

제 포트폴리오에 오신 것을 환영합니다

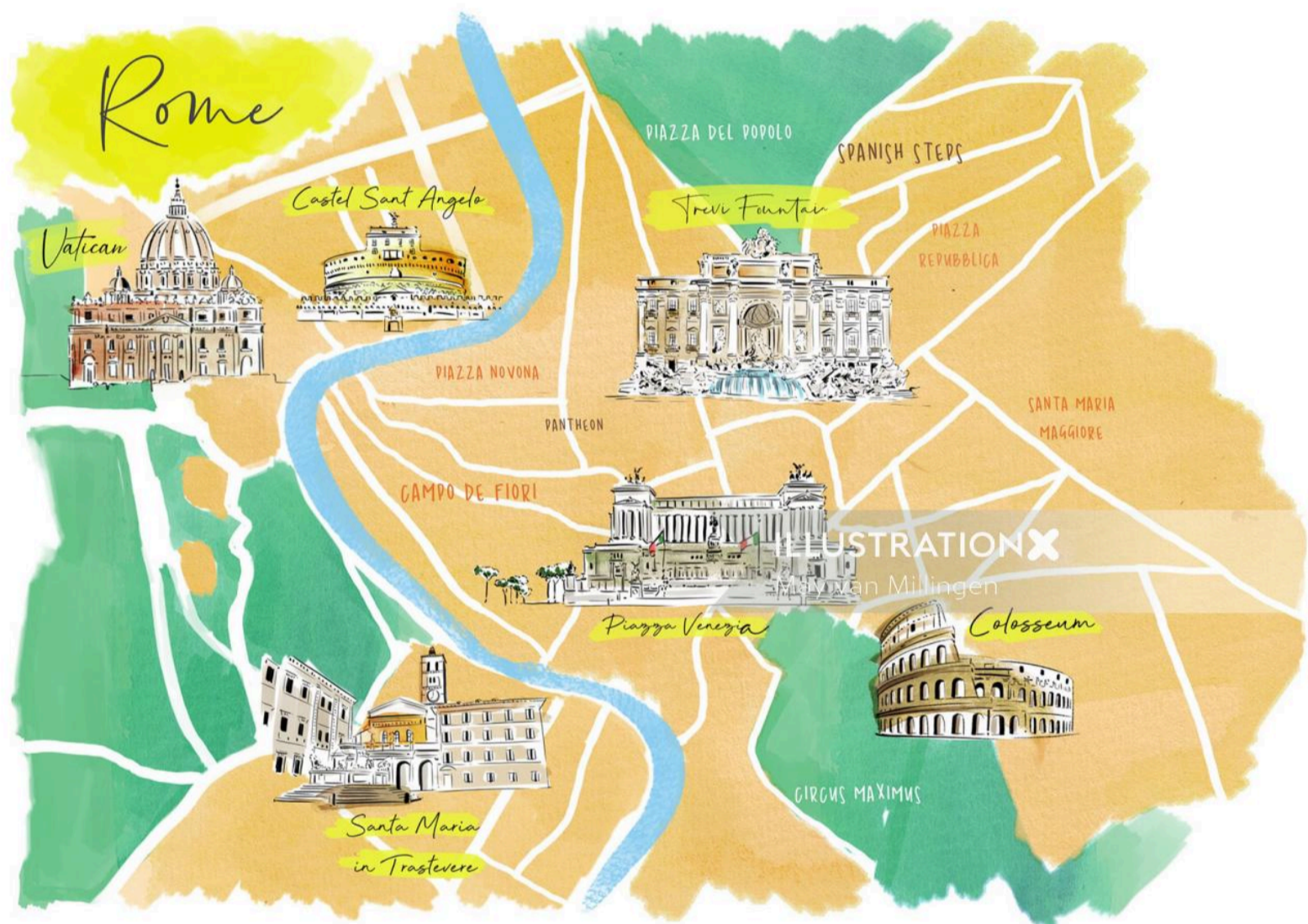
# May van Millingen

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## dish

Six of the best places in the North Island to enjoy

**oysters**

Make a beeline to these mouth-watering summer dining destinations and get shucking.

