



The London Local

27 August – 3 September 2016

BANK HOLIDAY WEEKEND! DON'T MISS THE NOTTING HILL CARNIVAL

Notting Hill Carnival, Europe's biggest street festival, is a vivid spectacle representing London's multicultural past and present. It is a celebration of the capital's Caribbean communities, their culture and traditions, which has been taking place since 1964, featuring two days of fantastic live music ranging from reggae to dub to salsa. The celebrations also include soca floats, steel bands and a whole lot of jerk chicken and fried plantain.



Best way to get there:

The nearest tube stations without disruptions are **Holland Park**, **High Street Kensington**, **Queen's Park**, **Shepherd's Bush**, **Bayswater** and **Paddington**, while the following have amended operating times:

Notting Hill Gate (exit only from 11am-7pm)

Royal Oak (exit only from 11am-6pm; closed from 6pm on Mon)

Westbourne Park (exit only 11am-6pm)

EVENTS

FOODIES FESTIVAL

Meet celebrity chefs Aldo Zilli, Dhruv Baker, Rosemary Shrager and Tony Rodd at the Foodies Festival in Alexandra Palace. There are demos, street

food and a tent full of workshops for kids too. £16, book in advance, **27-29 August**



GIN FESTIVAL: There are over 100 gins on offer at the Gin Festival in Tobacco Dock. As well as tasting the gins, attend talks from gin industry experts and enjoy live entertainment. £12.50, book in advance, **26-28 August**

MR MEN MUSEUM: The OXO Tower is hosting a pop up Mr Men and Little Miss exhibition (displayed at children's scale) to commemorate

45 years of the brand. There's rare and unusual memorabilia, and you can design your own personal print of your favourite character. Free, just turn up. **24- 29 August**

RIVER STAGE FESTIVAL:

The National Theatre's free outdoor season features theatre, live music, dance and family fun. Highlights include a screening of One Man, Two Guvnors, a performance of The Threepenny Opera and techno/house sets from Charisma. **26-29 August**



CANDLELIGHT CONCERT: Feinstein Ensemble play Vivaldi's Four Seasons along with pieces by Bach and Mozart at St Martin in the Fields in Trafalgar Square. £25, book in advance, **7.30pm**

NEIGHBORHOOD OF THE WEEK – Richmond & Kew

Richmond is known for its beautiful park and Thames-side promenades. Residents here are supposedly the happiest in London and it's easy to see why!

Richmond Park has an abundance of wildlife, particularly deer. Don't miss Isabella Planation within the park to see beautiful flowers in bloom or the view from King Henry's mound. The park is a bit of a trek, so plan for

a day trip and pack a picnic with your friends to enjoy this perfect summer destination.

TUBE STOP: RICHMOND (District Line) or KEW GARDENS (District Line)

BUS ROUTE: Take Bus #14 from Stop R (Great Russell Street) to Stop P (Lyton Grove) then take #85 from that same stop to Stop P (Robin Hood Lane)

BEST SPOTS:

KEW GARDENS is the world's largest botanical gardens with the most diverse collection of living plants. Check out the green houses, stroll along the gardens. Book online for cheaper rates (£13 for students with valid ID).

ROEBUCK supposedly has the best natural view of London. Great to sip a pint of ale or to enjoy some food.

HAMPTON COURT PALACE Built by Cardinal Thomas Wolsey in 1514 but coaxed from him by Henry VIII just before Wolsey (as chancellor) fell from favour, Hampton Court Palace is England's largest and grandest Tudor structure. From Richmond, take the Bus R68*

BEST EATS:

PETERSHAM NURSERIES CAFÉ the perfect oasis from London life. Sip tea and eat the most delicious carrot cake in London among blooming flowers and an awning of greenery.

THE BRITANNIA (5 Brewers Lane) Great local pub for a good English meal. They have a lovely garden outback where you can sit outside on a nice day.

PIZZERIA RUSTICA (32 The Quadrant) even Italians rave about this place and the authenticity of the food. Not to be missed.

BUTTER BEANS (Unit 3 Westminster House) for your daily fix of hipster brewed coffee.



TRAVEL DESTINATION OF THE WEEK – CINQUE TERRE, ITALY

Ever thought about traveling to **Cinque Terre, Italy**? This coastal area in Italy is five cities connected by a hiking trail is filled with centuries-old seaside villages and the rugged Italian coastline.

EAT Any pesto based dish- the region is famous for it!

DRINK Sciacchertà wine

STAY at Ostello di Porte Venere. It is a hostel at the beginning of the trail, and £22 a night will get you free wifi, luggage storage, maps and free breakfast!

GET AROUND by walking! Cinque Terre is ideally experienced by hiking along the coastline and wandering through the adorable cities.

SEE Castello Doria- it dates back to 1000 and offers incredible views.



VISIT Vernazza- *it is arguably the most beautiful of all the five cities in Cinque Terre*

BUY a Cinque Terre card. This allows you unlimited access to all five villages on train and trails.

SPEND AN AFTERNOON cooling off in the water! It will be getting warmer now, which is an awesome opportunity to cool off from the hike in one of the many beaches- the most famous being in Monterosso.

DON'T take a day trip to the Cinque Terre and spend the rest of your time elsewhere in Italy.

DO try and get a view of the cities from the water

ALLOW yourself space in your luggage to pack good hiking/walking shoes!

FLY into Rome and then take the ItaliaRail to where your hostel is. You'll save money on the flight and ItaliaRail is easy! Flights into Rome from London start at £70 on RyanAir- who allow two carry-on bags!

RECIPE OF THE WEEK – Sweet Potato & Shallot Quesadillas



Ingredients

- 4 small or 2 large sweet potatoes
- 1 tbsp olive oil
- 4 banana shallots, finely sliced into rounds
- 200g frozen broad beans
- 4 corn tortillas
- 60g Edam Cheese, coarsely grated

Method

1. Prick the potatoes all over with a fork, then put in a microwaveable bowl, cover and microwave on high for 10 mins or until soft in the centre. Meanwhile, heat the oil in a frying pan over a medium heat, add the shallots and cook, stirring often, for 10 mins or until soft and beginning to brown. Remove and set aside.

2. Cook the broad beans in a pan of boiling salted water for 3 mins, then drain and run under cold water. Pop half out of their pale thicker skins and leave the rest.

3. To assemble, put a tortilla in the same frying pan you used for the shallots, over a medium heat. Scatter over a quarter of the cheese, then squeeze over half the potatoes, skin included, sprinkle over half the onions and broad beans, and finish with another quarter of the cheese. Season well, then put a second tortilla on top.

4. Leave to cook and heat through for 2 mins, then flip over to cook the other side for another 2 mins. Tip out onto a board and repeat with the remaining ingredients. Slice and serve.