



Left: Duncan with the harvested rapeseed  
 Top: Duncan with pigs Patsy and Porsche  
 Above: Eli with her homemade flapjacks made using Farrington's Mellow Yellow, pictured below



▶ “When the seeds are harvested they only have to go 150 metres to where the oil is bottled which, when it comes to reducing food miles, you can’t get better than that. “We squeeze the oil out of the seeds, so it really is a cottage industry, small and slow scale, but it is a slow, natural, careful process.” The fields at Bottom farm are filled with swathes of the yellow flowering rapeseed crop which, on closer inspection, is very tall with some towering above Duncan as he checks the crop. The seed from the harvest is taken to the store where it is carefully cleaned, dried, cooled and stored. From the harvest yield of seeds the oil will eventually be pressed at a cool temperature so as not to destroy any enzymes. Throughout the process nothing is wasted as the left over meal is used to make high quality animal feed. Even the settled sediment is enjoyed by Patsy and Porsche, the two Gloucester old spot pigs kept on the farm. Part of what initially convinced Duncan the Mellow Yellow oil would be a success was its health benefits. He said: “Farrington’s Mellow Yellow has the lowest saturated fat content of any oil, less than half that of olive oil. And a high balanced omega three, six and nine essential oil content, which is 10 times more omega three than olive oil. The subtle nutty taste makes it ideal for light dressings and dips, without overpowering the food when used in cooking. “With a high smoke point, Mellow Yellow is excellent for roasting and stir frying. Gradually, people are beginning to appreciate the real benefits of cold-pressed rapeseed oil in their diets.” Wife Eli agrees and has created her own “healthy flapjacks” using the oil. She said: “At first I was really surprised because it tasted so nice. Duncan is very passionate about Mellow Yellow, it is his baby really and he is very good at getting the message across.” Duncan’s determination to produce the top quality and pleasant tasting oil has paid off. From launching last summer Mellow Yellow, which retails from around £4.50 for a 500ml bottle, is now stocked in more than 70 retail outlets throughout the county and country and it can also be purchased online at [www.farrington-oils.co.uk](http://www.farrington-oils.co.uk) or contact Farrington Oils Limited, Bottom Farm, Hargrave, telephone 01933 622809. ■

“  
**The subtle nutty taste makes it ideal for light dressings and dips, without overpowering the food when used in cooking**  
 ”

**NORTHAMPTONSHIRE STOCKISTS**

- Country House Fine Foods, Castle Ashby
- Daily Bread, Bedford Road, Northampton
- Elliott’s Kitchen, 181 Watling Street, Towcester
- Home Farm Butchers, Butchers Lane, Pytchley, Northants
- Johnson Butchers, High Street, Thrapston
- Partridge & Co, 57 St Giles Street, Northampton
- Glebe Farm Shop, Rothwell Road, Kettering
- Scotch Lodge Farm Shop, Mears Ashby Road, Earls Barton
- Smiths Farm Shop, Brampton Lane, Chapel Brampton
- Edwards Restaurant, Main Road, Crick
- Waitrose stores in Northampton, Daventry, Towcester and Rushden