Balmy summer afternoons call for champagne on ice, crisp white wine, a cold beer and fresh oysters with a drizzle of mignonette. In honour of our favourite summer bounty, we've collated the six most succulent spots in the North Island to get your hands on some freshly-shucked goodness - while the sun is still shining.

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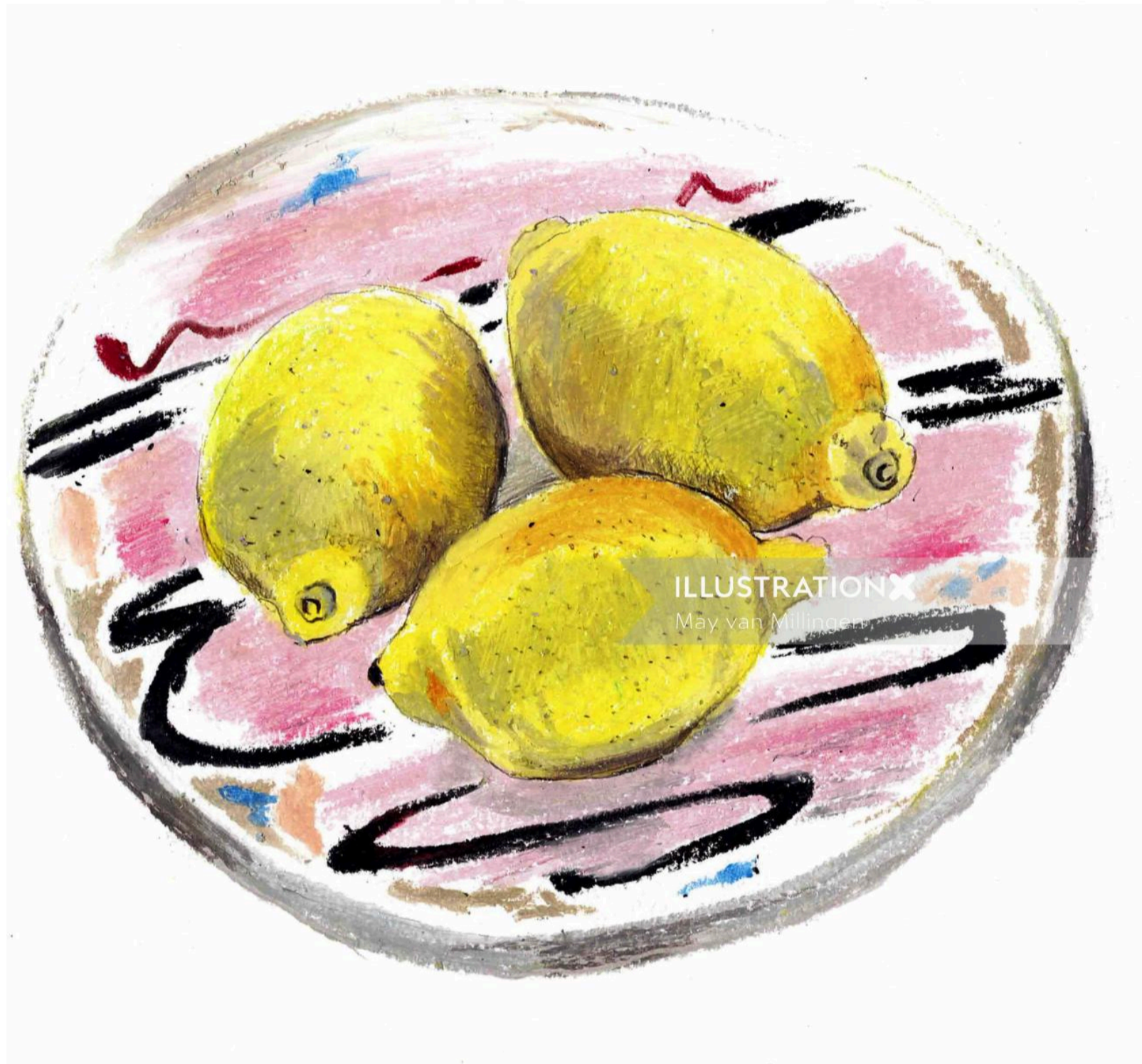
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## The Power of *Blueberries*

**P**aula Bickford was into blueberries before blueberries were cool. More than a decade ago, the pharmacologist was part of the research that revealed their antioxidant properties.

