

Coverage Achieved: Consumer national editorial



NEWS

Top Santé loves
Borderfields
British Cold Pressed Rapeseed Oil
 (£3.99 for 500ml)

This liquid gold contains a good balance of omega 3, 6 and 9 essential fatty acids, plus vitamin E. Makes roast potatoes taste even better. We also love it for late-summer courgette fritters.

GROW IT, EAT IT

GROW IT Pick the last of your runner beans and freeze them. If some of the pods have grown tough, put them on the compost heap or in the compost bin along with the uprooted plants. Beans and peas help provide the soil with nitrogen, so plant brassicas (which require lots of nitrogen to grow), such as cabbage or spinach, where the beans once grew. Speaking of compost, now's the time to empty your compost bin. Well-rotted compost can be dug into the soil or your vegetable-growing pots, or even spread on top as a mulch to prevent weeds from appearing.
EAT IT Blanch those runner beans (after stringing and slicing), drizzle with olive oil, lemon juice and fresh black pepper and top with a pan-fried tuna steak and a delicious fresh tomato and red pepper salsa.

DID YOU KNOW...

- 1 Fancy a swift half? Beer might not be as bad for you as you think. Half a pint has 25 fewer calories than a glass of red wine, as well as antioxidants and B vitamin.
- 2 Time to switch to espresso? Taking milk in tea and coffee reduces the body's ability to absorb beneficial antioxidants.
- 3 Washing fruit and vegetables removes pesticides and bacteria, but it's not as effective as Fit Fruit & Vegetable Wash (£4.49 for 350ml), a natural spray you rub on before rinsing, recommended by hygiene expert Dr Lisa Ackley. We have 100 free samples of Fit Spray for Top Santé readers. For a chance to win, email sales@buyfit.co.uk and quote Top Santé.

FOOD NEWS
 What's new and in season this month
 By food editor Janette Marshall

Bargain of the month

Just 65p buys you a 125g box of Wheatbran Breadsticks by Sainsbury's - grissini as it's also known. Only 21 calories a stick and 0.4g fibre, nibble with your chilled sauvignon blanc instead of crisps. Sainsbury's also has a new collection of healthier biscuits - Mini Oaty Cranberry Biscuits and Mini Oaty Choc Chip Biscuits. Each bag of six costs just £1 and has 99 calories.

20% of New York's regular fast-food eaters have reduced their calorie intake since restaurants had to declare calorie content. *The British Medical Journal* says UK restaurants should follow suit and declare nutritional values on products like supermarkets do.

One cannot think well, love well, sleep well, if one has not dined well

Writer **Virginia Woolf** understood just how important good food is

This month I've been... **DRINKING** Westons Premium Organic Pear Cider from Herefordshire. Perfect for late-summer al fresco meals, it was Highly Commended at the Soil Association Awards (£1.95 for 500ml). **ALL ABUZZ** to see who wins London Beekeeper of the Year at the inaugural London Honey Show October 10, 6-9pm, at The Lancaster Hotel. **SNACKING** on Peter Poppie's Popcorn - made with natural flavours, such as Fruit Chutney. £2.19 for 42x20g bags (peterpoppies.com).

