



Figuratively speaking. Print, from £8.45, specificprints.com

Hob to table. Cast-iron pan and board, £9.99, kitchencraft.co.uk



Dough easy. Wooden rolling pin, £8, procook.com

Extra extra virgin? Ceramic oil bottle, £14, gardentrading.co.uk

Two in one. Oil and vinegar bottle, £23.99, wayfair.co.uk

Isn't it sweet? Honey pot, £22.50, hudsonhome.co.uk



Mezze on mosaic. Hand-painted plate, £35, sweetpeaandwillow.com

Wine or juice? Carafe, £24.95, coffeeandcloth.co.uk; citrus squeezer, £12.99, curatedpieces.com

Mind your teeth! Decorative figs, £26 for six, marquisanddawe.co.uk

Herbs are a snip. Kitchen scissors, £17, thegreyworks.com

Adventure to the Med

SUN-KISSED Mediterranean soil provides an abundance of fresh fruit and vegetables, pulses and legumes. Add store-cupboard staples found in kitchens across Greece, Turkey and Cyprus and you'll be rustling up meals like the locals in no time.

A full-flavoured, quality extra virgin olive oil is a must for dressings and drizzled over colourful summer salads. Look out for large, vintage-style metal tins of oil to keep you well-stocked, or elegant bottles that can serve as decoration after use.



Taste the summer

Stock up your pantry. Filippo Berio II Rustico unfiltered olive oil, £8.99, ocado.com; The Collective plant natural Greek-style yoghurt, from £1.25, tesco.com; Riso Gallo Venere Rustico black rice, £2.79, ocado.com; Le Rustichella egg pasta, £12, sacla.co.uk; Newman's Own yoghurt and herb dressing and dip, £1.80, ocado.com; Sea Change rosé prosecco, £12.99, seachangewine.com; limoncello, £24.95, cotswolddistillery.com; El Bandarra aperitif pack, £39.99, shop.elbandarra.com

SUNSHINE DINING Cookbooks bursting with Mediterranean flavours



1 Meze by Sally Butcher (Pavilion, £12.99) **2 Under The Olive Tree** by Irini Tzortzoglou (Headline, £25) **3 The Sicily Cookbook** by Cettina Vicenzino (DK, £16.99) **4 Aegean** by Marianna Leivaditaki (Kyle Books, £26)

PHOTOGRAPH: GETTY IMAGES



Waste-free kitchen



Tops tips!

Eco Living Editor Ellen Toot shares sustainable, creative cooking advice

It's tempting to discard veggie peels and seeds, but these are all nutritious and edible. Squash and pumpkin seeds can be roasted in oil and seasoning for a healthy snack, as can squash and root vegetable peels, which also make a great soup topper. Seeds can be dried and saved for planting too!

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