Kate

Kate is an accredited holistic nutritionist, whole-foods cook and writer, passionate about inspiring all people to improve their health and wellbeing. As founder of Nourishing Club, Kate has established herself as a nutritionist, known for her practical health advice, enthusiasm for home-cooking and eagerness to spread the message of balanced plant-based nutrition. Kate is absolutely fascinated by vegetables; the way they grow, the way they look, the various ways you can cook/ferment/pickle them and the variety of tastes and textures they possess! If she could dedicate another lifetime to studying vegetables, she would jump at the opportunity!