

SIMPLE SOLUTIONS

22 ways to enjoy the summer

From keeping your drinks cool to making fruity jam, we have tips to help you make the most of the summer

1 COLD WATER ON THE GO

Fill plastic bottles a quarter of the way full and lie them down in the freezer. When frozen, fill with water for an ice-cold refreshing drink on the go.

2 ZESTY ICE CUBES

If you're having a party, thinly slice lemons and limes, and place in the bottom of a patty tin. Fill with water and freeze overnight. Great for a jug of Pimm's.

3 Banish strawberry stains Mix 1tbsp white vinegar, 1tsp liquid laundry detergent and a little cool water. Soak for 15 minutes

Make the most of strawberries

6 JAM TIP

The trick is to leave the fruit in the sugar overnight. This gives you big chunks of strawberry in the jam, as the fruit won't overcook. See our recipe on womanandhome.com.

7 CHOCOLATE-FILLED STRAWBERRIES

1 Hull 15 to 20 strawberries (the larger the better) and scoop out the middle using a teaspoon.
2 Put a bag of milk chocolate chips in a bowl and microwave for 30-second intervals until all the chips have melted.

3 Place strawberries in an ice cube tray and spoon chocolate into the strawberries (or use a piping bag).
4 Refrigerate for around ten minutes until they harden.

8 FANCY A STRAWBERRY MARGARITA?

Try this super easy recipe: 500ml crushed ice • 120ml strawberries, puréed • 240ml tequila • Juice 2 limes • Splash triple sec • Splash sugar syrup (equal amounts sugar and water: heat until sugar dissolves, then cool). Combine all the ingredients in a blender. Purée until smooth and divide between four glasses.



4 IN THE GARDEN

If you haven't fed your roses yet – do it now. Vigorous roses are less susceptible to disease. If you see signs of black spot or powdery mildew, remove any affected leaves immediately. If the weather is dry, pay special attention to watering your hydrangeas to ensure a great display until September.

5 EASY WINE CHILLER

The Corkcicle is a clever device for white wine fans: freeze it for two hours then insert into the wine to maintain its optimum temperature for 45 minutes, with no need for ice buckets. Root 7 Corkcicle wine chiller, £22, selfridges.com.

Get planting...

9 IN THE KITCHEN GARDEN

It's not too late to sow veg seeds...
➔ ROCKET is a great salad leaf – sow successively for constant supplies.
➔ PEAS, such as Kelvedon Wonder, can be sown into large pots. You'll need ten plants for a decent crop.
➔ Also try GREEK BASIL – a small leaf with intense flavour,
DWARF FRENCH BEANS,
CHERVIL and
FLAT-LEAF PARSLEY.
➔ Keep picking beans and sweet peas to keep them cropping.



10 ENTERTAINING YOUNG KIDS?

Subscribe to a craft pack from Woolly Mammoth, which contains colourful and fun craft materials. A subscription is £9.90 per month or you can buy a one-off membership starting at £9.90; woollymammoth.co.uk.



PEAS AND LOVE

11 Bring out the flavour of peas by adding them to a basic risotto recipe – add a knob of butter and freshly grated Parmesan for a perfect midweek supper.
12 Or gently steam until just tender and add fresh mint and some butter.
13 Peas are also delicious raw in a salad with some buffalo mozzarella.

Classy cleaner



It's holiday time! w&h homes editor Alison Davidson suggests some great things for that perfect getaway!

ALWAYS STAY CHARGED Don't you hate it when your phone dies? This neat power solution gives you that backup wherever you are. PocketCell charges more than 10,000 devices, including iPhones, iPads, Androids, Blackberry and more! The only thing you need to remember is to keep the PocketCell charged; £70, amazon.co.uk.



MIND YOUR LANGUAGE Connect to an interpreter when abroad with i-interpret4u.co.uk, £10 for an annual subscription. You'll be given an account number and PIN, and a dedicated telephone number to call.

WASH AND GO Travellers will love Laundry Paper because it takes up no room and, unlike liquid detergent, it won't leak! Just dissolve in warm or cold water. £3.29 for 30, lakeland.co.uk.



GLIDE ALONG These fab lightweight suitcases have four wheels rather than two, and move effortlessly! There are six colours to choose from, so your bold lime, tangerine or neon pink one will stand out a mile! Prices start at £129 for a 2.6kg size, antler.co.uk.

KEEP THE BUGS AT BAY Mrs White's Unstung Hero is made of natural, fresh eau de cologne. Its delicious and uplifting lemon tea fragrance doesn't have an overpowering smell, and is suitable for adults and children over three. £20 for 250ml, roulierwhite.com.



4 apps to help you get fit and feel good

GAIN FITNESS CROSS TRAINER (FREE) Build a custom-fitness plan taken from a network of professional trainers and athletes. A calendar helps keep track of workouts.

THRYVE (FREE) This is for people who hate counting calories and care more about how the food they eat makes them feel. It breaks down meals into individual ingredients, and a pie chart tells you what fraction of your meal is grains, veggies, dairy, fruit and so on.

MOVES (FREE) This is a smart pedometer that records everything from steps taken to miles cycled. The daily maps and storyline functions give users a new way to easily record and analyse their movements.

MY FITNESS PAL (FREE) With a database of more than two million food items, this app makes it easy for users to keep track of calories. Can be used with all diets, whether you're going low-carb or just eating healthier. w&h