

# STONESTHROW DIRECTORY



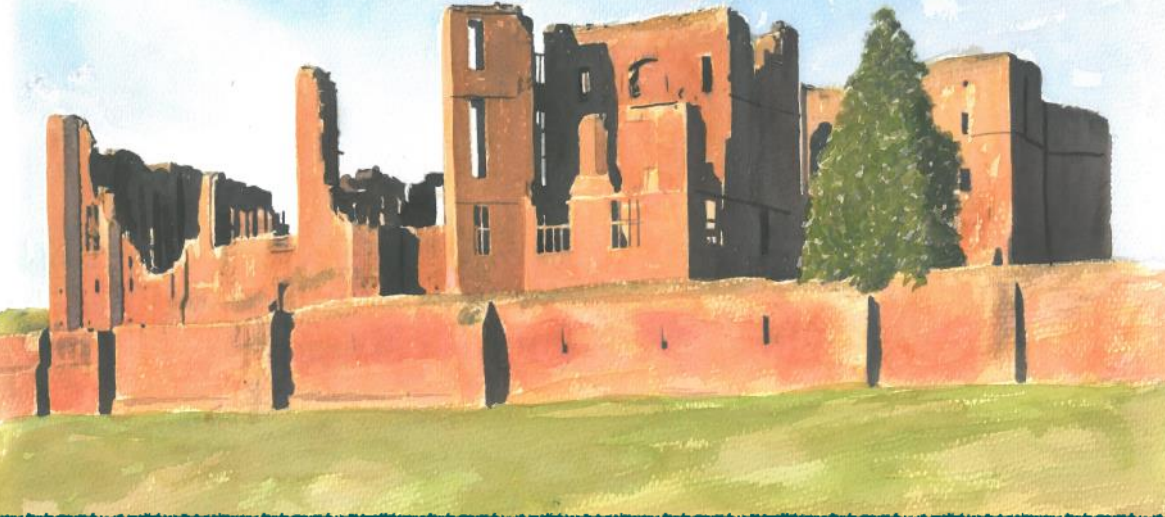
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USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

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OCTOBER / NOVEMBER 2022

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# A NOTE FROM THE EDITOR

Hello and welcome to our October/November edition of Stonesthrow Directory.

We start October with World Vegetarian Day (1<sup>st</sup> of October), which could be a great opportunity to introduce 'Shop local, Eat seasonal' practice: there are many exciting fruit and vegetables harvested at the start of Autumn, ready to fill you up with much needed vitamins just in time for the Winter months. Check out page 32 for tips on what's in season.

We couldn't not pay tribute to the sad passing of our beloved Queen Elizabeth II last month. An example of duty, care, consistency, grace and so much more. A remarkable lady, who played a huge part in our everyday lives, whether we knew it or not. We have an article about the Queen's 70-year reign achievements on page 28.

As always, we have a great collection of local businesses who are all geared up to help with various household tasks and jobs. Please remember to mention Stonesthrow Directory when calling our Advertisers, so we can continue to bring you trusted local professionals with exclusive offers.

If you are looking to make the most of your time in the next couple of months - check out page 26-27 for events taking place in and around Kenilworth. If you run a charity group or event and would like it to be featured in our next magazine - please email the details to Ksenia to info@stonesthrowpublications.co.uk.

Here are the dates for your calendar:

**30<sup>th</sup> October - Daylight Saving Time Ends;**

**31<sup>st</sup> October - Halloween;**

**5<sup>th</sup> November - Guy Fawkes Night;**

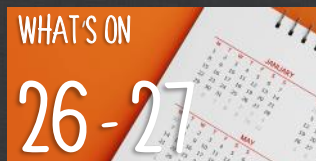
**13<sup>th</sup> November - Remembrance Sunday.**

Have a great couple of months and whatever you do - keep yourself and your loved ones safe.

Yours, Stonesthrow Publications

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The area that I cover is Coventry and Warwickshire. You may have seen me around in your street or even have family and friends who I have worked for in the past ten years, with over 6,000 satisfied customers during that period. I started Misty to Clear to give customers the best value repairs in the current climate.

