the kids just to have fun and forget their problems.

Unlike the UK's big charities, Ebony's existence is an uphill struggle. A precarious hand to mouth challenge, with never more than the next couple of months funding in the pot, even with the patronage of HRH The Duchess of Cornwall who recently took The Queen on an unofficial tour of the site. Surprisingly, as the crow flies, it's barely a mile from the heady halls of power in Westminster and Buckingham Palace but one of the poorest, most disadvantaged areas in the country. Even the police look shocked when you stop to ask for directions.

The trust that Julie and other young people (and their families) put in the founder, Ros, who opened the community riding centre in 2011, meant that they found themselves supporting children in other areas: from children experiencing parental drug, alcohol, and domestic abuse, exclusion from school, neglect, threat from gangs, bereavement, eviction, and those in care.

Today it has over 100 members; works with 14 local schools and has over 80 volunteers. They don't do donkey rides! Every young person has to commit and progress alongside each other and the stables' nine horses and ponies. Their most recent addition, Zigzag, was a rescue pony re-homed next to internet sensation (60 million views) Pedro, the Shetland pony, who became world famous following the campaign to find him a suitable stable door.

TURNING LIVES AROUND
 Letty tells me, "I first heard about Ebony when I woke up one morning and the radio presenter was reporting the murder of a young man in Brixton. This was in 2007 when the tragic spate of knife and gun crime against young black men in London was starting to make headlines. I was heading to Brixton tube station on the same day and found myself walking past the murder scene cordoned off by police."

The young man was Nathan Foster and a member of Ebony Horse Club. Letty grew up in Lewisham and had learnt to ride from nine until about the age of 15. "I'm no equestrian," she says, "and I never had any ambition to own my own pony, but I valued the freedom it gave me, living in a heavily built-up area with not much to do. After finding out about the

charity, I contacted EHC's director and asked whether she wanted a grooming kit I hadn't touched in years. We got talking..."

In 2009 Letty became the Campaign Officer responsible for raising funds for the build of the community riding centre. "EHC is a very special place. Our young people say that it's a place where they belong, a family, a refuge, and I think that goes for the team and volunteers who work here too."

For more information please go to: ebonyhorseclub.org.uk

HORSING AROUND

While man's best friend is his dog, horses are said to possess mystical healing powers that transform lives...

Ancient mythical horses such as the hippocampus, unicorn, and Pegasus continue to be everyday icons of protection and friendship, centuries after their creation. People of all ages love horses; from My Little Pony to ancient Greek history – the horse is a dominant spirit across all nations and cultures.

Physically, riding provides a great form of general exercise, giving a real sense of achievement and independence for all ages. It can serve as a break from some disabilities, freeing the riders from their artificial aids such as crutches and wheelchairs – a novel freedom that's hard to find and endlessly appreciated.

At first, people either love or fear horses: the two main emotions that reflect most of life's experiences.

Horse-based therapies are also an effective alternative to talking therapy – considered awkward or avoided by many teenagers who feel stigmatised by their peer group. Instead, it allows them to access help in a fun and thrilling environment.

PERCEPTIVE PONIES

The recent success of the book and film War Horse has helped horse-based therapies jump into the limelight and become a more acknowledged source of support. What else should we know about these great beasts of beauty?

A small indent in a horse's skin (usually on the neck or shoulder) is called a prophet's mark and is considered good luck.

Horses have a great long-term memory. If a horse is treated kindly, it will remember you as a friend for as long as it lives; instantly resuming friendship when it sees you again, regardless of how long you've been apart.

Horses are social animals and will get lonely if kept alone and mourn the passing of a companion.

A horse's brain is about the size of a walnut, but they are definitely intelligent.

Horses mirror their rider's emotion: fear, excitement, anger, and anxiousness – learning to control horses teaches riders how to control themselves.

The best horse-human relationship does not involve a hierarchy. Mutual trust is essential.

WHO ELSE IS HELPING?

