

# CONSERVATION NEWS

## West Kent & The Weald

PERIOD HOMES • RENOVATION • INTERIORS • GARDENS • FOOD & DRINK

CONSERVATION NEWS West Kent & The Weald is a high gloss A5 niche publication. Editorial led with quality well written and informative features and case studies to promote a variety of local businesses and trades.

We are a quarterly publication and copies can be picked up in a variety of outlets across West Kent & The Weald including coffee shops, restaurants, pubs, hotels, garden centres, farm shops and public buildings.

Through print and online publishing CONSERVATION NEWS West Kent & The Weald connects affluent consumers to prestigious retail services and local artisans.

There is no other magazine guaranteed to reach your niche market, without wastage. Our distribution strategy is uncomplicated and highly effective as all magazines are complimentary. We merchandise in high-footfall outlets to the right marketplace.

Our successful sister publication CONSERVATION NEWS Kent has been distributed throughout the county for over ten years; has a dedicated, growing readership and many satisfied advertisers.

If you would like to market and grow your business in this niche publication then please contact Nadene on 07515 157795 or send an e-mail to [nadene@conservationnews.co.uk](mailto:nadene@conservationnews.co.uk)



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### CONSERVATION NEWS West Kent & The Weald

offers a full design service, with proofs sent to ensure you are fully satisfied.

#### AD SIZES

Full page 154mm wide x 216mm high  
(this includes 3mm bleed settings)

1/2 page 125mm wide x 90mm high

1/4 page 62mm wide x 90mm high

1/8 page 62mm wide x 45mm high



### OLD SMOCK MILL

The Old Smock Mill which had fallen into disrepair, after many years of neglect, has been lovingly restored by the present owners. Great care was taken not to lose the essence of the original building and it is now an unforgettable and unique place to stay, with an atmosphere of tranquility and calm.

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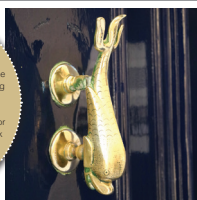
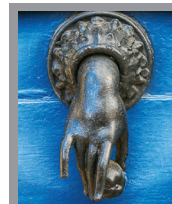
#### LION HEAD DOOR KNOCKERS

As the door knocker became more elaborate over time many designs were inspired by mythology and religion. The lion head door knocker with its mouth gripping the ring became particularly popular in the early 19th century and has remained a favourite. The lion has been used as a symbol of Great Britain and is thought to signify strength, pride, protection and power.



#### HAND SHAPED DOOR KNOCKERS

Another beautiful door knocker spotted the world over is the hand shaped door knocker. Considered to have originated in Muslim countries and said to symbolise the Hand of Fatima (recognised and used as a sign of protection) it would indicate that a person of Muslim faith lived in the house. It is also suggested that two types of hand door knocker exist male and a female, both of which would be present on the front door each with its own distinct sound. The visitor would then knock the appropriate knocker according to their gender.



#### Choosing door furniture for your period property

Unfortunately it is quite rare to see a front door with all its original furniture. As the postal service was set up so letter plates were installed, more sophisticated locks were added and as more wealth led to doorbells, knockers were removed. Today we are fortunate that there are many ways to recapture the grandeur of our doors.

The first place to start is to assess what remains on your door. Are you matching the knocker to existing pieces or starting from scratch? If you are adding to existing pieces, care must be taken to 'match' with the existing furniture. Most modern brass is much more yellow than the rich tones of antique brass. It also tends to be lacquered, so will not patina in the same way as older pieces.

Most companies that specialise in period properties should have a range of knockers in the richer brass that are also unlacquered. Have a look up your street: are there any originals left that can give you a clue as to what would have been there? They will not all be identical, but will give some insight and maybe even some inspiration. But if all else fails, a knowledgeable retailer should be able to give you some pointers given the age of house, location and your requirements.

In conclusion, when choosing your door knocker, bare in mind their interesting meanings and historical references and most of all, have fun with it.

Article courtesy of [willowandstone.co.uk](http://willowandstone.co.uk), sellers of carefully selected ironmongery, much of which is British made using traditional manufacturing processes and quality materials.

#### Where to buy...



**Oysters**  
Whitstable is renowned for its oysters and the local industry dates back to the 1400s. They used to be a cheap local food, but these days are thought of as something of a delicacy. One traditional way to enjoy them is as part of the Whitstable Dredgerman's Breakfast which is two doornosts of toasted bread with oysters and thick slices of fried bacon.



**Gypsy tart**  
This extremely sweet dessert originated in East Kent and consists of evaporated or condensed milk and brown sugar, baked in a pastry shell. It is said to have originated when an elderly woman saw some gypsy children playing outside complaining of hunger. She grabbed all that she could find in her pantry and so the gypsy tart was born. You can find it in Kent bakeries and on some dessert menus. Be warned though, it's very sweet!



**Canterbury apple pie**  
Some of the earliest known recipes for apple pie date back to Chaucer's time and the modern Canterbury apple pie is most likely an adaptation of those early recipes. It is an open-faced tart, made with both dessert and cooking varieties. If you want to follow the medieval versions, add saffron for a rich golden colour.

### Traditional Kentish fayre

**Huffkins**  
The huffkin is notable for the small indentation in the middle, made by the baker's thumb. Enjoy the huffkin on its own, or fill the indentation with a fresh cherry, a spoonful of jam, or a dollop of whipped cream. You often also find them filled with bacon as a lunchtime snack.



Kent has long been known as the Garden of England, and with good reason. Its location makes it a rich source of many different foods.

**Cobnuts**  
This regional variety of the hazelnut is not as commonly grown as it was 100 years ago although it is making something of a comeback. Cooks can use cobnuts in many ways, including roasting them and mixing them with ginger in a cake.



**Beer and hops**  
Hops have been grown in Kent since the 1300s. Throughout the late 1800s and the first half of the 20th century, families from London's East End would flock to Kent for a working holiday to pick hops. Although hop-picking is now automated, oat houses, traditionally used for drying, still dot the Kent landscape as do plenty of small craft breweries.



**Dover sole**  
The stretch of the English Channel between Kent and France has long been a fertile fishing ground. Dover sole is one of the flat fish that are plentiful in this area and so popular on many a dinner plate. They are often served grilled or fried with a lemon garnish and some locally-grown potatoes.