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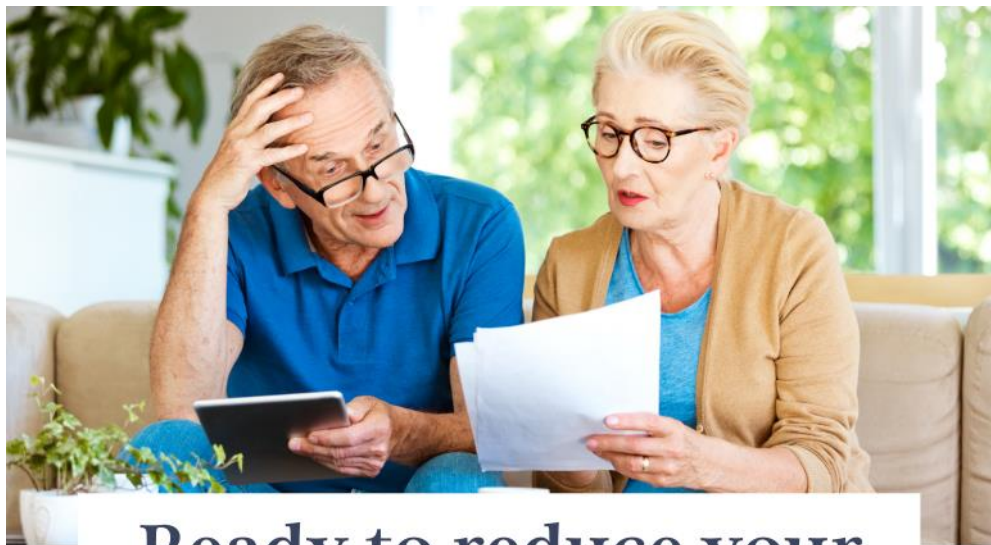
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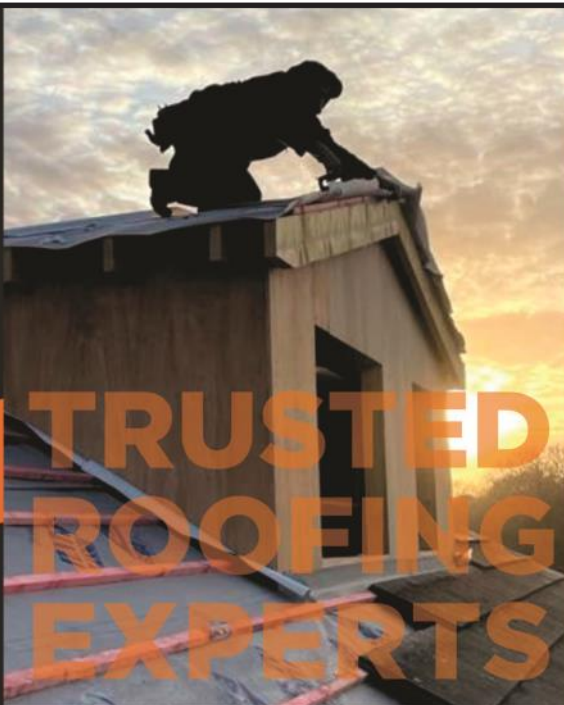
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16 Warwick Rd, Kenilworth CV8 1HE **07415 650314**