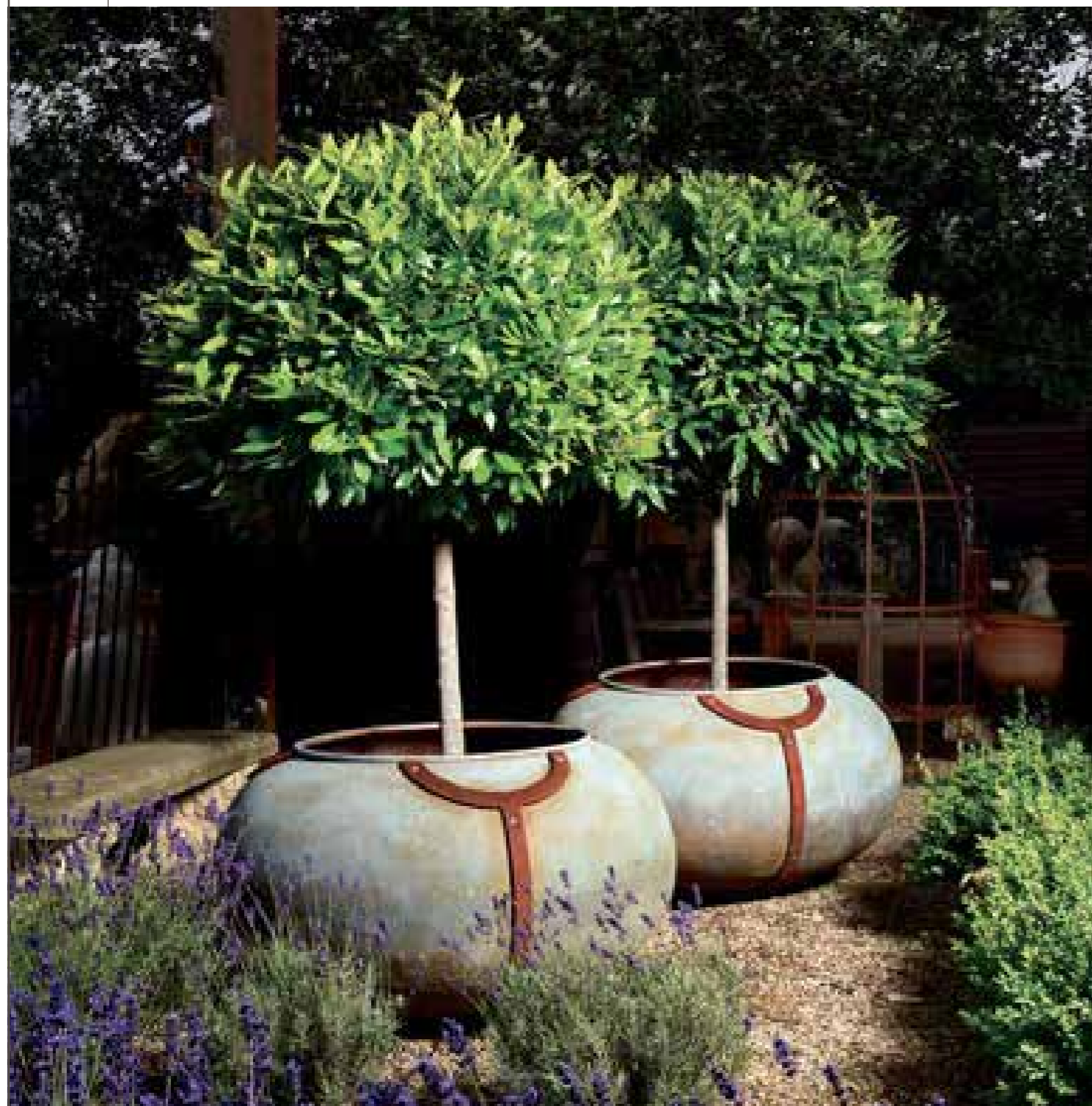
In 1976, Michael Morpurgo and his wife, Clare, started Farms for City Children, now with three farms in Gloucestershire, Pembrokeshire and North Devon. Nethercott House in Devon offers urban kids a chance to live on a working farm in the heart of the countryside. It's an intense, hands-on experience for children who often have little awareness of where their food comes from. Michael says of the 3,000 children who visit each year, "We have one very clear aim in our heads – to make it as intense an experience as possible, to make it a week that builds their self-confidence and self-worth as they work out on the farm, a week full of fun too, the most memorable week of their young lives'."

www.farmsforcitychildren.co.uk



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Carving it up

with Adam Humphreys



Twenty-eight year old Adam Humphreys is lucky enough to call the eponymous castle in the picturesque town Usk in South Wales his home. Growing up around the romantic Norman ruins as the son of a woodsman and a farmer, he nurtured a deep abiding love for woodlands. A natural affinity with a chainsaw soon developed...

