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TO INSPIRE YOU**

5 houses, 3 kitchens,
3 bathrooms,
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clever looks

**Savvy Shopper's
Guide to**

- » Fridge-freezers
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for 2010

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the 'Wow!' factor



03 >

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Everybody's talking about farmers' markets

Support your local community and ditch the supermarket crush by heading to your nearest farmers' market

Shopping locally is enjoying a huge revival – more of us than ever before are making an effort to reduce our food miles by buying directly from local producers and growers at farmers' markets. It's cheaper than you might think...

» **FIND A MARKET** Visit farmersmarkets.net to search for farmers' markets near you that have been certified by the National Farmers' Retail & Markets Association (FARMA). You can look for independent food and farm shops at bigbarn.co.uk and thefoody.com, which also has a directory of farmers' markets.

» **GO SHOPPING** Don't forget to take plenty of cash with you and some sturdy shopping bags so your green credentials remain intact. As well as local farmers, expect to see craft, world foods and other food and drink stalls, such as coffees and crêpes.

» 5 FARMERS' MARKETS AROUND THE UK

1 Brixton, London
This market sells organic Sussex milk, home-made cakes and jams and lots more. Station Road, every Saturday. See ifm.org.uk.

2 Winchester, Hampshire
The UK's largest farmers' market has 95 stalls, offering everything from local ostrich to crabs fresh from the Solent. Middle Brook Street, second and last Sunday of the month. See visitwinchester.co.uk.

3 Stroud, Gloucestershire
This award-winning farmers' market has 45-60 stalls. Highlights include local ciders, fruit juices and cheeses. Cornhill Market Place, every Saturday. See fresh-n-local.co.uk.



DID YOU KNOW?

Brixton in London has its own currency, the Brixton Pound, for use in independent local shops

4 Cardiff The city has two farmers' markets, each with around 30 stalls. Enjoy organic Welsh whisky, world foods, fish, meat and more. Mackintosh Sports Club car park, every Saturday; Fitzhamon Embankment, every Sunday. See riversidemarket.org.uk.

5 Edinburgh This market has more than 65 stalls, a quarter of them selling meat, including wild boar and water buffalo. Castle Terrace, every Saturday. See edinburghfarmersmarket.com.

Does it pay to shop locally?

Six free-range organic eggs

Supermarket £2.29

Farmers' market £2

Loaf of organic rye bread

Supermarket £2.19

Farmers' market £1.25

Purple sprouting broccoli

Supermarket £8.95 per kg

Farmers' market £3.30 per kg

Strawberry jam

Supermarket £1.32 a jar

Farmers' market £2

Organic Cheddar

Supermarket £16.60 per kg

Farmers' market £12.99 per kg

Organic lean beef mince

Supermarket £9.98 per kg

Farmers' market £7.78 per kg



Turn a group of old glass bottles into a striking floral centrepiece

Got 5 minutes?

Create a fuss-free flower display

Take a few glass bottles, clean off any labels and glue residue, then rinse them out thoroughly. Group together, half fill with water, place a single bloom in each and tie a coloured ribbon around them all for a finishing touch.



Check out the Ceramic Notepad, £12.50, Yoyo Ceramics. It wipes clean, so you can use it again and again, and it comes with a special wax pencil

Lisa Fazzani, Shopping Editor

Wish list

These funky Perspex measuring jugs from Joseph Joseph have two compartments – a big one for large quantities and a small one for measurements from 1 tsp.

£8 each