### THAI KITCHEN *Thai*

43 Station Rd CV8 1JD **01926 853 963**

### EGO *Mediterranean*

29 The Square CV8 1EF **01926 864 463**

### THAI SAROCHA *Thai*

11 Warwick Rd CV8 1HD **01926 858 265**

### ARDEN'S *Coffee Shop*

17 Talisman Close CV8 1JB **01926 512 345**

### THE ROCKING HORSE COFFEE SHOP *Café*

22 Talisman Square CV8 1JB **01926 856 413**

### THE MODERN KITCHEN *Coffee Shop*

Unit 6, Miller Court, Station Rd CV8 1JD **07525 719528**

### ALE ROOMS *Bar*

7 Smalley Place CV8 1QG **01926 854585**

### SONALI *Indian Takeaway*

33 Warwick Road CV8 1HN **01926 856300**

### INDIAN EDGE *Indian*

50 Warwick Rd CV8 1HH **01926 850 100**

### RAFFLES RESTAURANT *British*

149 Warwick Road CV8 1HY **01926 864300**

### THE GREEN MAN *Gastro Pub, British*

168 Warwick Road CV8 1HS **01926 863 061**

### INDIAN ARK *Indian*

101-103 Warwick Road CV8 1HP **01926 857 373**

### TAI PAN *Chinese Takeaway*

96 Warwick Road CV8 1HL **01926 512 904**

### THE FULL HOUSE *Chinese*

86 Warwick Road CV8 1HL **01926 864 028**

### BEAR & RAGGED STAFF *Gastro Pub, British*

68 Warwick Rd CV8 1HH **01926 857 980**

### MULAN *Chinese*

78 Priory Rd CV8 1LQ **01926 851 108**

### ALFIE GRIMSHAW *Fish & Chips*

94 Priory Road CV8 1LQ **01926 855 326**

### CHIPS & FISHS *Fish & Chips*

82 Roseland Road CV8 1GB **01926 853 782**

### HONG KONG GARDEN *Chinese Takeaway*

6, Oaks Precinct, Caesar Rd CV8 1DP **01926 512 640**

### THE GAUNTLET *Gastro Pub, British*

3, Oaks Precinct, Caesar Rd CV8 1DP **01926 852 110**

### THE QUEEN & CASTLE *Gastro Pub, English*

Castle Green CV8 1ND **01926 852 661**

### HARRINGTONS ON THE HILL *Gastro Pub, European*

42 Castle Hill CV8 1NB **01926 852 074**

### TIME FOR TEA *Café*

40 Castle Hill CV8 1NB **01926 512 675**

### CLARENDON ARMS *Gastro Pub*

44 Castle Hill CV8 1NB **01926 852 017**

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16 New Street CV8 2EZ **01926 853 840**

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101 School Lane CV8 1GT **01926 859 490**

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36 New Street CV8 2EZ **01926 856906**

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8 Mill End CV8 2HP **01926 853341**

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4 Stoneleigh Road CV8 2GD **01926 856167**

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37 Leyes Lane CV8 1DE **01926 856 888**

### THE KENILWORTH *Cocktail Lounge Bar*

61 Warwick Road CV8 1HN **01926 779 473**

### THE CLOCK TOWER *Café*

212 Abbey End, Kenilworth CV8 1ED **01926 855 957**

### DELIGHTFUL DESSERTS *Dessert Parlour*

43 Warwick Road CV8 1HN **01926 353 637**

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Insulating properties of a material are expressed as R-values. The higher the number, the more effectively it blocks the transfer of heat. Conventional curtains have an R-value of approximately R-1. Curtains with insulated linings can have R-values as high as R-6. Using insulating window treatments can save as much as 7 percent on utility bills each year.

Energy-efficient curtains are made in several layers that help insulate windows from sound and heat transfer. Many also have room-darkening properties. The outermost layer, which faces into the room, is a decorative fabric that can complement a room's décor. The middle layer can be any material that slows or prevents heat exchange, such as foam, heavy polyester or cotton flannel. Some types have a special backing that reflects light. Others are made with a fabric lining that covers the inner thermal layer. A vapor barrier is included to keep the fabric from absorbing moisture that builds up between the window and the room.

Using conventional drapes and curtains made of heavy material reduces heat loss through windows. Closing curtains at night can reduce heat loss by up to 17 percent and using curtains with thermal lining can reduce heat loss by up to 25 percent. Using curtains with white plastic backings can reduce heat gain by up to 33 percent in the Summer months.

One of the added benefits of using thermal window coverings is that they protect your indoor furnishings from sunlight. By controlling how much sun comes into a room, these light-blocking materials keep fabrics and carpets from fading. Fragile fabrics that deteriorate in sunlight may last longer. Adding lining to draperies increases the life expectancy of the drapery fabric and furnishings.

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0845 4040 506  
**Citizens Advice Bureau**  
01926 457 900  
**RSPCA**  
07867 743827  
0300 1234 999

## MEDICAL

**Warwick Hospital**  
01926 495321  
**Coventry University Hospital**  
02476 964000  
**Pennington Dental Kenilworth**  
01926 678332  
**NHS Advice Line /**  
**Out of Hours Dental Advice**  
111  
**Emergency Vets**  
01926 421465

## TRAVEL

**Chiltern Railways**  
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**National Rail Enquiries**  
03457 48 49 50  
**West Midlands Trains**  
0333 311 0039  
**Bus Travel Line**  
0871 2002233  
**Coventry Airport**  
02476 308601  
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0871 222 0072