And she stayed with it, spending hour after hour in laboratories searching for ways to harness the protective powers of blueberries and other natural products.

When she arrived at USF in 2001, she began working with Paul Sanberg, who was researching stem cells. It was an "ideal combination," says Bickford, professor in the Department of Neurosurgery and Brain Repair at USF Health Morsani College of Medicine and a senior research career scientist at the James A. Haley Veterans Hospital in Tampa.

Over the next 10 years, they studied dozens of potential ingredients to find those that combined most effectively to fight damaging inflammation and promote new cell growth. Their final product is the centerpiece of a spinoff company called Natura Therapeutics, founded by Bickford and Sanberg, now USF Senior Vice President for Research, Innovation and Economic Development.



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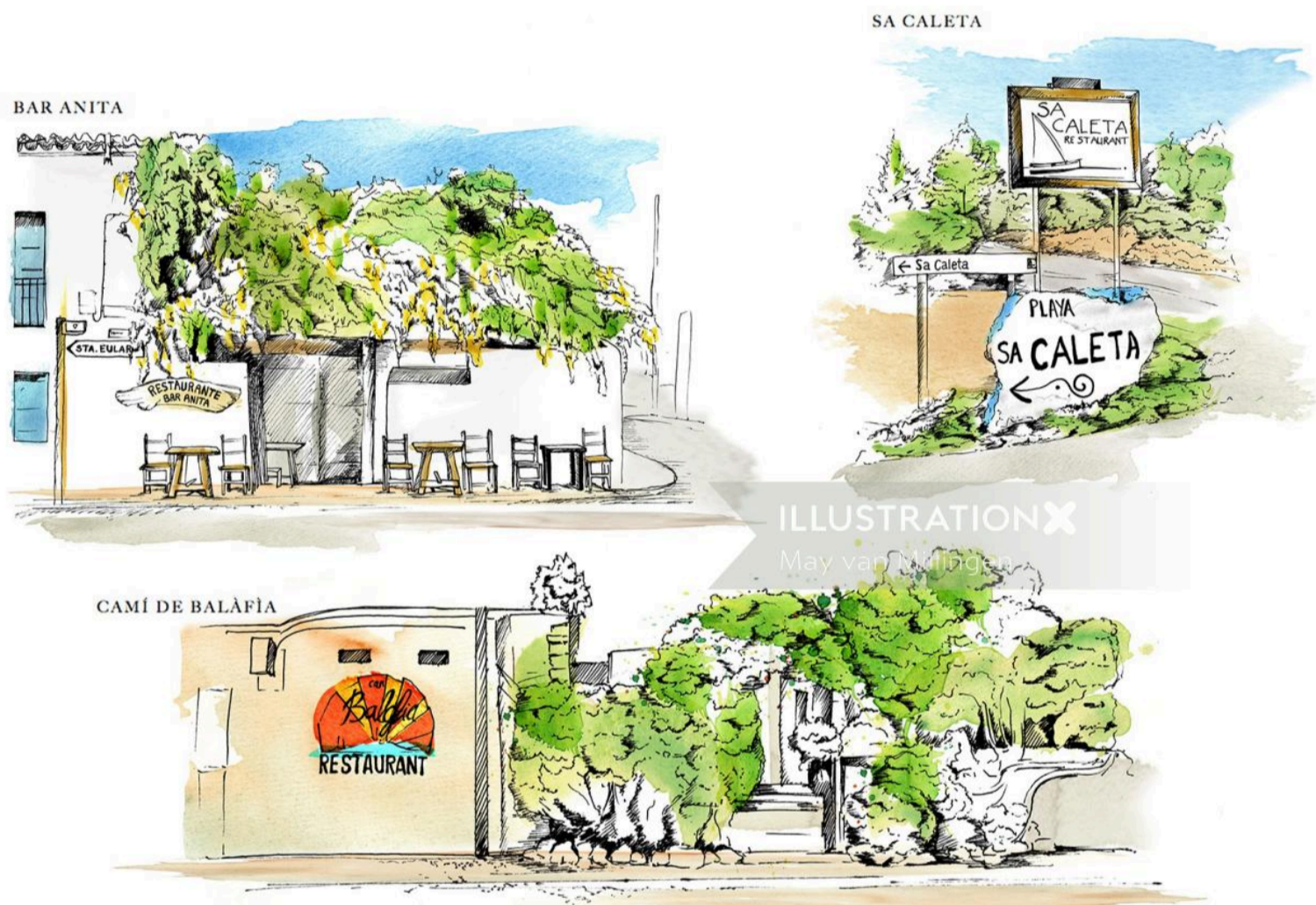


