

# Doctor tomato and his love apples

This week's cherry tomatoes and aubergines come from Dr Adrian Izzard in Cambridgeshire. No relation to the marathon running, executive transvestite, comedian; Adrian has a PhD in human nutrition. Yes, a PhD. No run of the mill farmers for you!

Adrian's pioneered ways of growing naturally high yielding organic veg. His tasty tomatoes get a Full Blue for flavour. He chooses varieties and growing methods that also optimise the nutritional value, which sort of goes without saying.

His veg are fossil fuel free – the glasshouses use no artificial heating, but protect the plants from the Jekyll & Hyde UK weather. As well as toms, Adrian also grows aubergines, green and red peppers, and green chillies – all available as extras on our website.

He's always wanted to farm and says he's "been lucky – it's worked out. I'm happy and I enjoy it. It's always exciting – and I never get bored as there's always a trillion things to do."

He's not a great fan of the way supermarkets have a stranglehold on food sales in the blighty: "Supermarkets are buying cheaper imports rather than supporting British farmers.

"The organic movement has pioneered new ways of shopping - and box schemes like Abel & Cole, farmers markets and farm shops are more important to UK food security than GM crops.

"If more people shopped this way, farmers could grow more food in the UK."

And there's more approval from the (di)vine Doctor as he says, 'I'm very pleased and like working with you. It's been a difficult time, but you've got a good reputation and your customers 'get it' which is important. I'm very positive."