

This month we love...

Pumpkins



With Halloween on the horizon, **Holly Brooke-Smith** celebrates the king of squashes



Halloween cookie cutter, £2.79, Lakeland



King Soba Organic Pumpkin, Ginger & Rice Noodles, £1.89, goodnessdirect.co.uk



Toast for cheese with Dates, Hazelnuts & Pumpkin Seeds, £2.99, finecheese.co.uk

Light-up pumpkin, £8, Sainsbury's



Libby's Pumpkin Puree, £2, Waitrose



Pumpkin cookies, £1.09 each, Morrisons



Pelagonia Pumpkin Jam, £4.50, archhousedeli.com

Pumpkin tea cosy, £20, laughinghens.com



Kuhn Rikon Colori 10cm serrated knife, £5.75, www.cookability.biz, ideal for carving pumpkins



Pantone mug in Pumpkin 1505, £7, occa-home.co.uk



Nature's Path Gluten Free Nice and Nobbly Granola, £3, Tesco



Fun to Grow Pumpkin, £5, Tesco



Biona Rye Bread with Pumpkin Seed, £1.65, Tesco

What's on TV

008 TWO Harvest

There was a time when harvest reports were big news. Before we relied upon year-round produce shipped from abroad, the performance of crops on local farms had a real impact on the price and availability of our food.

Philippa Forrester and Gregg Wallace hope to reignite our interest in Britain's harvest by following three farmers to see how they have recovered from one of the longest winters and coldest springs in living memory. Watch over three nights this September, BBC Two. Visit bbc.co.uk/thingstodo.



Tom Kerridge's Proper Pub Food

If only all pub grub was as delicious as Tom Kerridge's, but then the former *Great British Menu* champion has earned two Michelin stars for the food at his pub, The Hand & Flowers, in Marlow. In this six-part series, Tom advises on choosing ingredients and cooks indulgent dishes, such as Slow-roast duck, and Apple & toffee crumble tart (the recipes are on page 135). Starting on BBC Two soon.

Jamie's Money Saving Meals

With the average UK household spending £2,467 a year on takeaways, Jamie Oliver recreates favourite family dishes for less with clever shopping and canny restaurant kitchen skills.

In this new six-parter, Jamie will also delve into families' fridges, to find out where food is being wasted and show how to make it go further and save money. Catch the series on Channel 4.

