



Brighten your walls. Pickles unframed print. £10, johnlewis.com

Quick, quick, slow. Crock-Pot digital slow and multicooker. £119, johnlewis.com



Fill with herbs or spices. Storage canister (top). £12, johnlewis.com
Quirky condiments. Salt and pepper shakers. £6.95, rexlondon.com



Nature-inspired pot stand. Superfolk ash trivet. £75, thefuturekept.com



Ideal for batch cooking. Cast iron casserole dish. £125, denbypottery.co.uk



Protect your mitts. Softer And Wild oven gloves. £20, etsy.com



Serve warming foods. Pumpkin soup bowl. £18, lauraashley.com



Keep produce fresh. Potato storage bag. £5.99, lakeland.co.uk



Warm the cockles. Spiced winter red tea. £4.49, teapigs.co.uk; **Love Beets no-vinegar beetroot.** £1.25, tesco.com; **Almond & orange mincemeat.** £4.60, rosebudpreserves.co.uk; **Godminster black truffle vintage Cheddar.** £6 for 200g, waitrose.com; **Lindt 65% cocoa chocolate.** £1.99, lindt.co.uk; **Turner & Hardy spiced tomato juice.** £3.25 for 750ml, sainsburys.co.uk; **Coco Chocolatier drinking chocolate.** £9.95, thefuturekept.com; **Yorkshire Provender parsnip soup.** £2.60 for 600g, waitrose.com

Nature-led comfort food

Chilly mornings and darker evenings mean we begin to turn inward and retreat indoors. It's the time of year for jumpers and cosy blankets and our bodies crave warm, nourishing comfort food. Whether you're entertaining friends or making a meal for one, *Home-Grown Harvest: Delicious Ways To Enjoy Your Seasonal Fruit And Vegetables* has something for all palates.

Root vegetables can provide the basis for tasty and grounding meals that warm the soul. Why not prepare a comforting stew or soup to savour after a long walk?

Blogger spotlight



Ceri Jones is a chef, food writer and tutor based in London. She loves creating dishes from seasonal produce and her website, cerijoneschef.com, is full of recipes to inspire. From healthy midweek suppers to creative dishes that utilise root-to-stalk eating, all categorised by season, there's something for everyone.

Try her 'Lemon cashew cheesecake with ginger roasted rhubarb' or 'Leek and Caerphilly Welsh rarebit'.

SEASONAL EATING *Books to inspire hearty and nourishing meals*



1 Veg: Easy & Delicious Meals For Everyone by Jamie Oliver (Penguin Books, £26)
2 Greenfeast: Autumn, Winter by Nigel Slater (HarperCollins, £22) **3 National Trust: Comfort Food** (National Trust Books, £20) **4 Green** by Elly Pear (Curshen) (Ebury Press, £22)