

Books

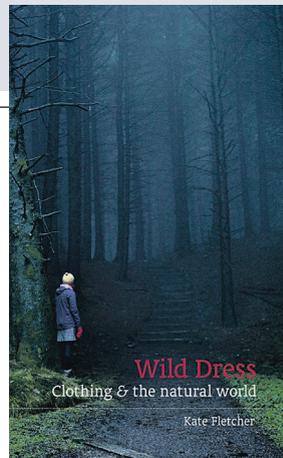
Wild Dress: Clothing & The Natural World

Kate Fletcher

Beautifully written with evocative photographs of the hills, woods and moors of the Peak District and the Yorkshire Dales, this slim book by Dr Kate Fletcher will change how you think about what you wear forever. It chronicles how the author, born and brought up in inner-city Liverpool, came to see the links between clothing and the world around us.

Abandoning city life after more than 30 years Kate, professor of sustainability, design and fashion at London's University of the Arts, now lives on the Cheshire-Derbyshire border with her family. She sees the natural world as vital to health and wellbeing: 'It is no exaggeration – the natural world has saved me. It is somewhere I exercise, for sure, but in terms of mental health, it is a place of total acceptance. I am my best self when I am outside.'

Inspired by a sailing trip around the Hebrides, Kate wrote *Wild Dress*, which describes how clothing can help us connect more closely with nature. 'The clothes we wear can help us see the world differently,



to notice more and to value it more,' she says. She writes, for example, of the sense of freedom she gets from walking in a skirt and of the continuity she feels with her own history when in her dad's old sweater.

At a time when we're becoming more aware of the environmental footprint of fashion, *Wild Dress* couldn't be more timely. As Kate observes: 'Clothes can change our experience of the world. I wanted to write about the everyday lives of our garments and the choices we can make in the face of climate change.'

Amid growing concerns about the environmental impact of fast, throwaway fashion, Kate has good advice for those who love fashion but want to look after the planet. 'The clothes we discard first are those we receive as gifts, buy for a future, thinner self or buy in sales,' she says. The solution? 'Buy fewer things and enjoy what you have to the maximum.'

This year's London Fashion Week runs from 13-17 September

Photography: Bryan Jan, Paul Willis, Charlie Meecham / Uniformbooks, Getty Images

THREE OF THE BEST STIR-FRY PACKS

Quick fixes from Waitrose & Partners for cooks in a hurry hoping to enjoy the end of summer

1 Rump Steak Fajita Stir Fry, £4/250g

Spicy rump steak strips marinated with ancho and chipotle chillies with flavours of paprika, roasted onion, roasted garlic, cumin and coriander. This new stir-fry mix is one for the carnivores – serve with fajitas, sour cream, and guacamole for a Mexican-inspired feast.

2 Superbright Stir Fry, £2/300g

A colourful melange of summer-bright veg including edamame beans, baby corn, pepper, Pinkstar cabbage, onion, carrot and salad greens. With 7.1g of fibre per half pack, this vibrant mix will help towards your 5 a day and contribute to your daily 30g of fibre.

3 Brown Rice & Green Vegetable Stir Fry, £2/300g

Brown rice with edamame beans, peas, salad onion and kale in a delicious garlic, ginger and chilli dressing. The contents of the pack would pair well with cooked prawns, strips of cooked chicken or tofu; or enjoy with a curry for a more substantial meal for two.



24 HOURS ON MY PLATE RACHEL KHOO

The British chef and TV presenter, who now lives in Stockholm, waxes lyrical about Swedish delicacies

'I got up at 6am, drank a glass of water and grabbed a banana before doing a 30-minute cardio workout. Then I made breakfast for myself and the children. I had a large cup of redbush tea with a splash of milk, plus a soft-boiled egg on Swedish crispbread with butter. I had a bowl of red- and blackcurrants from the garden with a large dollop of Quark.'

'Mid-morning I had a green turmeric tea and some chopped watermelon. Lunch was leftovers – cabbage salad with zingy vinegar dressing, brown rice and aubergine peanut curry, and another large herbal tea.'

'I felt a bit tired in the afternoon, so I nipped to my local café for a latte macchiato. For dinner, I made a one-tray roast with chicken thighs, butternut squash, cherry tomatoes, onions and a glug of olive oil. I had a couple of squares of dark chocolate, another herbal tea, and some almonds and apricots.'

'I'm not one to diet. I prefer to eat whatever I fancy, but in moderation. I love a sticky cardamom bun – my local bakery in Stockholm does particularly good ones. Healthy eating doesn't have to mean just salads. I can find enjoyment in a crunchy fresh cucumber, or a perfectly ripe, juicy fig.'

'Cheese is a favourite of mine. When I lived in Paris it was Comté. Now it's Västerbotten, which is like a Swedish mature Cheddar. I also love Swedish crispbreads. My food downfall? Cheap salt and vinegar crisps!'

Rachel Khoo's new series, My Swedish Kitchen, Discovery Food Network, Thursdays, 9pm

THE VERDICT

Emma Williams, Partner & Nutritionist, says

'Boiled egg for breakfast provided lots of nutrients including the immune-healthy vitamin D. You exceeded your 5 a day and had enough fluids to keep your brain functioning well, but needed more bone-healthy dairy and starchy carbs for energy. B vitamins also help



alleviate tiredness and fatigue – think fortified breakfast cereals, nuts and seeds. Healthy eating isn't all about salads – mixing it up a little is much more fun and will help keep you on track!' **4/5**



365 STEPS TO BETTER HEALTH No 263

Include tomatoes and apples in your 5 a day to prolong healthy lung function.

Find all 365 steps online at waitrose.com/healthysteps