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*Get some nuts!*  
Natures vitamins  
for mind and body

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## Health benefits of beetroot

Scientifically known as *Beta vulgaris*, the humble beetroot is a root vegetable and is also known as red beet, table beet, garden beet, or just beet, and comes in many varieties.

Beetroots and beetroot juice have been linked with various health benefits, such as increased blood flow, lower blood pressure, and improved exercise performance.



*Beetroot leaves are also hugely nutritious, not only are they low in Saturated Fat and Cholesterol they are also a good source of Protein, Folate, Pantothenic Acid, Phosphorus and Zinc, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Potassium, Copper and Manganese. So save those greens and add them to your smoothies or meals!*

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## Portobello Road

**CHARLOTTE MENSAH,  
HAIRSTYLIST**

**CHARLOTTE MENSAH**, who spent her childhood in Ghana, moved to Portobello Road in 1993 and immediately fell in love with the street's namesake market—particularly the music- and fashion-focused vendors at the Ladbroke Grove end. “I could always find some up-and-coming independent designer, like Preen or Oswald Boateng,” she says. “There was a young, fresh energy, and it wasn’t too styled. That’s where my love for the area came from.”

### FOUND AND VISION

“This vintage store sources beautiful, well-looked-after clothes, so even if they’re twenty or thirty years old, they still look brand-new. I recently bought some 1990s Patrick Cox Wannabe loafers there. Honestly, I don’t know how they find the stuff.”



