



doesn't see herself as the next Nigella Lawson.

"We are used to all these 'celebrity chefs' on the television cooking up all sorts of things – but it's the food that should be the star, not the person cooking it. I want people to look at the ingredients, not me!"

"We have lost the skill of nourishing ourselves properly, and it's leading to a wide range of health problems, including allergies, cancers and obesity.

"In my demonstrations I show people how to cook wholesome, tasty food using good quality local seasonal ingredients." Susanne also promotes good eating and local producers in her popular monthly column in *Cotswold Life* magazine, and is never short of inspiration.

"I am so enthusiastic about the subject that it's never difficult to find something to write about," laughs Susanne. This enthusiasm has now stretched to a book, which features stories from local producers, and Susanne is currently seeking a local publisher. "Ideally I would like to have it printed on recycled paper, and my wish would be to keep the production as local as possible," she said. Susanne currently spends a lot of time

answering emails from people asking for information about rural issues, or following up features in her column. In response to many requests, she is also working on a website, due to be launched this summer. As for the future, Susanne would like to move out from the city and back to the countryside. Since our interview, Susanne has been caring for her mother who, following her retirement eight months ago, was recently diagnosed with a brain tumour. "My priority and privilege is to care for my dear mother and friend," said Susanne. "Once this honour has been fulfilled I would like to find 'my home' in pastures new! I'd like to settle down and create a haven where people can truly be themselves – a natural, wholesome, grounded place. "Oxford is a wonderful city – very cosmopolitan and very close to the countryside – but I feel now is the right time for me to follow my path and nurture my roots."

Susanne is happy to give talks or cookery demonstrations to groups, and can be contacted by email at info@susanneaustin.co.uk. Her website address is www.susanneaustin.co.uk



Shopping for quality

Farmers' markets are the ideal place to shop to good quality local produce. The following Oxfordshire markets are all members of the National Association of Farmers' Markets.

Town: Abingdon
Location: Near the Market Place
Held on: 3rd Monday monthly
Time: 8.30am to 2pm

Town: Banbury
Location: Cornhill
Held on: 1st Friday monthly
Time: 8.30am to 1.30pm

Town: Chipping Norton
Location: Market Square
Held on: 4th Friday monthly
Time: 8.30am to 1pm

Town: Deddington
Location: Market Place
Held on: 4th Saturday monthly, except for Christmas, when on 20th
Time: 9am to 12.30pm

Town: Oxford
Location: Wolvercote School
Held on: Sundays, weekly
Time: 10am to 2.30pm

Town: Witney
Location: The Green
Held on: 3rd Thursday monthly
Time: 8.30am to 1pm

Town: Woodstock
Location: Woodstock Market Place
Held on: 1st Saturday monthly
Time: 8.30am to 1.30pm

Thames Valley Farmers' Market Co-operative members in Oxfordshire are listed below. For more details visit the TVFM website at www.tvfm.org.uk

Abingdon – as above
 Banbury – as above
 Bicester – 2nd Thursday monthly
 Charlbury – Saturday quarterly
 Chipping Norton – as above
 Deddington – as above
 Didcot – 2nd Saturday monthly
 Faringdon – 1st Tuesday monthly
 Henley – 4th Thursday monthly
 Oxford – 1st Thursday monthly
 Thame – 2nd Tuesday monthly
 Wallingford – 3rd Tuesday & 5th Saturday of the month
 Wantage – Last Saturday monthly
 Witney – as above
 Woodstock – as above