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# LondonSpy

Have a capital week

SHOPPING BEAUTY DESIGN ESCAPE RESTAURANTS FOOD FLASHBULB STARS

## THE MARKET

**F**oodies should head to Covent Garden to savour the tastes of its new Real Food Market. Delicacies on offer range from Gordon Ramsay's favourite SJ Frederick & Sons organic chickens to exotic delights such as turmeric (above) from The Arabica Food & Spice Company. Every Thursday from next week until September ([www.coventgardenlondonuk.com](http://www.coventgardenlondonuk.com)).

