



Bromfield, Shropshire, SY8 2JR 01584 856 000

Our food is made by real people with produce reared or grown on our own farm using traditional methods that we have tried and tested.

As it is made in small batches by hand, we are able to see, smell and taste it so can bring you great tasting real food.

Don't just take our word for it... visit us and you will find a range of products to taste in the shop or from our production counters.

Where we can't make it, we look to source locally which is why you will find that 80% of what we sell comes from Shropshire, Herefordshire, Worcestershire and Powys.

Come and share our passion for great tasting local food at our one-of-a-kind food shopping venue.

Real food, real people, real taste



@ludlowfarmshop
www.ludlowfarmshop.co.uk

CNM[®] The Natural Chef

My child has been diagnosed with Coeliac's. How can I navigate children's parties?

A coeliac's diagnosis for a child can leave parents in a fix, especially when it comes to your child being invited to various celebrations where "party food" is served. Unfortunately, "party food" is usually made up of high-sugar, high-gluten, high-dairy, high-preserved, high-artificial-colours offerings. Gluten, in particular, is hugely prolific in our diets, and more so in party food. Not a good recipe for a child with such a diagnosis!

Gluten-free versions of foods such as biscuits and cakes are not recommended either; they are generally greatly processed, devoid of nutrients and very high in sugars; plus the rice flour in such products can increase arsenic consumption and any corn flour present is not the easiest to digest. So it is unrealistic to expect a great deal of choice for a coeliac child at a party without the parent providing it.

You can help your child choose (or make with your help) some special treats so they feel less left out of the party food. How about you provide a special party food lunch box that contains all the attractive, colourful, healthy treats your child can safely have? Remember to provide extras, in case friends want to try what your child is eating. Children are curious and adventurous



and having vivid, beautifully presented healthy treats that friends are interested in will help your child feel included and involved. Having said that, nowadays more and more children appear to have some form of allergy or intolerance to food and your child may not feel too left out, after all. It might pay to get in touch with the parent who is organising the party and offer your help and ideas; they'll love you for it! And when it's your turn to host, make all the party fayre coeliac-friendly with vivid, imaginatively laid out, delicious foods – then no one needs to feel left out!

Naturopath Elle Fox is a CNM graduate, author and speaker. CNM trains students for successful careers in a range of natural therapies in class and online: naturopathy-uk.com.

www.naturopathy-uk.com



Barrows & Brollies

A MARKET FOR ALL SEASONS

Ultra local, zero wasting, fresh tasting: London's oldest market is making space for the hottest ideas in global food trading, discovers Anna Blewett