

\*VERY  
IMPORTANT  
PRODUCERS



VIP\*

## Sweet taste of summer

**MARION REGAN**, strawberry grower for Marks & Spencer.

Marion Regan's family has been growing strawberries on the sunny south-facing slopes of the Weald of Kent for 115 years, and supplying M&S for 35, so she knows the secret of what makes a delicious, top-quality strawberry.

Along with a team of 40 staff and some 450 pickers, Marion grows the Elsanta, Darselect and Jubilee varieties. All of these are known for their superb

flavour, natural juiciness and succulent sweetness. But each variety is special, as they grow at different times in the British strawberry season, ensuring Marks & Spencer's customers get a consistently great-tasting strawberry from April all the

way through to September.

Marion says we're very lucky in the UK to have ideal strawberry-growing conditions. Strawberries like the long days of summer to ripen properly, but they don't like it too hot, and they also like a little protection from the wind and rain – something the mild climate of Kent is perfect for.

**MARION SAYS:** "I think the perfect way to start the day is with a generous helping of strawberries, natural yogurt and honey. But sometimes I add a touch of black pepper, as it really brings out the sweetness of the strawberries. Try it, it really works! Always serve them at room temperature to release their fragrance; never straight from the fridge."

Marion Regan's strawberries are available in M&S stores from early May.

## KITCHEN ESSENTIAL

It's not often we can recommend something crucial for under £6, but this Masterclass Meat Thermometer comes in at a nifty £5.86! You'll never fret about over- or under-cooking roasts again. [Lakeland.co.uk](http://Lakeland.co.uk)



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