



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](mailto:info@susanneaustin.co.uk). Her website address is [www.susanneaustin.co.uk](http://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](http://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