He successfully paid his way through university by felling trees and doing heavy gardening work while balancing his studies. Innate curiosity led him to try his hand at carving. And once started, he never looked back.

Entirely self-taught, Adam creates stunningly impressive figurative works that capture the poetry and character of his subjects; whether it be a bounding hound, an indignant goose or a fiery dragon. He delights in the grain of his medium to dictate the flow of his enchanting sculptures – bespoke art that is unique to every piece.



WHAT WAS THE FIRST PIECE YOU MADE?
I used a big old farm chainsaw to create a rather rough eagle from a dead Elm tree; it wasn't quite big enough for what I wanted so it became a grouse after a bit of tweaking.

WHICH ARTISTS INSPIRE YOU?
I've been a big fan of the fantastic Sally Mathews since I was young. Her imagination and use of different mediums was undoubtedly a huge inspiration for me. Pricilla Hann has an eye for detail and expression with her sculptures that constantly amazes.

WHAT WOULD YOU MOST LIKE TO CARVE NOW?
There are many things I would love to carve; a grandiose story of some sort created from a stump in Hyde Park, to a humble carrier pigeon as a tribute to the messages they flew in WW1 – something I'm hoping I'll get the chance to attempt this year.

HOW DO YOU DETERMINE WHAT TO CARVE?
There are two methods for me: either something jumps out from the wood and I just have to give it a go or I'll scour the countryside looking for the right piece of wood for a commission or previously determined idea.

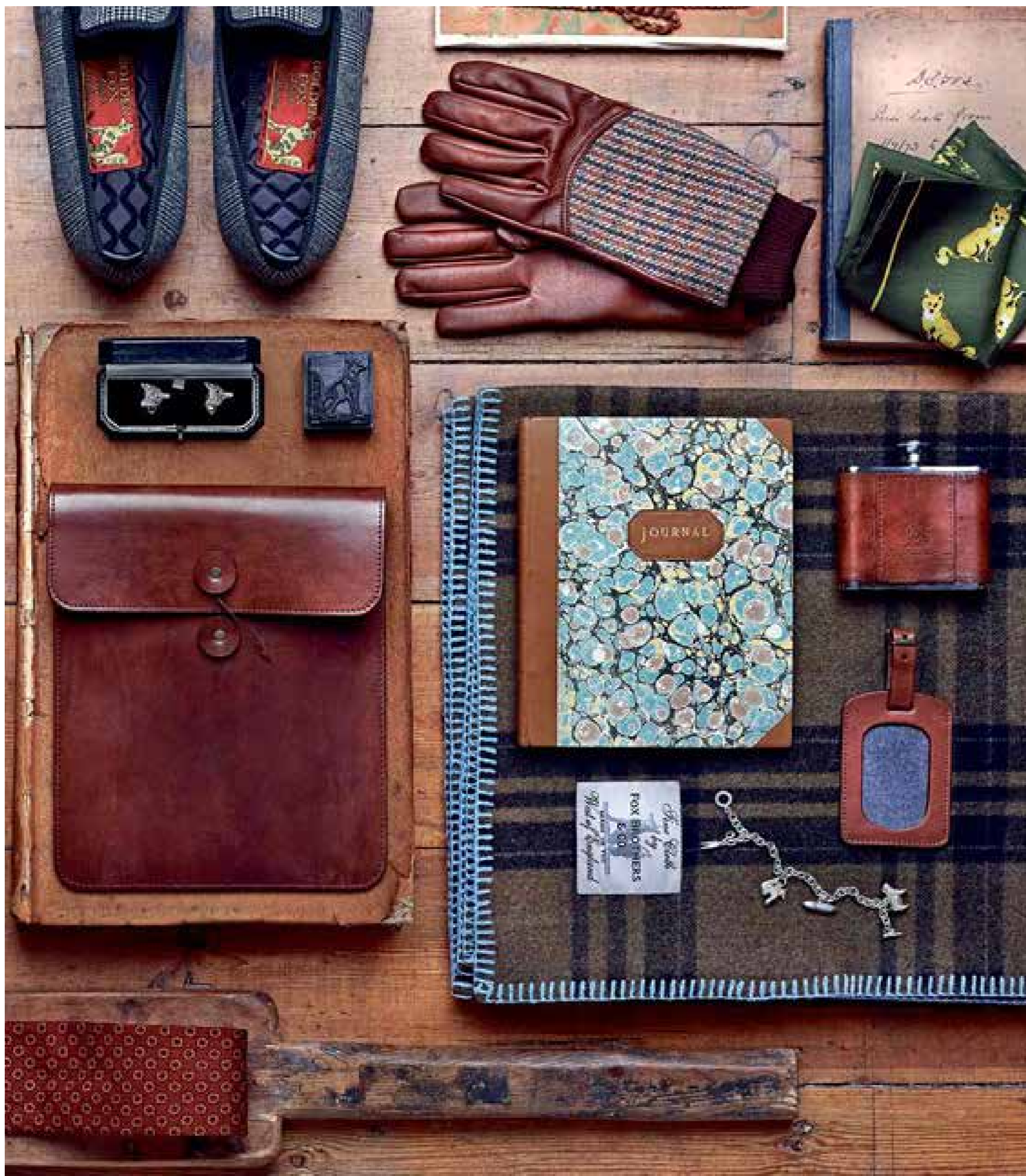
YOU MUST HAVE TO BE PRETTY FIT AND CONSTANTLY ALERT TO USE A CHAINSAW?
Yes, the chainsaw is physically demanding and the art is mentally taxing, so it is good to break it up with more mundane jobs in between such as forestry and tree work to supplement my income and give me a break.

