









Maker of the month

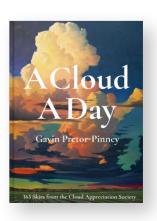
Brickett Davda makes beautiful and very British ceramics

Based in an old factory, a pebble's throw from Brighton, ceramicist Jo Davda and her team produce a range of simple handmade tableware including plates, bowls and mugs as well as generous serving bowls and platters. It's all handmade with English clay from Stoke-on-Trent. A calm and serene colour palette ranges from olive, pumice and slate through to heather, turquoise and milk white. Each of the colourways makes a stylish backdrop for any food. brickettdavda.com

Cloud-gazing for grown-ups

Gavin Prector-Pinney explains why it's good to look up, up, up

"Having your head in the clouds, even for a few moments each day, is good for your mind, good for body and good for your soul" says Gavin Prector-Pinney who is the founder of the Cloud Appreciation Society. The aimless pleasure of gazing skyward frees the imagination, lightens the heart, and is a chance for moments of meditation in the hurly burly bustle of the day. There are pictures of clouds for every day of the year, from the wispy loveliness of cirrus clouds to the thunderous gloom of a shower cloud, and they are each accompanied by quotes from poems, plays and novels, all of which celebrate the celestial. (*Batsford*)





Shop of the month

Considered living at Reste in Hastings Old Town

East Sussex-based Reste specialises in artisanal and handcrafted household products and accessories.

Disillusioned with modern consumerism and our emerging throwaway society, owner Jacqui Martin is drawn to functional, well designed homewares, made using traditional methods and materials.

Handcrafted ceramics, vintage stoneware marmalade pots for storing pens, handmade utility brushes from Sweden and super-soft throws can be founds amongst the shelves.

reste.com



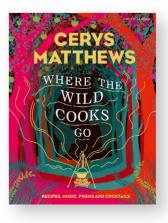
Food and fun from faraway places

Recipes, music and cocktails by Cerys Matthews in Where the Wild Cooks Go

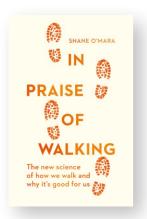
There is something festive on every page of this fabulous book. Musician Cerys Matthews has travelled the world for work, sampling dishes, collecting songs and bringing recipes home to cook in her kitchen.

Describing herself as a 'culinary explorer', her food is easy on the pocket and the planet – high on plants, low on

meat and with minimal packaging. She's included playlists, folklore and poems from every country, with recipes for sun-warmed pineapple with hot ground chilli and salt, green lentil with preserved lemon, and thousandhole pancake served with melted butter, orange blossom water and honey. Delicious. (Particular Books)







Best foot forward

Why you should get your shoes on: In Praise of Walking by Shane O'Mara

Following extensive study on the brain and the nervous system, Shane O'Mara, Professor of Experimental Brain Research at Trinity College Dublin, has become a staunch advocate of the values of a good, brisk stroll. "Walking" he says, "is associated with improved creativity, improved mood and the general sharpening of our thinking",

and it provides an antidote to the many miseries that can accumulate because of our modern, sedentary lifestyles. Drawing on science, O'Mara explains how we slowly evolved from seadwelling animals into our land-striding selves, firing the vitally important neurons in our brain with every step we take. (Bodley Head)