

WMN-E01-S3

**Books** Charts, reviews and author interviews

# Winning weed



From the first time she wore the... of watercolor how packaging... home and let my writing

**Tony Langford** talks to Cornwall-based writer Rachel Lambert, whose latest title was this week named one of the best cook books in the world

**I**wanted to create something of quality and practical use – so to have this acknowledged nationally and globally is beyond words, though I'm smiling a lot about it." So says Rachel Lambert on her latest book, *Seaweed Foraging in Cornwall and the Isles of Scilly*, being declared the national winner in the Fish category of the Gourmand World Cookbook Awards 2017 for books published in 2016. Regarded as the Oscars of food and drink books, previous winners include Rick Stein, Hugh Fearnley-Whittingstall and the late Carol Trewin, whose features on food and farming will be fondly remembered by *WMN* readers.

Writing of Rachel Lambert's book, Edouard Cointreau, president of the jury of the Gourmand World Awards, said: "The book is an intimate voyage to the beaches and the sea. It is well written, and useful. It is a model for books that could be done similarly in other regions and coasts in many countries."

Writing it certainly gave Rachel a lot of pleasure.

"I loved putting it together," she said. "It was a lot of work and a genuine labour of love."

The book covers 16 types of seaweed, both known and less familiar varieties, and all found around the coasts of Cornwall and the Isles of Scilly. Apart from providing a detailed guide to their identification and nutritional qualities, it has 32 step-by-step recipes.

There could be no better guide than Rachel. With a background in environmental education, she discovered the delights of foraging in Europe and Asia. Since 2007, Rachel has been teaching food foraging and seaweed foraging in Cornwall and the Isles of Scilly, her courses being highly regarded. She has a particular interest in seaweed, and has taken part in surveys across the region.

"There is something about the underwater world of seaweeds that is intriguing," she said. She describes staring into a rock pool and seeing an amazing array of colours, saying: "Green weeds, brown ones, red ones, pink ones and white ones, ones with iridescent tips."

And of how at a good low tide you can go further out and see "larger brown seaweeds, metres long, moving in the water or lying still against rocks waiting for the tide to enliven them again".

Set up in 1995, the Gourmand World Cookbook Awards seek to honour the best food and wine books. It is the only international competition in its sector. Its judges look for books with a high quality of production and printing, that are user-friendly and respect and understand the reader, and for an author "whose personality and heart shines throughout the book". So this award is quite an accolade for Rachel Lambert.

Her publisher, Alison Hodge, said: "Winning this award against stiff competition is a great achievement by author Rachel Lambert. We are delighted that her work has been acknowledged in this way."

Published in the highly successful Pocket Cornwall series by Alison Hodge of Newlyn, it was designed by Penzance-based company, Book Development and Production, and edited by West Penwith resident Yvonne Bristow. It runs to 104 pages and has 92 colour photographs which, with the exception of two, were all taken by Rachel Lambert. At £6.95 it is good value.

*Seaweed Foraging in Cornwall and the Isles of Scilly* now goes through to the final round of the Gourmand Awards to be judged against books in other languages for the best in the world. The results will be announced in May of this year in Shanghai.



# BOOKS

## chart top 10

Books

This week's chart is compiled by Dartmouth Bookseller 3 Foss Street Dartmouth TQ6 7DW 01803-833383 [dartmouthbookseller.co.uk](http://dartmouthbookseller.co.uk)

**1 Hello, Is This Planet Earth?** by Tim Peake. Tim Peake has assembled an amazing collection of his photographs taken from the International Space Station. Tim's photos allow us to see our planet in an entirely different way. I was even able to see my home town! Century, £20.

