

F&S



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BEER
 Meantime Brewery, Greenwich
 stair Hook founded the specialist
 Meantime Brewery in 2000. Sourcing raw
 ingredients as locally as possible – mostly
 from Kent and East Anglia – the brewery
 produces a range of drinks including
 chocolate and coffee beers, Organic Pilsner,
 India Pale Ale (IPA) and even London Porter,
 faithfully recreated from a 1750 recipe
 (www.meantimebrewing.com).

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FISH Canvey Island

Fisherman Martin Yarworth runs his small operation from Canvey Island in the Thames Estuary. With a two- or three-man crew, he trawls the river with nets, bringing up sole, skate, gurnard, dabs and the occasional sea bass. He sells at local markets and fishmongers.

BEEF The Hop Shop, Castle Farm, Sevenoaks

William and Caroline Alexander have been running their family farm in the Darenth Valley since 1985. They produce meadow-reared beef, hops, lavender, honey and apples. You won't find better beef anywhere outside Scotland (www.hopshop.co.uk).



Sevenoaks

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