



### EAT THIS

Didn't get enough sunshine this summer? Get your hit of vitamin D from the newest flavour in Soupologie's plant-based range instead. This one harnesses the power of shiitake, porcini and reishi mushrooms in a nutrient-dense, delicious broth. £2.99/600g; Ocado



# Smorgasbord

A taster of how we'll be eating and drinking this month. By *Rachel Walker*

### CHERISH THIS

Shake up afternoon tea and create a modern heirloom. The bold patterns and bright colours of this African-inspired set make it the antithesis of fusty old china. *Ziggi Zazu range, from £25; t2tea.com*



### DRINK THIS

The taglines on these witty little bottles of cordial by Elderbrook will put a smile on your face. The subscription service pops exciting flavours through your letterbox, such as plum, apple and rosehip, all without refined sugar. *From £10 a month; elderbrookdrinks.co.uk*

### and watch: quirky drinks

is the moment that novelty spirits  
t being taken seriously? Hemp  
ka won a silver medal and Irish milk  
won bronze at the recent 2016  
national Wine and Spirit Competition

### POST THIS

Having figured that sending chocolate was better than a standard greeting card, James Cadbury recently founded Love Cocoa. The flavours are inspired by British ingredients (honeycomb and honey is a winner) and the bars taste as good as his heritage suggests. *From £14 for three; lovecocoa.com*



### READ THIS

An inspiring book for city dwellers who pine for the bounty of a countryside hedgerow. The year-round urban-foraging guide encourages readers to open their eyes to the treasures growing in our city centres, with accompanying recipes such as stinging-nettle tempura and hawthorn relish. *£12.99, Boxtree*



### RECONSIDER THIS

The Pot Noodle of the 1990s has become a distant memory, thanks to Mr Lee and its promise of instant noodles that are "100% tasty, 0% nasty". The noodles are soft, the broth is tongue-tinglingly spicy and the ingredients list is impeccable. Perfect for students off to university — or anyone who's peckish. *£18 for six; mrleesnoodles.com*

The  
**Dish**

**Midweek  
makeover**

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... recipe boxes,  
...vered to  
...r door



# Wild at heart

Hugh Fearnley-Whittingstall makes the most of the season's finest ingredients