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**West Midlands Police**  
0345 1135000  
**Police Control Room**  
01926 851 111 Or 101  
**Warwickshire Fire & Rescue**  
01926 423231  
**Crimestoppers**  
0800 555 111

## UTILITIES

**Electricity Power Loss**  
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0800 783 4444  
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0800 111 999  
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## LEISURE & SPORTS

**The Kenilworth Centre**  
01926 855 205  
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# WHAT'S ON LOCALLY

## **Kenilworth Market**

Date: every Thursday / Time: 9am - 3pm /  
Venue: Abbey End, Kenilworth  
Kenilworth market is a great opportunity to shop in a vibrant open-air setting. You will find variety and value, sold by new and experienced traders. Choose from stalls selling everything from fresh fruit and vegetables, plants, fresh baking, fish and clothing, to gifts & food specialities.

## **Recycle your old glasses**

Date: every 3rd Saturday / Venue: Warwick Saturday Market  
Warwick Lions would like to say a big thank you to all the people who have kindly donated old and broken spectacles to our stall at the Warwick Saturday Market. The glasses are cleaned & refurbished then sent to eye camps in Africa, India & Eastern Europe. We aim to collect redundant glasses on our stall every third Saturday.

## **Independent South Warwickshire NHS Retirement Fellowship**

Date: every 2nd Wednesday / Time: 10am - 12pm / Venue: All Saints Church Hall, All Saints Road, Warwick CV34 5NJ

## **Kenilworth Art Society**

Date: every 3rd and 4th Wednesdays of the month / Time: 7.30pm / Venue: TBC  
This is a friendly local group; beginners and experienced artists, watercolour, acrylic, pastels, etc New members welcome, to share and learn, meetings Wednesdays pm and some Saturdays. Keeping art alive with a programme of optional activities. For information visit our website [www.kenilworthartsociety.uk](http://www.kenilworthartsociety.uk) or contact us: Tel: 01926855470 Email: [carole.fenn@icloud.com](mailto:carole.fenn@icloud.com)

## **Kenilworth History and Archaeology Society**

Date: second Monday of each month / Time: 7.45pm / Venue: Senior Citizens' Club, Abbey End, Kenilworth CV8 1QJ  
We hold nine Open Meetings per year with guest speakers on a range of historical subjects, non-members are welcome for a donation of £2. We also hold three members only meetings per year. Full details of our programme and how to join the society can be found on our website [www.khas.co.uk](http://www.khas.co.uk) and on our Facebook page. The ethos of the society is to research the history of the town and make the results available to its residents.

## **Kenilworth Bonfire Night**

Date: 5th of November / Time: 5.30pm / Venue:

Kenilworth Castle and Elizabethan Garden Buggies/prams are not permitted on site. Our event is in a field, so please wear appropriate footwear, we recommend walking boots. As our event is in a field, it may not be suitable for young children. For tickets and information on how to get there - please visit [www.kenilworthroundtable.com/annual-fireworks-gala/](http://www.kenilworthroundtable.com/annual-fireworks-gala/)

## **Warwickshire Vision Support Centre**

Date: 2nd Friday of each month / Time: 9.30am - 11.30am / Venue: Kenilworth Senior Citizens Club, Abbey End CV8 1LG  
Warwickshire Vision Support are a local charity that supports people living with sight loss in Warwickshire. Web: [www.warwickshire.vision/](http://www.warwickshire.vision/)  
Email: [enquiries@warwickshire.vision](mailto:enquiries@warwickshire.vision)  
Phone: 01926 411331

## **Kenilworth Senior Citizens Activities Club**

Date: every Tuesday / Time: 1.30pm - 3.30pm / Venue: Newbold Comyn Leisure Centre, Newbold Terrace E, Leamington Spa CV32 4EW  
Because of the ongoing building work taking place at our usual venue of Castle Farm Leisure Centre, we are currently meeting at the Newbold Comyn Leisure Centre in Leamington. We are a small friendly group who play Table Tennis and Short Mat Bowling. We also usually organise a Summer Outing and a Christmas Lunch for our Members. We would love to welcome new members from Kenilworth, Warwick or Leamington and the surrounding areas to join us for fun and friendship on Tuesday afternoons. There is plenty of free parking at Newbold Comyn.

