



A-Z OF ECO CHIC

This week is National Organic Week and, to mark it, we've rounded up an A to Z of all things cool and, of course, organic - from your fridge to your garden to your wardrobe and your washbag, we'll have you stocked up on the most fantastic organic treats from around the country and further afield.

Words **Jillian Bolger and Claire O'Mahony**

Y

Yoghurt

Or to be more specific, Glenisk. This family-run, organic dairy in Killeigh, Co Offaly produces some of the greatest hits currently available in the chilled cabinet. Where to start? The banana and peach goat's milk yoghurt for one; followed by the low-fat Chocolate Underground dessert. No, wait! The low-fat blueberry yogurt! Their cows graze on lush pastures, untouched by synthetic fertilisers or pesticides - and you can taste it.

