VINTAGE VIC’S RECIPES FROM BYGONES DAYS

Try something new – COFFEE

Break from the traditional cup of tea in the morning and try a cup of

Coffee.

Plums will be an abundant free crop this year, as it grows wild on the

trees in the countryside. Provided you have permission, go and pick

some and make some War-time Jam, let’s not waste our nature’s bounty.



**Provided by Vintage Vic, aka Victoria Shorland, Eat To Live Nutritionist/www.eattolive.org.uk**