## **Kenilworth Senior Citizens Activities Club**

Date: every Thursday / Time: 12pm - 4.30pm / Venue: top of the Abbey End car park in Kenilworth  
Over 60? Come and join this friendly group of seniors. We meet weekly on Thursdays for bingo, race days and various activities, day trips and meals. Enquiries to 01926 512024 / 07568572769

## **Kenilworth U3A Open Afternoon**

Date: 8th of October / Time: 2pm - 4.30pm / Venue: The Methodist Church, Priory Road, Kenilworth CV8 1LQ  
Kenilworth u3a is part of a UK wide movement of people no longer in full time work who come together to continue their social, creative and educational interests in a friendly and informal context. We have over 40 specialist interest groups ranging from Art Appreciation to Wine Tasting. Also we have monthly talks on a wide range of topics plus a number of outings to places of interest. Find out more by coming along to see us.

### Kenilworth U3A Open Meetings

Date: 20th of October, 17th of November / Time: 1.45pm / Venue: The Methodist Church, Priory Road, Kenilworth CV8 1LQ

We are retired people who enjoy developing our wide range of interests in a social context. We meet the third Thursday of each month (except August and December) at 1.45pm for a cup of tea and a chat before hearing the speaker at 2.30 pm. On Thursday, 20th October, John Handby will discuss 'The Impact of AI on our Society' and on Thursday, 16th November, Adrian James will be describing 'The Gardens of Paradise'. Members free; non-members welcome for £1. [www.u3asites.org.uk/kenilworth/home](http://www.u3asites.org.uk/kenilworth/home)

### Art Exhibition and Coffee Morning

Date: 8th of October / Time: 10am - 4pm / Venue: Abbey Hill Church, Kenilworth

The Abbey Hill Art Group will be exhibiting their work: Refreshments, craft stall, display showing how to print with wood blocks and tool.

### Kenilworth Christmas Lights

Date: 27th of November / Time: 1pm - 7pm / Venue: Kenilworth Town Centre, Abbey End, Kenilworth, CV8 1QJ

The Kenilworth Town Centre Lights Switch On is an event not to miss! You'll find over 30 attractive stalls brimming with goodies, unusual gifts, and artisan food and drink. There's a strong emphasis on local, British and artisan amongst the traders. Along with Kids Activities, Live Entertainment, Santa and of course, the big countdown to make our town sparkle with Christmas Lights!

### Rapport Social Group

Rapport is a non profit making, social group for unattached adults age 50+ on their own and would like to meet new friends. We have a varied monthly programme of hosted events, including coffee mornings, lunches and evening meals, cinema, theatre and National Trust visits, day trips, walks and pub nights. For more information contact Jenny Brown on 07725 094123

**WHILE WE DO OUR BEST TO ENSURE THE ACCURACY OF OUR LISTINGS EVENTS MAY BE POSTPONED OR CANCELLED WITHOUT NOTICE. PLEASE CONFIRM WITH THE ORGANISER BEFORE MAKING ANY PLANS FOR ATTENDING EVENTS.**

**FOR YOUR NEWS EVENTS AND GROUP MEETINGS TO BE FEATURED FREE OF CHARGE ON OUR WHAT'S ON PAGE PLEASE EMAIL KSENIA: [INFO@STONESTHROWPUBLICATIONS.CO.UK](mailto:INFO@STONESTHROWPUBLICATIONS.CO.UK)**



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# HER MAJESTY THE QUEEN

1926-2022

Like the whole of the UK and many people around the world, the team at Stonestrow Directories were stunned and saddened by the death of Her Majesty Queen Elizabeth II on 8th September. For all of us here she was a constant and steadfast presence in our lives, and the one person we could rely on to hold true to her values as the world around us underwent epoch-defining changes.

Although she lived to a remarkably great age of 96, she had understandably become a more private person after the death of her husband Prince Philip in 2021. Nevertheless, she was still there at the most important moments, despite her increasing mobility problems, and who can forget the wonderful four-day celebration of her Platinum Jubilee earlier this year in June?

The Queen notched up some remarkable achievements during her 70-year reign. In pure numbers alone they would have required immense stamina, focus and fortitude. Since 1952 she travelled to more than 100 countries and made more than 150 visits to Commonwealth countries including 82 state visits. She worked with all 15 UK Prime Ministers, met 13 US Presidents and 7 Popes. She attended 21,000 public engagements, including 39 Royal Variety Performances, posed for 1,000 official photographic and painted portraits, sent 300,000 birthday messages to centenarians, vetted over 1,000 new laws, and owned 30 corgis.