WHAT ARE YOUR HOBBIES?
I have far too many hobbies. My mind is constantly in need of something exciting, which I endeavour to harness through my work. When I get to cut loose it is usually rock climbing, skiing, or anything with an adrenaline release. It can go the other way and I find all I want after a big day of chain sawing is to go for a ride with the dogs. Horses provide the greatest inspiration and have helped me understand much of the animal kingdom through their movement and skeletal frame work.

WHAT ADVICE WOULD YOU GIVE YOUR YOUNGER SELF?
I would have said, 'don't sweat the small stuff, expression is not always revealed in detail, look at the bigger picture and the rest will follow with practice', but actually I'd have ignored that and done it my own way, getting to the same conclusion the long way round. I believe I'm a sculptor because of my curiosity. I stray from conventional paths of thought, often not returning for quite a while.

WHAT'S YOUR FAVOURITE WOOD?
I love Cedar, and Californian Redwood. My grandfather loved planting these trees and I'm enjoying his legacy through my carving. As a timber, it weathers well and is excellent outdoors.

Adam's artwork has been acknowledged on an international scale; exhibiting at Sydney's Botanical Gardens, the globally renowned Crisp Galleries, and in the United Kingdom with H-Art. An impressive array of commissions includes exciting projects from The National Trust, the Duchess of Cornwall, and dozens of private houses and businesses. www.castlecarvings.com



The Merchant Fox

SINCE 1772

WWW.THEMERCHANTFOX.CO.UK



Raw food isn't just a fad, it's something that can be enjoyed by everyone says Sheila Hulme (The creative chef behind Raw & Cured at Lime Wood), who explained how and why a raw food diet can benefit the whole family.



WHAT ARE THE HEALTH BENEFITS FROM EATING RAW?

You are what you eat. We are the only species on the planet that eat cooked food. As soon as I became an 80-20% raw food consumer I felt better, had loads more energy, and lost that familiar bloated feeling. Eating raw food is better for your digestive system because it doesn't affect your internal temperature, resulting in a consistent level of energy. Food loses so many nutrients, not to mention flavour, when it's overcooked. Raw veg also keeps its fibre.

HOW DO YOU SELECT YOUR PRODUCE?

Our food sourcing policy is simple: quality, seasonal and sustainable. Our dishes contain an array of natural mixed nutrients, are low in cholesterol and we only use good fats. Our creative team of "raw chefs" prepare everything from scratch, so not only do these dishes taste fabulous but they will suffice any craving and boost your body with an abundance of feel-good nutrients.

WHAT ARE YOUR FAVOURITE DISHES?

Either the Nori Rolls: a seaweed sheet filled with parsnip and pine nut "rice", avocado, carrot and mixed leaves, served with a soy dipping sauce; or my Chilli "not" Carni: a delicious, raw take on the traditional chilli with spicy tortilla crisps and a dollop of natural live yoghurt with courgette, dehydrated tomatoes, corn, carrots, red pepper, onion, jalapeños, walnuts, cayenne pepper, dates, fresh orange, garlic, tamarind, cinnamon, flax seed, hemp seed, lime juice, tamari, cashews, and lemon juice.

