

Vitacress watercress on the menu of the Big Green Lunch



Watercress was on the menu of the Big Green Lunch which raised £12,387.55 for Lynn Faulds Wood's Bowel Cancer Campaign.

Everyone in the UK was invited to enjoy a Big Green Lunch on 5th June 2007 and make a donation to the Lynn's Bowel Cancer Campaign to help raise awareness of the second most common cancer which kills people in the UK.

Organised by British watercress growers (The Watercress Alliance), the Big Green Lunch was all about enjoying a meal with family, friends or colleagues while supporting a great cause. The idea was that guests made a donation to the charity in return for a scrumptious, healthy lunch with watercress figuring prominently on the menu. Watercress is packed full of vitamins and minerals and a wide number of scientific studies suggest it could play a role in cancer prevention.

For watercress recipe suggestions, look at the recipe section on this website. Celebrity chef Antony Worrall Thompson hosted his own Big Green Lunch at Notting Grill. He has also developed some tasty recipes which can be found on the Watercress Alliance website (www.watercress.co.uk).