Those closest to her often talked about her wicked sense of humour, which became apparent to the rest of us during some big national moments. The 2012 Olympics opening ceremony featured a skit in which she accompanied Daniel Craig as James Bond from the palace to the Olympic Stadium; her own idea, which she had kept secret from the rest of her family. This year, her Platinum Jubilee celebrations included her playing herself in a short video with a CGI version of Paddington Bear, bonding over a shared love of marmalade sandwiches – finally revealing the secret of what she'd been keeping in her handbag for all those years!

And let us not forget she was also a mother and grandmother, a matriarch as well as a monarch. She was married to Prince Philip for 73 years, had four children, eight grandchildren and 12 great-grandchildren. For them as well as us, she was a symbol of stability, resilience, and wisdom. During times of national strife, she provided comfort and reassurance. It's difficult to summarise her legacy in just a few words, other than to say that we're grateful for her grace, humour, and tireless support in helping Britain navigate its way through the 20th century and onto the 21st. She was an extraordinary figure, and we feel proud and very, very lucky to have had her in our lives for as long as we did.

Rest in Peace, Your Majesty.



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# HOROSCOPES:

## OCTOBER / NOVEMBER

### ARIES MARCH 21 - APRIL 20

October begins with a powerful energy surge as the full moon arrives in your sign on the 9th. Vitality will be at its peak, but try to remember to take time out for rest and relaxation. Relationships are also in the limelight as the Sun and love planet Venus are highlighting your opposite sign. Take care with any disagreements, try to use your intuition before you act. Resources and finances are in the spotlight during November as the Scorpio Sun and Mars both encourage an all-important review. Scorpio Mars demands action and offers you the courage and determination to make some important changes. The practical Taurus full moon on the 19th suggests refreshing change.

### TAURUS APRIL 21 - MAY 21

October turns the focus to your health and wellbeing; a nutrition and fitness review may well be needed now as the Libra Sun and Venus both demand a better balance in your daily life. The intensely emotional Scorpio new moon in your opposite sign on the 25th demands that you dig deep and connect with your most intimate desires and the shadow side of life. The transformational Scorpio Sun and dynamic Mars both shine a strong and guiding light on all your relationships and partnerships during November. This is the perfect time to make some dramatic changes as you communicate your values and your worth to all those in your circle.

### GEMINI MAY 22 - JUNE 21

Important breakthroughs come to the surface during October as your curiosity and creative spark reaches a highpoint. Mars in your sign is giving you the energy and vitality to push ahead in business and work matters. Mercury moving direct on the 3rd clears up any misunderstandings and offers some deep and lasting insight. Be open to new possibilities in love and romance. The work and wellbeing angle of your chart is strongly emphasised during November as daily routines, wellbeing and general health become your top priorities. Mercury, your ruler, moves into determined Scorpio on the 6th suggesting that you can now be unwavering in your decisions.

### CANCER JUNE 22 - JULY 22

Domestic issues are your top priorities during this month as you strive to create peace and harmony within your home and with your family. The Sun and Venus in Libra are in ideal positions for this to be a very successful venture. The dynamic Aries Full moon on the 9th is highlighting the career sector of your chart, you may also have to be courageous and fight for what you want. November suggests that love and romance are in the spotlight as the Sun and dynamic Mars fire up this sector of your chart. Whatever happens on the relationship front, it's going to be a fun month and the way forward becomes much clearer around the full moon on the 19th.

### LEO JULY 23 - AUGUST 23

Your interactions are thoughtful and balanced during October as the Sun and Venus work together in the sign of the scales. This planetary aspect mainly strengthens your communicating ability so that you should be able to see both sides of any discussion. The powerful and highly intense Scorpio new moon on the 25th offers intuitive energy for solving any domestic problems. Your home and family are high on the agenda during November as the Sun and Mars shine brightly in your domestic sector. Abundant Jupiter also lends a helping hand and ensures that things go your way, providing you use your intuition when dealing with any difficult issues.