WOW THAT'S A LOT OF INGREDIENTS!

Yes, the wonderful thing about eating raw is you can play with the ingredients and adjust the taste to suit your particular palate. It's so easy and such fun to be adventurous. What's more there are no actual technical cooking skills involved and children of any age can learn about the food and flavours they like.

WHERE DOES YOUR INSPIRATION COME FROM?

I often see a traditional dish and immediately contemplate doing a raw version. It's great for dinner parties as the preparation is all done in advance. You could serve raw chilli, spicy Thai wraps, pistachio-pesto stuffed mushrooms and for pudding maybe a key-lime pie, rocky road, or raw choccy cake.

WHAT DO YOU THINK ABOUT THE CURRENT CRAZE FOR JUICES AND SMOOTHIES?

Juices are great for energy because they pass straight into the blood stream but you have to be careful with using too much fruit because of the high sugar content. Smoothies are often healthier because they take longer to digest due to the fibre content and are also slower to oxidise.

WHERE DO I BEGIN?

Eating raw fits easily into daily life. It's simple, tasty and healthily addictive. The colours are so vibrant that they're a feast for your eyes - choose the fruit and veg that you like the colour of as that's probably exactly what you need. Buy lots and lots of greens. And for people who say I can't cook, start slowly. There's no right or wrong and you can change the flavour as you go along.

AMAZUNA

"Amazuna" is the hot new watch brand from the soul of Brazil. The first edition proudly reflects the vibrancy and joy of Rio, combining fun and sophistication in one elegant piece. The founders drew inspiration for the brand following their extensive travels around the country. From the hip and trendy Rio to the indigenous people of the Amazon and beyond, the heartbeat of this cosmopolitan country impressed upon the founders the natural joy of its diverse and beautiful population – set in equal measure against the contrast of the easy cool of its big cities with the millions of acres of its wild and threatened ecosystem. Brazil has it all, the Amazuna brand is its very essence.

Amazuna watches: Made for the World.

www.amazuna.co.uk



I DID IT MY WAY

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HONOR **HB** BEACH

Honor Beach launched in January 2015. Although Lucy Stewart, Founder of Honor Beach, is now based in London, she was born in Australia and has always had a love of the beach, sun, sea and sand beneath her feet.

The idea for Honor Beach came about when she found it difficult to find beachwear that aimed at solely the younger market. She found she was not alone and quickly Honor Beach was formed. All Honor Beach products are 100% cotton, have ¾ length sleeves, are timeless in their design and always kept to under £100.

Her favourite place to spend time would have to be the Isle of Wight, Paxos in Greece and the Mornington Peninsula outside Melbourne - plus any other beautiful beaches in the world!

www.honorbeach.com

MOJOOS

Designed and launched in London by partners Kamna Krithika, Mojoos are hand-crafted and hand embroidered flat shoes, with no defined left or right; the shoes mould to your feet. They become you. Mojoos are unique. Each shoe is individually handcrafted. It is classy, it is fun. It is royalty for your feet. The rich premier collection comprises 10 stunning colours that will add the perfect amount of pop to your style.

www.mojoos.london



ALISON VAN DER LANDE

English designer, Alison van der Lande launched her label 9 years ago when she couldn't find the dream weekend bag she was looking for. "I had always wanted to create and make something, and with a love of shopping, luxury labels, colour and leather it seemed like the perfect opportunity to do it myself!" said Alison. Celebrity fans span Hollywood, New York and London – and bespoke commissions include a 007 Casino Royal special, the Derby bag for the world's richest horse race – the Epsom Derby.

www.alisonvanderlande.co.uk



Fiona Hodges, the founder of Seraphina (London & Goa), grew up on her father's tea plantation in Darjeeling. Captivated and inspired by the work of Indian artisans and their creation of block and screen printed textiles, she returned to India after working at VOGUE in London and Sydney, to begin the creation of her own collection.

Seraphina design enduring styles for adults and children and also have a range of mix and match quilts and cushions for the nursery and bedroom.

www.seraphinalondon.com

SHORE PROJECTS

Shore Projects is a watch brand inspired by the beauty and fun of the British seaside. Founded by a group of friends disillusioned by the lack of affordable, expertly engineered and stylish timepieces on the market, Shore Projects set to shake up the watch sector. Their ambition was simply to create a timeless, quality product that could be worn every day. All the watches are influenced by vintage designs, combined with strong modern day build quality. Using precision manufacturing processes this allows the watches to withstand the demands of everyday living.

www.shoreprojects.com



Frost French

STRIP

FROSTY FRENCH

Knickers

Frostfrench, a London based design studio founded by IT Girl trend setters Sadie Frost and Jemima French in 1999, was obviously destined to be successful; even from the early days when the girls were dyeing smelly knickers in their back garden. Its growth has been rapid – from the proverbial kitchen sink into an international fashion label selling its clothes across the world.

