

## Vitacress shares in RHS Chelsea Best in Show glory



Bradstone's terrestrial space garden, which won the prestigious Best in Show Garden at this year's RHS Chelsea Flower Show, featured a large circular planter brimming with fresh watercress supplied by Vitacress.

Hillier Landscapes, the contractors on the garden, requested the supply of enough watercress to fill a 4' diameter container and we were only too happy to oblige.

This space age garden was designed with astronauts in mind and was set within an assumed dome, on planet Mars. There was an area devoted to food and multiple function plant material and another area in which astronauts on a 600 day space tour could relax and interact with the environment.

The plants were selected by garden designer Sarah Eberle for their contribution to biomass and the carbon oxygen cycle, medicine and food and psychological support. Research has suggested the varieties she used could be grown on Mars. Vitacress is already a global company – could it be one of the first to reach for the stars and go universal?!

Watercress has been grown in the pure spring waters of Hampshire and Dorset since the 1800s and is literally brimming with essential vitamins and minerals. For ideas and ways to incorporate the natural superfood in your daily diet, log on to [www.watercress.co.uk](http://www.watercress.co.uk).