

# Live Life Well

HEALTH, HAPPINESS, FASHION, TRAVEL, PETS, PASTIMES  
AND OTHER THINGS TO MAKE LIFE LOVELY


## WHAT TO PICK, SEE & DO

**Pick...** home-grown courgettes. They can double in size in a day, so check and harvest them regularly.

**Enjoy...** heritage tomatoes. Mix varieties, slice, sprinkle with sea salt, drizzle with extra virgin olive oil and a splash of balsamic vinegar and serve with crusty bread.

**Play...** on the River Wye. From kayaking to wild swimming, there are guided trips and classes galore at [visitherefordshire.co.uk](http://visitherefordshire.co.uk).

**Learn...** how to ferment and pickle fresh seasonal produce on a one-day course, £175, The School of Artisan Food, Welbeck Estate, Nottinghamshire, [schoolofartisanfood.org](http://schoolofartisanfood.org).



Olive wood serving boards, £24 each; Lidney Sussex trug, £88, both Rowen & Wren





## SUN PROTECTION

Want to surf, swim or just spend longer in the sea or pool without getting sunburnt shoulders? This long-sleeve swimsuit offers UPF50 UV protection to shield your skin, while chlorine- and sun-cream-resistant properties keep the fabric from fading, so you can enjoy more time splashing around in the water. Pastel Paradise long-sleeve UPF50 swimsuit, £70, Roxy

## 3 reasons to... eat organic food

**IT'S BETTER FOR THE PLANET** Restricted use of pesticides and chemical fertilisers, which come from burning fossil fuels, mean far less greenhouse gas emissions, not to mention the benefits to bees.

**HIGH ANIMAL WELFARE** Truly free-range animals are able to forage, graze and roam, with space, fresh air, and conditions that allow them to express their natural behaviours.

**IT'S HEALTHIER** Studies show organically produced fruit, veg and cereals have up to 68% more antioxidants than non-organic, and lower concentrations of pesticides and toxic heavy metals. Find out more at [soilassociation.org](http://soilassociation.org)



## Roam at home

Swedish for 'highland', Fjäll is a new home fragrance collection from Skandinavisk. Blended to evoke journeys to the wild north Swedish fells, Fjäll will fill your home with the natural aromas of heather, thyme, ground berries and leaf sap. Choose from scented candles, made with essential oils and Swedish rapeseed wax, or a refillable diffuser. Fjäll mini scented candle, £18; Fjäll scent diffuser, £45, both Skandinavisk



## ONE-STOP SHOP

Want to sell your sofa or snap up one-off pieces of homeware and furniture based on your likes? Narchie is a new marketplace app where you can tailor your searches for specific items, sellers and styles, and create a fully shoppable profile, enabling you to buy and sell easily in one place (with a 10% fee for sellers), [narchie.com](http://narchie.com)



## SEASONAL SUSTENANCE

Offering to reconnect us with the seasons, quieten our minds and nourish our bodies, *The Calm Kitchen*, by Lorna Salmon (£7.99, National Trust Books) has deliciously simple vegetarian recipes, along with tips on foraging food in woodlands and the countryside.



## HELLO FLOWER

These pretty wildflower illustrations are by Rebecca McMillan, who draws and paints to capture the beauty of the natural world around her. The art prints are made to order in the company's Cotswolds studio and can be personalised. Limited Edition British Wildflowers art print, £30, Wildflower Illustration Co

## 3 of the best... garden parasols

Create a stylishly shady spot



### HOLIDAY AT HOME

This pretty cotton parasol, with its simple silhouette, tassels and metal hearts trim, will bring a subtle taste of the tropics to your country garden. Bali parasol, £195, Ella James



### OOH LA LA!

Originally designed as a beach parasol, this blue and ecru striped number offers St Tropez style that would blend easily in a rural location. Riviera parasol, £295, Raj Tent Club



### ARTS & CRAFTS

With its William Morris-print detachable waterproof canvas canopy and FSC timber frame, this design is both beautiful and useful. Bill octagonal parasol, £965, East London Parasol Company

## HEAVEN SCENT

Founded by aromatherapist Bella Middleton, Norfolk Natural Living offers a range of cleaning, laundry, bath and body products, made with non-toxic, cruelty-free botanical ingredients in its own workshop. The products are formulated with therapeutic blends of essential oils, turning everyday chores into a sensory experience. Multi-surface spray, £12; dog shampoo, £14.50, both Norfolk Natural Living



## Got the bottle?

Made from recycled plastic PET bottles, these backpacks are lightweight, durable and vegan. Available in a range of cool colours, with a label that proudly proclaims, 'I used to be a plastic bottle', they are as suitable for stashing beachwear as they are for carrying laptops and books. Backpack, £53, Lefrik