A pedigree of BIG names punctuates their success. Kate Moss stripped for them, as Mario Testino clapped from the balcony at the Duke of York theatre. Helena Christensen, Jerry Hall and Liberty Ross flew for them in 'Enchantment', their circus inspired film. And then they won an Elle Style award in 2004 followed by a period of running their sassy boutiques in the centre of London.

As well as working on their clothing ranges they love to collaborate and consult across the creative industries. It's not all knickers. They work with a surprisingly diverse collection of clients including Peugeot, Ghd, No17 makeup and Oil of Olay on varied creative projects. Sadie and Jemima are currently concentrating on Floozie and Iris and Edie at Debenhams, promising to be back soon with a unique and powerful FF collection.

They have 8 kids between them and enjoy riding horses, yoga, and the flying trapeze. The Frostfrench label is a double-entendre of the girls way back when. Finding they had the eye when they were FRENCH kissing in that bath on that FROSTY morning in Paris aged just 16 years old.

Most iconic moment...

One of Jemima's favourite projects was back in the Spring of 2006, when they turned a London Eye pod into a giant washing machine drum; inspired by a Spring Clean theme for the VH1 London Fashion Week event. Their first idea, quashed by health and safety, was to create a glorious life-sized snow globe; envisaging a beautiful girl in one of their frocks, standing at the pod's centre – encircled in a winter wonderland of polystyrene balls from some destroyed bean bagsalas it was not allowed.

Unperturbed they changed their concept. Inspired by the cyclical motion of the London Eye, they arrived at the washing machine drum. As the sun set over London's horizon, the lights twinkled through their collection of silks and diaphanous fabrics, mixed with a colourful playlist that incorporated the sounds of a washing machine. Of course they climbed aboard and enjoyed the view.



The Skeleton Coast...



...conjures up mysterious visions of mist enshrouded beaches strewn with bleached whalebones and rusted shipwrecks. Stretching from the south of Namibia up into Angola, the Skeleton Coast and its hinterland is a landscape of haunting beauty. A vast area of rolling sand dunes, expanses of uninhabited desert plains, fossil beds, unique geological formations, desert-adapted animals and strange vegetation.

Its beautiful wildlife and unique landscapes are like nowhere else in Africa



OUT OF THIS WORLD

While the Schoeman boys' camps are everything you could wish for along this deserted strip, **Wilderness Safaris** (with their reputation for the superfluous) have exceeded all expectations with their newest property, the **Hoanib Skeleton Coast Camp**. Opened last August, its innovative design is incredibly sensitive to the fragile desert environment in this –the most spectacular location in Namibia's remote Kaokoveld.

The camp prides itself on its light environmental footprint, paying particular attention to the Hoanib. Constructing the camp in such a remote location meant they had to be creative with their building methods and made decisions based on the ease with which materials could be transported across the sensitive desert landscape. The result: a camp that blends in seamlessly with its surroundings, operating on 100% solar power. Eight ensuite tents are carefully positioned to maximise the afternoon breeze and take full advantage of the dramatic desert dunes.

Namibia is often considered Africa's best-kept safari secret, with the opportunity to venture into the unknown in complete safety. Its beautiful wildlife and unique landscapes are like nowhere else in Africa. It sounds clichéd but its vast spaces of peace and freedom beg you to sit, admire and reflect. From game-packed parks to the silence and spectacle of the desert, this incredible country, its landscapes, people and wildlife are worth waiting for.



Louw Schoeman, a lawyer by profession and pioneer of ecotourism in Namibia, came to know and love the Skeleton Coast and surrounding areas. This led him to take a leading role in its conservation and in the proclamation of the Skeleton Coast National Park in 1971, before starting Skeleton Coast Safaris – an enterprise that his children shared, continued and expanded under his personal attention.

The Schoeman family, who grew up along this dramatic coastline have the secrets of the Skeleton Coast etched on their faces and, they say, their souls. It's a unique and remote wilderness that attracts a certain kind of personality.