### VIRGO AUGUST 24 - SEPTEMBER 22

You can breathe a sigh of relief as Mercury, your ruler, moves into direct motion on the 3rd. Any setbacks or delays that you have encountered should now start to move forward. Communication is balanced and well thought out as the radiant Sun passes through the sign of the scales. Financial issues may also crop up now, deep thinking and forward planning is essential. November shines the light on all forms of thinking and communication, particularly after the 6th as Mercury in Scorpio gives you the courage to express opinions that you are normally reluctant to voice. Your mind is sharply focussed, particularly around the Taurus full moon on the 19th.

### LIBRA SEPTEMBER 23 - OCTOBER 23

It's your birthday month and Venus, your ruling planet, is well placed in your sign to offer a truly exceptional time as friendships and harmonious partnerships are all well aspected. The powerful Aries full moon on the 9th offers a boost to your courage and self-confidence. Energetic Mars is in curious Gemini all month, spurring you on to new adventures. November welcomes your ruling planet to the careful and practical sign of Capricorn. The urge for adventure and risk taking must now make way for more serious plans concerning your future. Successful interaction and new projects are the main themes to keep you occupied.

### SCORPIO OCTOBER 24 - NOVEMBER 22

The powerful Aries full moon on the 9th of October offers you a totally new way of working, this period is ripe for learning and exploration. Expansive Jupiter is also in Aries, indicating that any new project that you start now will turn out to be highly successful. The new moon in your sign on the 25th demands that you dig deep for answers to important questions. November is your birthday month and it offers the start of a new cycle of transformation and personal growth. Dynamic Mars stays in your sign all month, ensuring the perfect opportunity to be more assertive as you step up into a more important role. The full moon in your opposite sign on the 19th suggests a lucky breakthrough.

### SAGITTARIUS NOVEMBER 23 - DECEMBER 21

During October the Libran Sun and then love planet Venus both illuminate the sector of your chart that governs friendships, groups, idealism and your relationship to the collective. This is a high energy time, don't be surprised if themes around humanitarian issues and larger social structures are your driving force. The Aries full moon boosts your creativity. November starts off super charged as Jupiter positively aligns with Mercury and highlights all forms of communication. Some important work related issues come to the surface and you may need to renegotiate how you are valued. With renewed confidence your long held dreams and aspirations can finally take shape.

### CAPRICORN DECEMBER 22 - JANUARY 20

This month the radiant Libran Sun and the love planet Venus both illuminate the highest point of your chart, indicating that you are able to find diplomatic solutions to challenging situations, particularly in the workplace. The Aries full moon on the 9th presents a challenge, but the positive energy of the Scorpio new moon on the 25th favours interactions with others. The Sun and dynamic Mars are both extremely powerful during November stirring up anything to do with friendships and group endeavours. Romance is also favoured as love planet Venus arrives in your sign on the 6th, increasing the chances of a meeting with someone new.

### AQUARIUS JANUARY 21 - FEBRUARY 18

October is a powerful time for you to press on with innovative plans for the future. The Mercury retrograde may have caused some setbacks and delays, but after the 3rd things should start to progress nicely. The powerful new moon in Scorpio on the 25th falls in your career sector and helps facilitate new projects that require your concentration and endurance. November could turn out to be quite a testing time on the home front as stern Saturn challenges individualistic Uranus and brings up issues concerning your personal freedom. Take heed, Jupiter is in your sign and can give you the required insight to solve any immediate problems.

### PISCES FEBRUARY 19 - MARCH 20

This month highlights the need for balance and stability in your investments, finances and resources. The Libra Sun and Venus urge you to take a step back and work out what's best for the future. The deep and intense new moon in Scorpio on the 25th offers you an excellent opportunity to communicate your innermost needs and wants to those around you. November highlights study and spiritual growth as the intense Scorpio Sun and enthusiastic Mars both urge you to open your mind and explore subjects that you have been thinking about for a long time. Be sure to stay wide awake and attentive to any new opportunities that may suddenly appear.

Christine Chalkin, Inspirational Astrologer and Life Coach  
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# WHAT TO DO WITH A LEFTOVER PUMPKIN

ONCE THE HALLOWEEN CELEBRATIONS ARE OVER

Halloween is an ancient festival with Celtic origins, traditionally believed to be the day on which the souls of those who had died that year progressed to the underworld. Halloween has gained massive popularity in the UK only in recent years, turning into one of the country's biggest cultural and commercial events.

