

SERVE ON THIS

Pineapples have long been a symbol of wealth and power, and this gold cake stand is a sure-fire way of bringing old-world bling to the dinner table. Pile it high with petits fours to finish meals with a decadent flourish. £50; Marks & Spencer



Trend watch: wild cocktails

Urban leftovers such as coffee grinds and tomato stalks are being foraged and used as ingredients in some of summer's coolest cocktails. Resourceful or revolting?



EAT THIS

Keep an eye out for Odysea, a Greek range now stocked by Sainsbury's. The chickpeas in tomato sauce are typical of Greek home-style cooking. Heat them up and serve with pan-fried fish, or crumble some feta over the top for a taste of summer holidays. £2.50/355g; sainsburys.co.uk



SNACK ON THIS

Unlike many health products, Boostball is as much about indulgence as endurance. The tasty protein balls, made with just seven natural ingredients, are based on popular puds such as raw chocolate brownie. Perfect for a virtuous energy boost. £1.89; boostball.com



DRINK THIS

Try Twisted Halo for hedonism without the headache. The brand has launched with a coconut water laced with ginger and a dash of vodka. It's (almost) guilt-free drinking, at just 90 calories and 4% alcohol, and there's no added sugar or artificial flavouring. £2.75/275ml; twistedhalodrinks.com

Smorgasbord

A taster of how we'll be eating and drinking this month. By Rachel Walker



SLICE WITH THIS

This light fruit knife is a snip. The cherry-wood scabbard makes it safe to pop in a picnic hamper and helps keep the stainless-steel blade sharp when it's rattling around in a knife drawer. £16; niwaki.com

DINE WITH THIS

Timeless table linen never goes out of fashion, and SarahK has great classic designs. Everything is 100% cotton, and the Mimosa range has a pretty cream and green sprig in the corner. Napkins, £8 each; sarahk.co.uk



NIBBLE THIS

Mrs Tiggy-Winkle, Tom Kitten and Jemima Puddle-Duck are all appearing in biscuit form, with hand-iced detail, to commemorate the 150-year anniversary of the birth of Beatrix Potter. The perfect accompaniment to a mug of hot milk and The Tale of Peter Rabbit. From £11 per character; biscuiteers.com