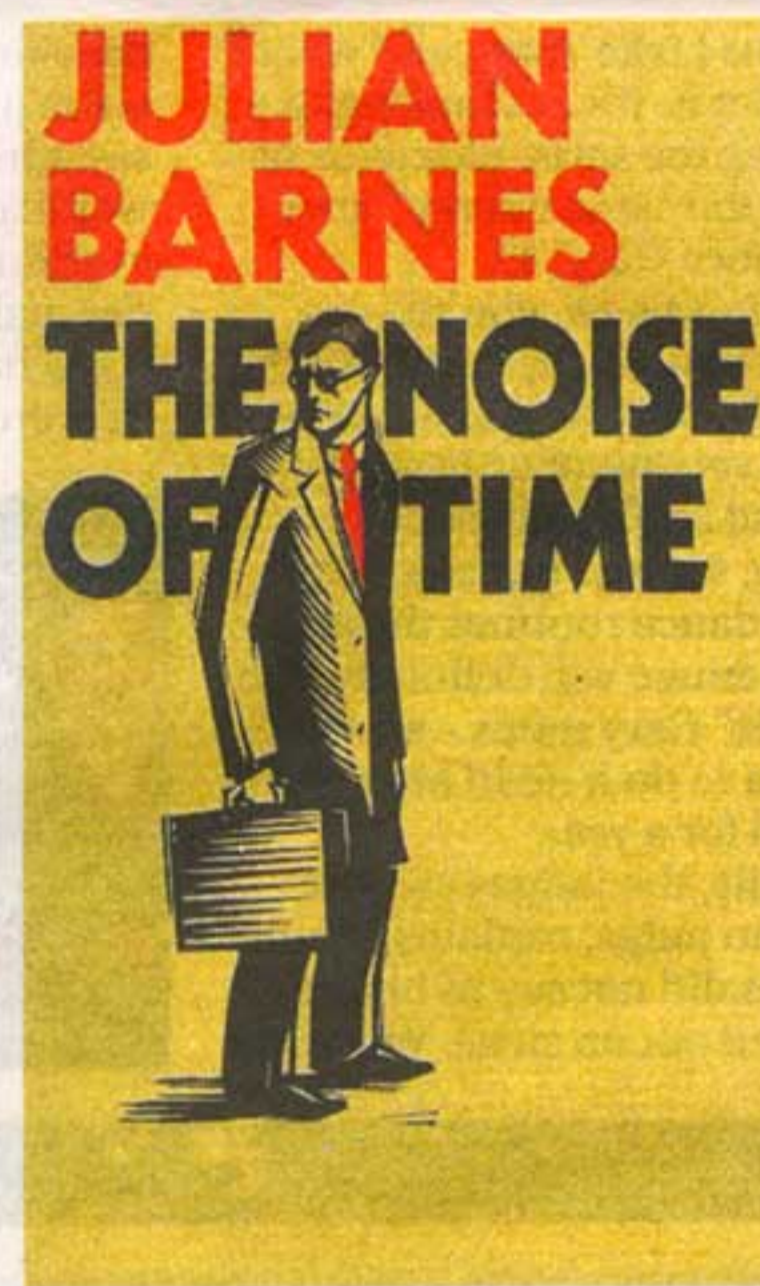
**2 Thin Air** by Michelle Paver. Michelle Paver is a master of chilling ghost stories. *Thin Air* is both literally and figuratively chilling as we join five Englishmen in 1935 on a journey to conquer the summit of Kangchenjunga. Plagued with altitude sickness and paranoia the group encounter rifts and crevasses that twist and deepen physically and psychologically as they ascend. Orion, £12.99.

**3 Long Weekends** by Rick Stein. In his new book that accompanies the BBC 2 series, Rick Stein has captured the sights and flavours of his travels around Europe. With more than 100 recipes from 10 European cities there will be something you can try to make your weekend great. BBC Books, £25.

**4 James Rabbit and the Gobbleberries** by Babette Cole. James Rabbit works for some weasely weasels that don't pay him enough to feed his little bunnies. His fed-up wife, Pearl, decides to get a job working for Lord and Lady Brockenhurst to help pay the bills. Once there she discovers an abandoned greenhouse, perfect for planting carrots to feed their hungry bunnies. A joyful children's story divinely illustrated by Babette Cole. Mabecon Books, £11.99.

**5 The Midnight Gang** by David Walliams. David Walliams' ninth novel for children focuses on Tom and his trip to hospital after a nasty knock to the head with a cricket ball. He soon discovers that adventure might be around the corner with a gang of kids on the children's ward. Harper Collins, £12.99.

**6 The Kid on Slapton Beach** by Felicity Fair Thompson. Through the eyes of eleven-year-old Harry, whose father is missing in Europe, we experience an evocative and powerful story based on the evacuation of Slapton in April 1944. Harry and his family have to make way for



the American soldiers and their practising for the D-Day landings. This is a story of the realities of wartime and Harry's bravery. Wight Diamond Press, £8.99.

**7 The Noise of Time** by Julian Barnes (pictured). Man Booker-winning author Julian Barnes' novel focuses on the life and struggles of Russian composer Dmitri Shostakovich with the Soviet regime. A kind of fictional biography, the book effectively portrays what it must be like to be a creative person in a society where your freedom of expression and very being are censored and the effect this has on an individual. Vintage, £7.99.

**8 Double Down** by Jeff Kinney. Greg Heffley is doing his stuff again in Jeff Kinney's 11th Diary of a Wimpy Kid isnatlmnt. Halloween is on the horizon and Greg's mother thinks that he should explore his "creative side" and put down the games' controller. Greg stumbles across the perfect idea. He will make a movie. Will he get rich and famous or just get covered in gummy worms? Penguin, £12.99.

**9 The Little Book of Hygge: The Danish Way To Live Well** by Meik Wiking. Roughly translating as "cosiness", hygge is a Danish art to life that is starting to take hold here. Just a fad? Well, Denmark is regularly touted as the happiest country in the world. So, let's take a leaf out of their book and snuggle up on the sofa with a big cup of cocoa or invite friends over on a winter's eve to share your favourite comfort food. Penguin, £9.99.

**10 Summer on the River** by Marcia Willett. Set in Dartmouth during the Regatta, *Summer on the River* is a novel full of family politics and secrets. When Evie's husband, Tommy, dies and leaves his large family home on the river to her instead of his eldest son, his family is incensed. Evie was Tommy's second wife. Evie knows a secret. A big secret. *Summer on the River* is an entertaining read, perfect for curling up by a fire and imagining the summer months to come. Corgi, £7.99.