In 2021 we spent over £25 million on pumpkins, and we bought a total of 17 million of them. But the statistics on pumpkin food waste are frightening. According to the charity Hubbub, 18,000 tonnes of edible pumpkin end up in the bin each year – that's the same weight as 1,500 double decker buses. Instead of wasting these wonderfully versatile winter vegetables, re-use them. Here are two of our favourite recipes for you to try:

## PUMPKIN SOUP

### Ingredients:

2 tbsp olive oil  
2 onions, finely chopped  
1kg pumpkin peeled, deseeded and chopped into chunks  
700ml vegetable stock or chicken stock  
150ml double cream

### Method:

Heat the olive oil in a large saucepan, then gently cook the finely chopped onions for 5 mins, until soft but not coloured.

Add the diced pumpkin to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.

Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the pumpkin is very soft.

Pour the double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can pour the soup through a fine sieve.

The soup can now be frozen for up to 2 months.



## PUMPKIN CURRY WITH CHICKPEAS

### Ingredients:

1 tbsp sunflower oil  
3 tbsp Thai yellow curry paste, or vegetarian alternative  
2 onions  
3 large stalks lemongrass, bashed with the back of a knife  
6 cardamom pods  
1 tbsp mustard seed  
1 pumpkin (about 1kg)  
250ml vegetable stock  
400ml can reduced-fat coconut milk  
400g can chickpeas, drained and rinsed  
2 limes  
Large handful mint leaves  
Naan bread, to serve

### Method

Heat the oil in a sauté pan, then gently fry the curry paste with the onions, lemongrass, cardamom and mustard seed for 2-3 minutes until fragrant. Stir the pumpkin into the pan and coat in the paste, then pour in the stock and coconut milk. Bring everything to a simmer, add the chickpeas, then cook for about 10 mins until the pumpkin is tender. Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside. Just before serving, tear over mint leaves, then bring to the table with the lime wedges and warm naan breads.



# SEASONAL TREATS

OCTOBER & NOVEMBER



While the clocks go back this month, heralding darker days, longer nights and colder climes, October is a glorious time for seasonal produce to brighten up mealtimes. Here's our pick of three of the best fresh British ingredients.

## PEARS

While the UK is home to over 500 varieties of pear, only four usually make it onto the supermarket shelves. Williams and Conference are firm enough to cook with and a melt-in-the-mouth delight poached in red wine with a sprinkling of cinnamon, while aromatic Concorde and Comice are perfect raw, juicy and paired with goat's cheese, mature cheddar or blue cheese. Farmers' markets and smallholders might also yield treasures like Onward, Beth and Merton Pride. Since pears are picked while still hard, they need time to ripen at room temperature. The trick is to keep a weather eye on them, as they do have a habit of going from rock to mush seemingly in minutes!

## WINTER SQUASH & PUMPKINS

Squashes were one of the "three sisters" indigenous crops grown by Native Americans, along with beans and maize, and they are highly nutritious – there's plenty of vitamin C, beta-carotene, calcium, magnesium and fibre packed beneath their brightly coloured skins. At this time of year, as well as the ubiquitous vegetable-aisle butternut, you'll find a couple of dozen varieties – including acorn, onion, kabocha, harlequin, crown prince, hubbard and, of course, pumpkin – with specialist growers boasting the widest selection.

Not only do they look pretty, they're pretty tasty, too, whether roasted in chunks, added to thicken up soups and casseroles, or stuffed and baked. If you struggle to remove that tough skin, chop your squash into thick wedges, scoop out the seeds and roast with the skin on – it peels away far more easily when cooked. And don't compost those seeds, because they're full of goodies like protein, iron and magnesium. Instead, remove as much of the pulp as possible, then roast or pan-fry, either on their own or sprinkled with your favourite spices for a healthy snack or cereal topping.

## FENLAND CELERY

Grown in the rich East Anglian soil, Fenland celery is the first English vegetable to have been given Protected Geographical Indication (PGI) status. It's planted in deep trenches to keep it warmly protected from frost and create the characteristic blanched stalk – hence its alternative name of white celery. With a crisp texture and sweet, nutty taste, it's perfect for adding depth of flavour to casseroles or enjoying raw in a salad or as a dipper for chutney. Fenland celery also pairs beautifully with other autumn and winter treats like Stilton, so make the most of its short season from mid-October to the end of December (available in independent outlets and some supermarkets).

*About the author: Gill Mullins is a freelance writer and journalist at [www.superhappycontent.com](http://www.superhappycontent.com)*

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