

SMOKED OUT: Weed

Dopey crook's burned

A HUGE cannabis factory worth tens of thousands of pounds was found after a dopey crook lit a bonfire which spread to his home. Ian Armstrong, 43, was burning garden waste when the fire got out of control and engulfed his

caravan and garage. When firefighters tack-

When Irrefighters tack-led the flames they discov-ered "a substantial canna-bis grow" in the property. Police found 130 mari-juana plants, with a street value of around £36,000, in various stages of growth in three rooms three rooms.

Armstrong was also bypassing the electricity supply to power lights and heaters needed to grow the plants at his home in Nuneaton, Warks. He admitted producing

He admitted producing cannabis and abstracting electricity and received an 18-month sentence, sus-pended for two years, plus 200 hours of unpaid work A Proceeds of Crime

Acts hearing at Warwick Crown Court was told he made a total of £20,800 from the cannabis factory. He was given three months to pay back the money or face seven money or face months in prison.



Bike girl tragedy

A GIRL of 13 has died after an incident involving a quad bike at a farm.

Police say the death in Devon is not being treated as suspicious.

A spokesman said: "Police were called to a farm near Buckfastleigh following a report of concern for welfare of a teenager.

"Sadly, upon arrival, a 13-year-old girl was pro-nounced dead. A quad bike was located nearby.

'Police are not treating her death as suspicious and a file is being prepared for the coroner."

SERVING UP MEAT-FREE MASTERS



I'VE been telling Henry and lan about my unusual porridge recipe. I make it for my breakfast several times a week.

To a part of oats I add soya milk, sliced mushrooms, crushed garlic and (optionally) a handful of frozen peas. Oh, and sometimes spinach. And then I actually eat it.

"That sounds cool," says Ian. "I'd quite enjoy that," agrees Henry.

Oh, bless them. This vegan chef duo, known as BOSH!, stars of ITV's Living On The Veg, are the first people I've told about this concoction who haven't responded with gagging sounds.

Tasty

Which suggests they're either properly impressed ("It's a very healthy breakfast," Henry is insisting, quite correctly of course) or they're

remarkably polite. Pals since they met at school in Sheffield, Henry Firth and Ian Theasby are not the sort to ram their ideology down your throat. Veganism, which means not con-

suming any animal-derived product, may have attracted some extremist, confrontational types but that's not what these two are about. "We do agree with people who are

fighting for more awareness of envi-ronmental and animal issues," says Henry. "It's just that we're better at cooking tasty food – at showing peo-ple how to do it, rather than telling them why." It has to be said, they've

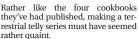
POT SHOTS: Ian and Henry ve making tasty vegan dishes

made a pretty impressive job of that in a fairly short time. They've built up a massive online presence via Instagram, YouTube, etc, where their quick, slick videos make their food

quick, slick videos make their food look very tempting. Five years ago they were both meat-eaters, but then Ian felt com-pelled to make the switch. "My last supper was fish and chips from a place on Upper Street in Islington." "At first I thought it was ridiculous,"

Henry admits of his pal's conversion, "but then we watched this film called

Cowspiracy, and I went vegan as well. "I honestly haven't missed meat. And if ever we're missing its flavour, we just find a way to recreate that."



rather quaint. But they're canny enough to know

But they're canny enough to know the value of across-the-board appeal. "TV may be old-fashioned but it's still extremely powerful," Ian says. Besides which, this pair have been inspired by some of the finest telly chefs. "Jamie Oliver is a legend," says Ian. "Gordon Ramsay is really entertaining entertaining.

Harm

"And, well, let's throw Nigella Lawson in there as well, for obvious reasons.

The BOSH! boys insist they're not out to convert anyone. Lots of their mates are still meat-eaters. Ian even comes from a family of farmers. "We consent and a number of the amazing things farmers do," says Henry. "They're not inten-tionally trying to damage people's health or harm the planet."

Ian adds: "It's not about being combative or militant. Just be pleasant to people. Everyone's got their own opinion. Everyone's on their

own journey." BOSH! Live cookalongs con-tinue at 6pm nightly throughout April (YouTube: BOSH.TV)

HENRY AND IAN'S FAVOURITES

HENRY FIRTH

HENRY FIRTH FILM: Interstellar TV SHOW: This Morning ACTOR: Joaquin Phoenix SPORTSPERSON: Jessica Ennis-Hill SPORTING EVENU: Seeoked the state SPORTING EVENU: Seeoked to state SPORTING EVENT: Snooker at Sheffield's Crucible Theatre SONG: Highwayman, by The

Highwaymen SINGER: Seal BAND: Daft Punk MEAL: A good vegan lasagne SNACK: BOSH! Hoi Sin Mushroom

Pancakes DRINK: Watermelon Jägerbomb

CITY: London GADGET: Canon EOS R camera APP: Waking Up (meditation app) IAN THEASBY

FILM: Drive TV SHOW: Living On The Veg ACTOR: Natalie Portman SPORTSPERSON: David Beckham SPORTS TEAM: England Rugby

SPORTS TEAM: England reages Union team SPORTING EVENT: Fifa World Cup SONG: Bring It On Down, by Oasis SINGER: Bob Dylan BAND: Arctic Monkeys MEAL: Stir Fry SNACK: Popcorn DRINK: Water CITY: London

CITY: London GADGET: iPhone APP: Instagram

