





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.

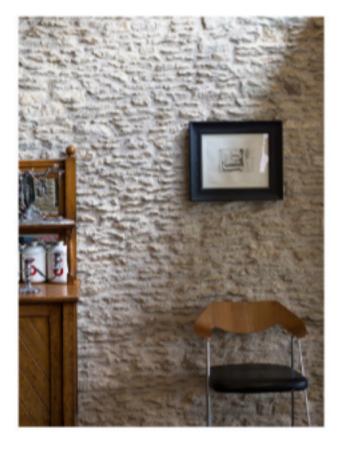
'During the day, my kitchen is a serene place for experimentation: I test innovative gadgets or newfangled superfoods that clients recommend to me,' says Rosemary. 'But when we renovated the house in 2006, we also wanted this to be a social space.' She cites minimalist artist Donald had as an inspiration, and the kitchen's posfulls 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,' exp Rosemary. 'They are one of my favourite things in the ho

The marble worktops are where the juicing action hap 'For me, juicing is a really easy way to make yourself slightly virtuous,' says Rosemary. 'A juice is a brilliant ve via which you can transport tons of vitamins and min into your body, and dispel toxic chemicals.' She credit sheer variety of ingredients that you can fit into a single of juice with giving her recipes their nutritional pote Take Sparkle and Shine, which contains apprients reaches.



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





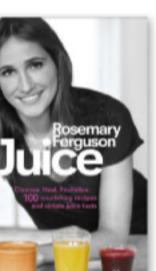
'I always leave fruit out on the worktop We get through it so quickly that it doe need refrigerating, plus it tastes – and j – much better at room temperature'

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

ut it's not only inicing that hannons in Forguson's kitchen







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➤ 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.

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ROSEMARY'S ESSENTIAL

KITCHEN KIT



Nutri Juicer by Sage by Hesto Blumenthal – 'it has a powerfu 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 sme of bread baking.' £189.95, John

of bread baking," £189.95, Joi Lewis (johnlewis.com).



KSabatier knives – 'my mum had favourite knives when I wa little, which I thought was ridiculous. Now I'm the same!' From £19.20 (sabatier-shop.con



'4900' dehydrator by Excalibu
'I use it to make raw flaxseed
crackers and apple crisps.' £258
Juiceland (juiceland.co.uk). >