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Kitchen REVOLUTION

A new health food movement is sweeping the nation and has us all obsessed with green juices, spiralized vegetables and sugar-free goodies. But what does this mean for our kitchens? Here, we meet three 'clean and green' pioneers to discuss their top tips and essential kit

Words **CHARLOTTE BROOK**
Photography **BEN ANDERS**



THE GREEN JUICE GODDESS

'I'm a juicer but I still like a martini,' says model, kale whizzer and cocktail mixer Rosemary Ferguson (@roseferguson; rosemaryferguson.co.uk). She is a very modern nutritionist with a refreshing sense of balance, and her kitchen reflects this. Shared with her husband, artist Jake Chapman, and their three daughters, the space is both the heart of the family's Cotswolds home and Ferguson's recipe-testing HQ when she isn't at her nutrition consultancy on London's Harley Street.

'During the day, my kitchen is a serene place for experimentation: I test innovative gadgets or newfangled superfoods that clients recommend to me,' says Rosemary. 'But when we renovated the house in 2006, we also wanted this to be a social space.' She cites minimalist artist Donald Judd as an inspiration, and the kitchen's no-fills design

is elegant and practical. 'The units have no handles, openings for your hands: the idea being that the wood wear over time and create natural grooves.' Hanging from ceiling are clusters of opaline pendant lights from La (lassco.co.uk). 'They're antiques from hospitals,' explains Rosemary. 'They are one of my favourite things in the ho

The marble worktops are where the juicing action happens. 'For me, juicing is a really easy way to make yourself slightly virtuous,' says Rosemary. 'A juice is a brilliant vehicle via which you can transport tons of vitamins and minerals into your body, and dispel toxic chemicals.' She credits sheer variety of ingredients that you can fit into a single of juice with giving her recipes their nutritional potency. 'Take Snapple and Skinfood, which contains apple, orange,



This minimalist kitchen still has a warmth and homeliness thanks to wooden cupboard doors, vintage furnishings and the red glass splashback behind the marble worktop – originally it was also going to be made from marble, but Rosemary (right) thought the look was too uniform



'I always leave fruit out on the worktop. We get through it so quickly that it doesn't need refrigerating, plus it tastes – and juicing – much better at room temperature'

would your body be treated to such a spectrum of fruit veg. But in a juice it really could not be simpler.' Many of Rosemary's appliances live in a storage area behind the kitchen so that her workspace can remain clear of clutter. 'In theory, this is a streamlined space,' says Rosemary. 'In practice, the minute you start using it, it looks messy – unless you have ELLE Decoration coming round to shoot it, that is.' The juicer normally sits out on the worktop, though. 'We get through it so quickly that it doesn't need refrigerating, plus it tastes – and juices – better at room temperature.' If making a juice 'to go', Rosemary advises using glass bottles, 'because of the health dangers of plastics' – she buys hers from a local juice press, but Lakeland (lakeland.co.uk) sells similar. It's not only juicing that happens in Rosemary's kitchen.





Are you making your own revitalising juice? Find your favourite Rosemary recipes at elledecoration.co.uk



THE GREEN JUICE GODDESS

► bread machine [see right],’ she says. ‘You can switch wheat for rye or brown-rice flour; butter for coconut oil; and table salt for Himalayan pink salt to make a really nice, healthy bread. Plus, you can set the bread maker on a timer and wake up to the amazing smell of a loaf baking.’

‘I also make raw flaxseed crackers with my dehydrator [a machine that extracts the moisture from foods, see right]. We collect a lot of apples in the summer from the trees outside, so I dry those out and make apple crisps,’ she says. ‘It all sounds very *The Good Life*, doesn’t it?!’

‘Our kitchen is great for everything,’ says Rosemary. ‘But it’s got a particularly good floor for dancing on.’ Made from glossy poured concrete, the surface is the ultimate proof that this is a space for balancing work and play.

‘Juice: Cleanse, Heal, Revitalize 100 Nourishing Recipes and

ROSEMARY’S ESSENTIAL KITCHEN KIT



Nutri Juicer by Sage by Heston Blumenthal – ‘it has a powerful motor, meaning you can blend raw root vegetables.’ £149.95, John Lewis (johnlewis.com).



Sourdough bread maker by Panasonic – ‘simply set it on a timer and wake up to the smell of bread baking.’ £189.95, John Lewis (johnlewis.com).



K Sabatier knives – ‘my mum had favourite knives when I was little, which I thought was ridiculous. Now I’m the same!’ From £19.20 (sabatier-shop.com)



‘4900’ dehydrator by Excalibur – ‘I use it to make raw flaxseed crackers and apple crisps.’ £258, Juiceland (juiceland.co.uk). ►