

Love British Food!

Putting the "ooo" Back into Food

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Welcome to our January 2010 e-newsletter...



Start your year with a resolution to buy British!

Need some inspiration? [Watch this film on the origins of cheap overseas pork](#)



Just Eat More
(fruit & veg)

1. Supermarket Watch

Bringing you the latest news on British products in the supermarkets...

[Read more](#)

2. Inspiring School of the Month, January 2010

Students opened a restaurant for the day at **Ruswarp Church of England Primary School** in Yorkshire, using seasonal vegetables grown in the school garden... [Read more](#)

3. Producer of the month

Ian Wallace, Quince Honey Farm, South Molton, Devon

As January flu spreads as swiftly as the snow, what better product to consume than naturally anti-bacterial British honey and what better producer to profile than 27 year-old beekeeper Ian Wallace... [Read more](#)

4. Competition

Start 2010 inspired to cook and consume British produce by winning a Cast Iron Trivet from [Black Country Metal Works](#) and some delicious Quince Farm Exmoor Heather Honey. Simply send the correct answer to the following question to us [by email](#): *What actor provides Love British Food with a Honey Buns recipe?* Clue: see [lovebritishfood.co.uk](#)
The first correct answer received wins!



5. One Pot Wonders with our new recipe reviewer *The Sauce*

This month we pay homage to hotpots, stews, casseroles and any other winter warmers that can be cooked in one pot. Meet our new consumer representative, *The Sauce*, who tries and tests one of our suggestions to see how easy and economically viable it is to cook British. This month's test is a Seasonal Game Hotpot... [Read more](#)



Need to lose a few pounds? Low in fat and cholesterol, pheasant and partridge are the most delicious answer for a January diet. They are also high in iron, Vitamin B(6) and selenium and so are a great source of protein and minerals. One of Britain's greatest seasonal foods, the traditional time for enjoying British game birds is nearly over so catch them while you can!



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