

feasting



**Veg with edge.**  
Cabbage tureen,  
£36, micucci.co.uk



**Puree class.** Framed  
print, £95, johnlewis.com

**Drizzle.** Oil  
decanters,  
from £12  
each, made.  
com



**Mix it up.**  
Hand blender,  
£75, john  
lewis.com



**Et voila!** Pumpkin  
serving dish,  
£34.99,  
wayfair.co.uk

**Seasoning's  
greetings.** Salt  
and pepper  
dish, £13, garden  
trading.co.uk



**Hands-free.**  
Spoon rest with  
bowl, £15.99,  
wayfair.co.uk



**Portable  
pleasures.**  
Steel flask,  
£23, uk.wild  
andwolf.com



**All aboard.** Bamboo  
chopping board set, £70,  
habitat.co.uk



**Make it, bake it and enjoy!**  
Fruit and veg box, from  
£9.45, oddbox.co.uk; Davina  
Steel white loaf baking  
mix, £2.99, ocado.com; Pati & Coco  
caramel and  
choc puddings, £3.50 for  
two, sainsburys.co.uk; Crosse & Blackwell  
butternut squash and  
sage soup, £1, asda.com; British Heather Black Bee  
honey, £12.95, ocado.com



**Gee whizz.**  
Soup maker,  
£139.99,  
johnlewis.com

**Say cheese!**  
Grater, £8.45,  
cultfurniture.  
com



**Blogger  
spotlight**



**Stir it up**

There is something so soothing about settling down to a bowl of nourishing soup after a brisk walk in the early spring air. It's quick, easy, packed full of vitamins and minerals and a thrifty way to use up any leftover vegetables.

Why not check out local veg-box schemes and have fresh ingredients delivered to your door? Soup is good for body and soul and ideal for cooking in batches, so there's always a portion in the freezer. It's the best comfort food there is, whatever the weather.

*Greedy Gourmet was launched by writer and photographer Michelle Minnaar with the aim of sharing interesting recipes from around the world. You'll find favourite go-to meals, more exotic dishes for when you're feeling adventurous – and there's a great selection of soups for the health-conscious and hungry (greedygourmet.com).*

*Try spicy Lebanese lentil soup' or rustic 'Italian sausage soup with butter beans' – and her 'ABC soup' is not a kiddies' alphabet version!*

**BOWLS OF GOODNESS** *Soup recipes to nourish all year round*



**1** *The Soup Book* by Sophie Grigson (DK, £18.99) **2** *The Ultimate Soup Cookbook* by Dru Melton and Jamie Taerbaum (Crestline Books, £14.99) **3** *The Healing Soup Cookbook* by Cara Harbstreet (Rockridge Press, £12.96) **4** *Seasonal Soups* by Fraser Reid (Kitchen Press, £8.99)

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