



**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 tackled the flames they discovered "a substantial cannabis grow" in the property.

Police found 130 marijuana plants, with a street value of around £36,000, in various stages of growth in 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 cannabis and abstracting electricity and received an 18-month sentence, suspended 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 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 pronounced 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

# They love living life on the veg..



**THE MIKE WARD INTERVIEW**

**Telly Chefs**

**HENRY FIRTH & IAN THEASBY**

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

To a pan 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 consuming 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 environmental and animal issues," says Henry. "It's just that we're better at cooking tasty food - at showing people how to do it, rather than telling them why." It has to be said, they've



**POT SHOTS:** Ian and Henry love 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 look very tempting.

Five years ago they were both meat-eaters, but then Ian felt compelled 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 like the four cookbooks they've had published, making a terrestrial telly series must have seemed rather quaint.

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."

### 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 recognise the amazing things farmers do," says Henry. "They're not intentionally 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 continue at 6pm nightly throughout April (YouTube: BOSH.TV)**

## HENRY AND IAN'S FAVOURITES

### HENRY FIRTH

**FILM:** Interstellar  
**TV SHOW:** *This Morning*  
**ACTOR:** Joaquin Phoenix  
**SPORTSPERSON:** Jessica Ennis-Hill  
**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 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  
**GADGET:** iPhone  
**APP:** Instagram

