Little black book



ISABELLE PALMER is the founder of the Balcony Gardener, an online shop specialising in stylish products for small urban spaces. She lives in London

thebalconygardener.com



Bellocg Tea Atelier BROOKLYN

For lovers of fine tea. This award-winning company used to be on the Kings Road in London but has relocated to New York. Its unique blends are delicious; Hindu Holiday is my must-have. belloca.com



Giovanna Ticciati WEST SUSSEX

Petworth is one of my favourite places to shop for antiques. This shop in particular is worth visiting because it sells interesting new pieces by the owner, as well as a great collection of mid-century furniture, lighting and accessories. giovannaticciati.com

Harper & Tom's

I ONDON WIL

Simply stunning bouquets. You can always rely on them to create something bursting with sumptuous colour. I love the way they incorporate crab apples and fragrant herbs such as rosemary into their designs. harperandtoms.co.uk



Pythouse Kitchen Garden WILTSHIRE

A beautiful 18th-century walled garden with café near Tisbury. There's also a lovely terrace with mismatched old furniture and a pick-your-own fruit and vegetable garden, with everything from pears and raspberries to curly kale. pythousekitchengarden.co.uk

Ialousie Plantation



Sture Hof STOCKHOLM

There is a plethora of amazing restaurants in Stockholm but this is the first place I head to. It serves classic Swedish food with a focus on seafood of the highest quality. Don't miss the bleak roe from Kalix, sturehof.com



Worship Street Whistling Shop

LONDON EC2

A really quirky bar inspired by old Victorian gin palaces and dram shops. The ambience is perfect wood-and-glass panelling makes it cosy and moody. They make gorgeous cocktails and do a great afternoon tea. whistlingshop.com