

CIDER ANYONE?

On the back of our article in the last issue of the Andaman Post about alcohol (in moderation) being good for your health comes news that cider has its own powerful antioxidants and disease-fighters. Cider's golden colour and scrumptious taste are caused by natural chemicals called phenolics, which help protect against many illnesses, among them stroke, heart disease and cancer.

Now a new cider has been added to the list of available ciders in Phuket. Gaymer's Original Cider hails from England's West Country and it has a light, refreshing taste that is perfect for the heat and humidity of Thailand.

It joins three of England's most popular ciders that the Apple Honey Company imports here. According to spokeswoman, Selina, their newest product Gaymers Original, has a smooth, mild and fruity taste that is ideal for the novice cider drinker. The relative sweetness and drinkability is due to the fact that that the cider is made exclusively from the juice of dessert apples, as opposed to the stronger and more sour apples that are referred to as 'cider apples'.

We tried some at Phuket's distribution point, the Anchor Bar in Kata, and can see why it is so popular. It is light, fizzy and delicious, with succulent fruit flavors, an ideal thirst-quencher for a hot, balmy Thai afternoon.

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www.ciderthailand.com

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