Rather than jeeps, the brothers use their own aircraft as the safari vehicle to transport visitors from one place of special interest to another; flying at "see" level to afford a truly close-up view before landing to explore by Land Rover or on foot.

This privileged bird's-eye view shadows shipwreck remains along the coast, diverse and ever-changing geological formations, and refuges of desert-dwelling animals such as the endangered black rhino and desert-adapted elephant.

THE HIGHLIGHTS

It's surprising just how diverse this landscape can be. The region north of Swakopmund to Angola is mostly rocky desert with strips of dune belts, primarily between Torra Bay and the Hoarusib River. Adjoining the northern section of the Skeleton Coast Park is Kaokoland, a rugged region inhabited by the Himba people, who still dress and live according to ancient customs and traditions. Adjoining the southern section of the park is Damaraland, inhabited by the Damara people, who have to a large extent adopted Western customs and lifestyles. Both Kaokoland and Damaraland are renowned for their diversity of desert landscape and interesting flora and fauna, such as the desert-adapted elephant, endangered black rhino and the unique 'fossil' tree, *Welwitschia Mirabilis*.

South of Swakopmund to Lüderitz is mostly sandy desert where dunes start directly on the beach, extending 70 km inland. This desert region is conserved as the Namib-Naukluft Park with the highest dunes in the world to be found at Sossusvlei.

The true nature of the Skeleton Coast is borne out by the high proportion of interesting shipwrecks to be found along the coastline. Rocky outcrops at places such as Spencer Bay present a magnificent contrast against the dunes. Seals, birds, jackal and brown hyena are some of the larger inhabitants of this mystic world.





DISCOVER MORE
CHASEDISTILLERY.CO.UK

Bumf

EVENTS

Great Bath Feast
(1st – 31st October 2015)
Queen Square becomes the hub of the Great Bath Feast with the Hartley Farm Tips.
Bath, Somerset
www.greathathfeast.co.uk

Walking Festival
(17th October – 1st November 2015)
Includes wildlife walks, history hikes, accessible walks, activity walks and family adventures.
New Forest, Hampshire
www.newforestnpa.gov.uk

Winchester Short Film Festival
(7th – 11th November 2015)
The Winchester Short Film Festival screens some of the most original and exciting short films to come out of the UK.
Winchester, Hampshire
www.winchestershortfilmfestival.com

Beaulieu Christmas fair
(13th November 2015)
Taking place in Palace House, the annual CET Christmas Fair is held to raise funds to support the work of the Countryside Education Trust.
New Forest, Hampshire
www.beaulieu.co.uk/events/cet-christmas-fair

Bath Pavilion Beer and Cider Festival
(14th November 2015)
The festival returns with at least 50 real ales, plus a large range of traditional ciders.
Bath, Dorset
www.bathpavilion.org

Winter Flower Festival
(15th November 2015)
Christmas wreath making, table centres - come along and get lots of Christmassy ideas.
Bursledon Brickworks Industrial Museum, Hampshire
www3.hants.gov.uk/events/searcheventslisting/eventsdetail.htm?id=268630

Bridport Literary Festival
(8th – 15th November 2015)
The Bridport Literary Festival is a festival of literature.
Bridport, Dorset
www.bridlit.com



BACKSTAGE



COOKERY SCHOOL

HH&Co Backstage gift vouchers are available from hhandcobackstage.co.uk

GARDEN BUMF

RHS Chelsea 2015 was all about exotics. Horticulturists from around the world came to show off their produce to a public evermore enthusiastic to try interesting, bizarre looking produce if it promises to look and taste great. Our UK climate is surprisingly benign when it comes to many exotics, as The PIG's Ollie Hutson will testify with a few of his own best kept secrets...



Crosnes is a kind of Chinese Artichoke Tuber (Crosnes) (Stachys affinis) – try it pickled with beetroot, or on a tart with mushrooms. We thoroughly recommend this hard to find vegetable that is easily grown. You can eat the tubers either raw in salads, lightly fried in butter, or stir-fried in Chinese style dishes where they will make an excellent substitute to water chestnuts. If you wish you can also steam them. The small tubers have a delicious and nutty flavour and satisfying crunch. Also known as Crosnes, these are popular in France - yet 'over here' usually only ever seen in the most expensive delicatessens and restaurants. While related to the mint family, these have a similar growing habit to Jerusalem Artichokes - in that once you have established a bed of these you will be able harvest annually and they will self perpetuate.



