



SIMPLE REFRESHMENT

These cooling treats require only four ingredients. To make: add the juice of 1 lemon to 480ml water and sweeten to taste. Finely slice 1 cucumber and divide between 4 lolly moulds, reserving approximately 8 slices. Half fill each mould with the lemon water. Add the remaining cucumber slices and top with lemon water so the moulds are almost full. Freeze uncovered for approximately 1 hr, until the mixture has begun to solidify. Push a wooden lolly stick into the centre of each mould and return to the freezer until solid.



SELF HEALING WOOD

Made using kiln dried oak, this chopping board is the work of Tim and Wendy Regan. Its hardwood end grain construction makes it particularly hard-wearing. The knife blade separates rather than cuts its surface, with the grain reclosing when the knife is removed. Handcrafted in the Regans' Devon workshop, it has non-slip rubber feet and measures 44cm x 33cm x 4cm, plus 0.8cm for the feet. Finished with two coats of protective mineral oil, it comes with a 100ml bottle of oil for its upkeep.

End grain chopping board £130, www.neatnicheinwood.co.uk



BURSTING WITH SWEETNESS

Ruby ripe strawberries, full of sweet summer flavour, give a colourful twist to home-made lemonade. This refreshing and natural drink is quick and easy to prepare. Using home-made syrup produces a taste that is neither overly sweet, nor tart. To make sugar syrup: place two parts sugar, one part water in a small pan. Bring to the boil, stirring continuously. Once the sugar has dissolved, remove the pan from the heat. Allow to cool and thicken before use. To make the lemonade: wash and slice 4 fresh strawberries and crush with 45ml of the syrup in a cocktail shaker.

Add 90ml of distilled water, 45ml of freshly-squeezed lemon juice and some ice, and shake well. Fine strain into a tall glass container to serve with washed, whole strawberries. An unsprayed rose head can be added for decorative effect, after rinsing and checking to ensure it is free of insects.