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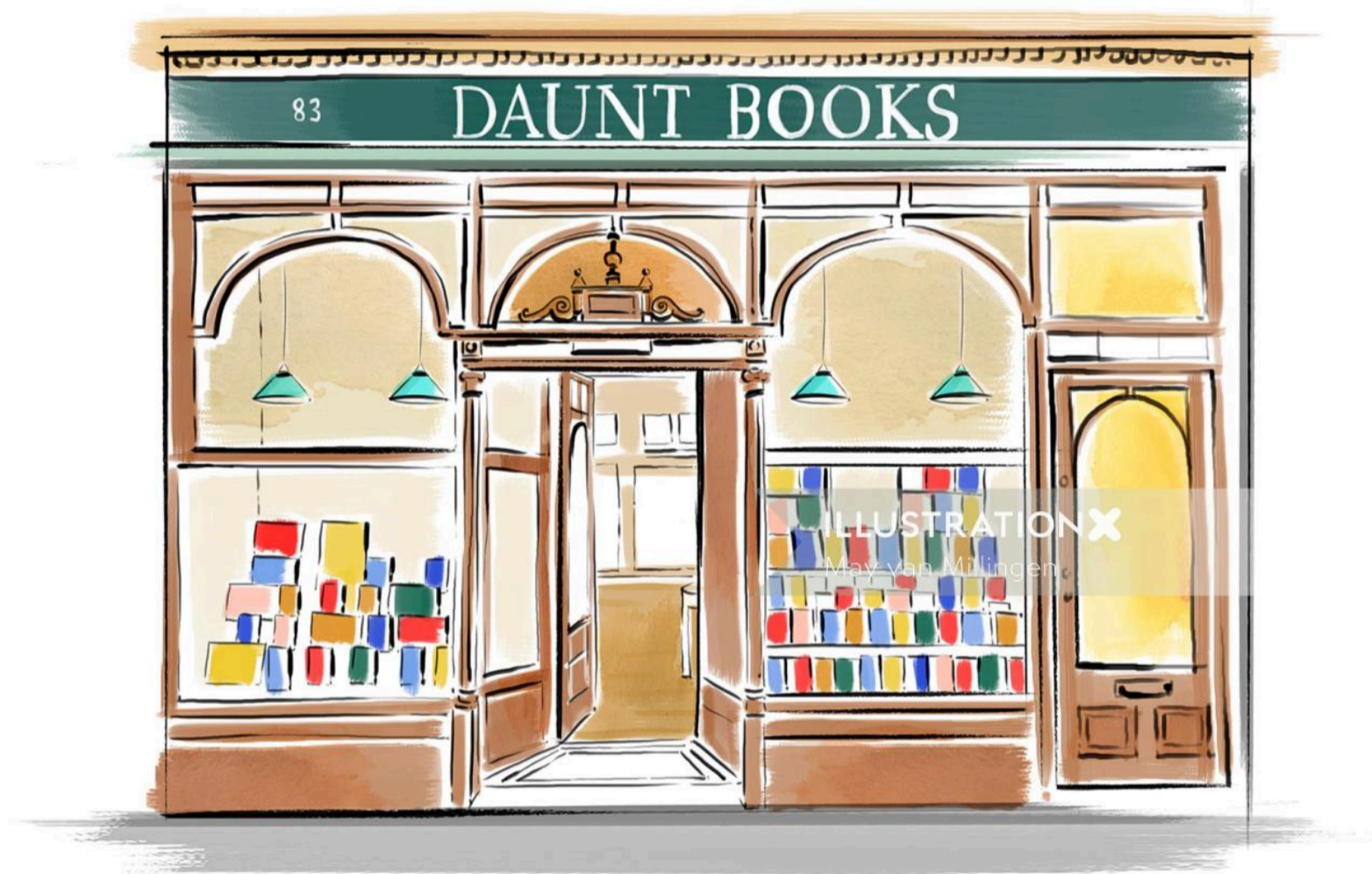
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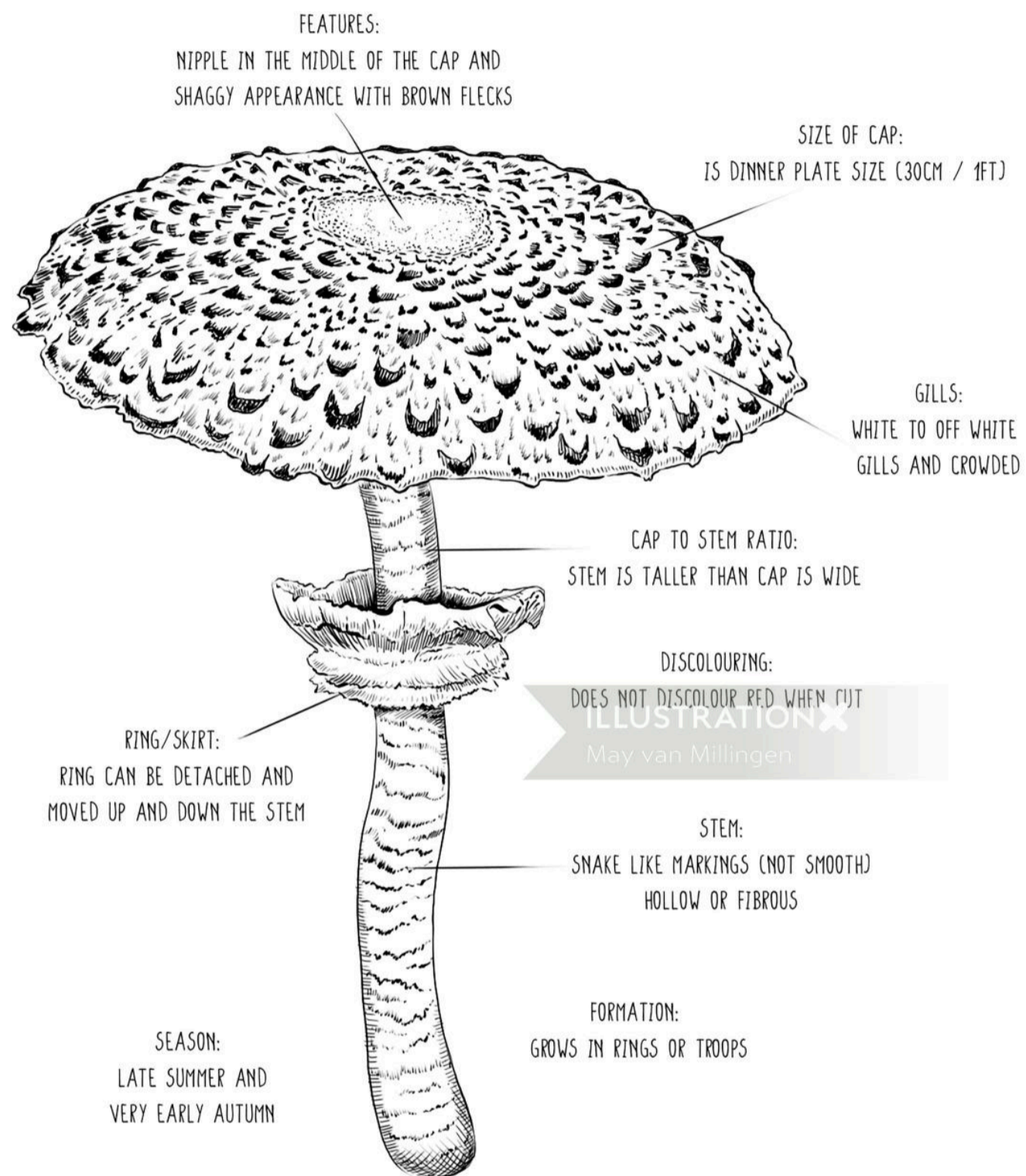
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**Hoxton Street**  
RYAN CHETTYWARDANA,  
BARTENDER

