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a lifetime. Their spicy sauces were an instant hit, and with a loyal and growing customer base, Ian has made the decision to solely concentrate on running Spicymonkey full time from October which means he can fulfill both passions in his life: spicy food and the love of monkeys. Spicymonkey will be selling a wide range of their favourite authentic treats and a few new additions to tickle your tastebuds at this year's Living North Fair. Spicymonkey, 3/8 Saltwell Road, Gateshead NE8 47Q 07877 691099 www.spicymonkey.co.uk

WELL PRESSED

Emma Notman, a former Royal Air Force pilot, is now taking to the skies with a new venture, Well Oiled. The inspiration behind the business came in the mid '90s, when Emma spent two years living in Puglia, in the heel of Italy. She learnt to make infused oils, antipasti, and delicious fresh pesto from Italian friends and neighbours and would give them as gifts to friends and relations. However, word got round and soon she was getting orders from their friends too. Emma started producing small batches of handmade pesto and infused extra virgin olive oils, and attended her first Farmers' Market in St Andrews. Things went from strength to strength and even her ten-year old daughter was roped in to help! Emma is now based full time in Lower Wensleydale, and following a major kitchen renovation project, will be re-launching Well Oiled at the Living North Newcastle Fair this November. All the Well Oiled products are hand prepared, using traditional recipes, in her kitchen at home and the extra virgin olive oil used in her recipes is produced using olives grown on private estates in Italy. An ideal Christmas present for any food lover. Well Oiled, Rowan House, Hackforth, Bedale, N Yorks DL8 1PE 07533 265179 www.well-oiled.co.uk