

FOOD & DRINK

FLAVOUR OF THE MONTH

April: Watercress

It's one of Hampshire's finest delicacies and is the symbol of the county's fantastic local food production industry. Watercress has played a huge part in Hampshire's history and much of the country's supply still comes from the fields around Alresford. Whether it is stuffed in to your beef and horseradish sandwich or blitzed in to a light spring soup, this wonder leaf is packed full of antioxidants and vitamins so grab as much of it as you can.