**WHEN RYAN CHETTYWARDANA** opened his first establishment, White Lyan, on Hoxton Street in 2015, it felt like a bar from the future. All the drinks came pre-mixed and pre-chilled to avoid waste and give bartenders time to focus on the customers. It worked. Jay-Z and Beyoncé dropped by, and Björk performed impromptu karaoke; for years, the core crowd was made up of the fashion, music, and LGBTQ communities. White Lyan closed in 2017, but Chettywardana has since launched Lyansess and the Seed Library in London, Super Lyan in Amsterdam, and Silver Lyan in Washington, D.C. Still, low-key Hoxton Street remains the center of his world. "Hoxton is very close to the heart of things, but it feels like it has skipped a lot of the gentrification of Shoreditch and Dalston," he says. "It retains a lot of the old character of the East End, and it's also been a key street in the alternative musical, cultural, and culinary scenes."

**THE PINE CLUB**  
"I go into this place on Old Street, which does inventive and modern British food. When it opened a decade ago, it totally rejuvenated the London dining scene, and it's a lovely example of what Hoxton embodies. The owners are also very dear friends." theloveclub.com; tasting menus from \$22.

**F. COOKE**  
"At one of the oldest pie and mash shops in London, you order steak-and-ale pie, mashed potatoes, and 'liquor,' which is actually a parsley sauce. They advertise jellied eels too—I've just never

mustered up the courage to actually order them." 160 Hoxton St.; 44-20-7729-7728.

**THE MACBETH**  
"The ex, James Blake, and Florence & the Machine all played early gigs at this legendary venue. It's also been a sanctuary for the LGBTQ community and is still very much a youth-culture party spot." themacbeth.co.uk.

**THE MUSEUM OF THE HOME**  
"Right by Hoxton station, this is London's best small museum. It's a series of re-created living rooms that is a wonderful lens on U.K. culture." museumofthehome.org.uk.

# 조언이 필요하신가요?

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