



THE CONSCIOUS KITCHEN

EATING WELL FOR A HEALTHY PLANET
SENIOR FOOD PRODUCER **TAM SIN BURNETT-HALL**
SAINSBURYSMAGAZINE.CO.UK/FOOD

SIZE MATTERS

Big isn't always better - the British Hen Welfare Trust (bhwt.org.uk) is urging us all to move away from buying large and extra-large eggs, due to the pressure it puts on the hens. Choosing mixed-weight eggs lets hens lay what comes naturally and gives farmers a fairer price too, for all their eggs rather than prioritising the big ones. Our recipes suggest medium eggs but generally it's only when baking that exact size matters; if using mixed sizes, 50g egg (without shell) is equivalent to 1 medium egg.



ECO CUPPA

While you can cut back on energy wastage with any kettle by only boiling as much water as you need, this kettle makes it easy, with markings for one, two or three mugs' worth - it's also quick, taking 43 seconds to boil a cup!
Russell Hobbs Honeycomb Kettle (£30, sainsburys.co.uk)



3 WAYS TO... keep fruit and salad fresh for longer

1. USE VINEGAR

Dunking fresh berries in a vinegar rinse gets rid of bacteria and mould spores, so that they'll keep for about 2 weeks. Mix 1 part distilled or cider vinegar with 3 parts water and soak the berries for 5 minutes. Rinse clean with fresh water in a colander then dry well on kitchen paper or a clean towel. Store in a large glass jar or a lidded container in the fridge.

2. DRINK UP

Non-woody herb sprigs such as parsley, mint and coriander can be kept in a glass of water in the fridge, stalk down like a bunch of flowers.

3. BOX IT UP

Bagged lettuce is quick to spoil, as it's easily bruised, then moisture causes it to deteriorate. Transfer to a container lined with kitchen paper, and cover with a protective lid.

July veg patch diary

ALEX MITCHELL
THE EDIBLE GARDENER



'Any crop that needs little attention gets my vote, so I always grow dwarf French beans.

These short, bushy plants don't need any staking and tying in. Try Venice or French Purple Teepee, with purple beans that turn emerald green when cooked. Sow into the ground or pots, 4cm deep and 20cm apart. Keep well-watered and pick the beans when they're still thin, tender and snap easily.

'Florence fennel (with the white succulent bulb, not the tall, feathery herb common fennel) is good to sow now, too. Baby bulbs are amazing sliced raw in salads or roasted whole. Thin seedlings so they are about 10cm apart and harvest them after six weeks. The key is not to let them dry out, so keep watering regularly.'

Follow Alex @alexmitchelleg

SAINSBURY'S MAKES BIG MOVES TO CUT PLASTIC

In its latest move to reduce waste from packaging, Sainsbury's has removed the plastic trays from whole chickens, a move that's set to save 140 tonnes of plastic a year. Recently there's also been a switch from trays to vac-packs for minced beef (450 tonnes saved), while removing the extra clear plastic lids from pots of yogurt, cream and dips should save at least 220 tonnes.

