



Blue is the colour. Linen napkins, £38 for a set of four, modishliving.co.uk

Running water. Enamel colander, £18, gardentrading.co.uk

Coastal cuisine. Fish and chips print, from £20, rocketjack.co.uk

Sundowner? Fish+Fish carafe, £25.50, abodeliving.co.uk

Salty taste. Salt and pepper pots, £18, creamcornwall.co.uk

Eco table. Beach Clean place mats, £22 for a set of four, abodeliving.co.uk

To us! Glass tumbler, £7.75, abodeliving.co.uk

Serve scallops. Serving set, £180, sohome.com



Fish dish. Serving platter, £50, johnlewis.com

Good measure. Enamel jug, £18, gardentrading.co.uk



Treats and tipples

Summer goodies. Cotswolds ginger gin, £39.95, cotswoldsdistillery.com; Mr Ames Earl Grey tea, £3.95, mramestea.com; Brickell's salted caramel ice cream, £6.50, brickellsicecream.co.uk; Blue Skies caffè latte dairy-free ice cream, £4.99, ocado.com; Apple & Oak cider, £30 for 12 bottles, sandfordorchards.co.uk; Feel Good rhubarb and apple sparkling water drink, £1.19, ocado.com; Gordon's 0.0% and tonic premixed can, £1.60, sainsburys.co.uk; Traclements lemon pickle, £3.35, tracklements.co.uk

Eat the seasons

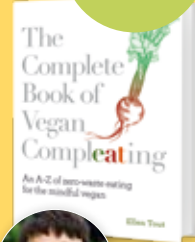
THERE IS NOTHING quite like the taste of a succulent strawberry in summer, or a ripe and rosy tomato plucked from the garden. But, with supermarkets making it easier than ever to find any food we want at any time of year, many of us have lost touch with what is in season in the UK.

Eating locally produced seasonal food is not only tastier and healthier, it's better for the planet. Visit farm shops in your area or sign up for a fruit and veg box scheme to bring fresh and flavoursome produce to your plate.

• To find out what fish is in season, go to thecornishfishmonger.co.uk/seasonal-fish



Waste-free kitchen



Stock answer

Eco Living Editor Ellen Toot shares sustainable, creative cooking advice

DON'T DISCARD onion and garlic skins and vegetable ends. The skins are edible, with antioxidant properties. I save scraps in a freezer bag until I have enough to fill a saucepan. Cover with water, add salt and simmer for 40 minutes for a full-flavoured stock. Strain and compost the scraps and decant the stock into bottles.

Reader offer: Ellen's book 'The Complete Book Of Vegan Compleating' (Nourish, £14.99) is available for pre-order now. 'Psychologies' readers can save 30% with offer code 'COMPLEAT21' at tinyurl.com/psymag

For waste-free recipes, follow Ellen on Instagram @completely_vegan; ellentout.com

FLAVOURS FROM THE SEA Recipes to inspire, from coast to kitchen



1 The Big 10 Fish And Seafood Cookbook by Terri Dien (Rockridge Press, £12.39) **2 Surf-side Eating: Relaxed Recipes Inspired By Coastal Living** (Ryland Peters & Small, £16.99) **3 The Seafood Shack: Food And Tales From Ullapool** by Kirsty Scobie (Kitchen Press, £20) **4 How Wild Things Are** by Analiese Gregory (Hardie Grant, £22)