Agretti - AGRETTI / ROSCANO / BARBA DI FRATE - can be pre-ordered NOW for 2016 – best in salads, or steamed and buttered as delicious greens. Agretti / Roscano / Barba di Frate, also called Roscano or Barba di Frate (Salsola Soda), this is very popular in Italy and has become the latest vegetable in fancy Italian restaurants. When mature (50 or so days) they are a 12 inch wide, 24 inch tall bush that looks like a huge chive and they are used mainly in Rome and Umbria. Really good with fish and seafood, it is a mild flavoured green, which is a little bit bitter, a bit sourish, but a lot wonderful!! Almost impossible to find in the UK and very, very gastronomic. You can just braise them in some olive oil with garlic and serve as a side dish.



Rosemary var. green ginger – From RHS Chelsea gold medalist Jekka's Herb Farm collection of organic, culinary, aromatic, decorative and medicinal herbs – experiment by infusing it in gin as a rosemary Collins cocktail. This frost hardy evergreen perennial has small, pale blue flowers in spring with short, dark green, ginger scented, needle-shaped aromatic leaves. A great culinary flavour.



Achocha (the exploding cucumber) - Cucumber Vegetable Seeds to buy in the UK from The Real Seed Catalogue - don't mess around with this fabulous summer vegetable, serve it tout seul simply char-grilled. To clear up any confusion, these are real, non-hybrid cucumbers, and they're much easier and less fussy than the hybrids. You don't need to pick the male flowers off, and they don't go bitter if you grow several types; basically just plant them and let them get on with it. And of course if you wait long enough, you'll get seeds in your cucumbers that you can grow next year.



Chilli var. apricot habanero - Habanero chilli seed var. Apricot – the taste of summer days, sliced in salads or used on flatbreads. This Sea Spring Seeds' version of a mild habanero apricot is virtually heat-free. The elongated fruit are slightly grooved with an appealing crunchy texture and a wonderfully fresh aroma. As they mature the colour changes from a delicate lime green to a subtle salmon orange. The fruits are delicious stuffed or as a fragrant addition to salads or sandwiches. A treat for cooks keen on introducing a new flavour; suitable for anyone nervous about the mouth-burning nature of chillies.



Elephant monobulb garlic - The Garlic Farm sells Solo Elephant Monobulb and all things garlic. Use smoked and as a delicious buttery paste on a freshly cut loaf.

EVENTS

New Milton Christmas Festival
(21st – 29th November 2015)
Christmas Festival Crafts, Gifts and Produce Show.
New Milton, Hampshire
www.newmiltonevents.co.uk/christmas/christmas

Winchester Christmas market
(19th November – 22nd December 2015)
Wonderful Christmas gifts, decorations and festive foods can be found in abundance.
Winchester, Hampshire
www.winchester-cathedral.org.uk/home/christmas-at-the-cathedral/christmas-market

Bath Christmas Market
(26th November – 13th December 2015)
A truly fantastic festive shopping experience.
Bath, Dorset
www.bathchristmasmarket.co.uk

Padstow Christmas Festival
(3rd – 6th December 2015)
A real festive treat for the whole family.
Padstow, Cornwall
www.padstowchristmasfestival.co.uk

Bath Film Festival
(3rd – 13th December 2015)
A showcase for creative, intelligent, and thought provoking films and film events in the South West.
Bath, Somerset
www.bathfilmfestival.org.uk

Bridport Annual Christmas Tree Festival
(9th – 20th December 2015)
This is the 17th occasion of this wonderful exhibition over 60 decorated and illuminated trees.
Bridport, Dorset
www.visit-dorset.com/whats-on/bridport-annual-christmas-tree-festival-2015

Georgian Fashion at Fashion Museum
(Until 3rd Jan 2016)
A special exhibition of original Georgian fashions.
Bath, Dorset
www.fashionmuseum.co.uk

Petersfield Antiques Fair
(5th – 7th February 2016)
Petersfield Fair offers both exhibitors and visitors a welcoming friendly atmosphere, where like-minded dealers and collectors can enjoy doing business.
Petersfield, Hampshire
www.penman-fairs.co.uk

Swanage Blues Festival
(3rd – 6th March 2016)
Bringing together an amazing collection of Blues Musicians, Fans and Friends.
Swanage, Dorset
www.swanage-blues.org





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