



Food for Thought, Fowey, Cornwall Archaeological Watching Brief

Cornwall Archaeological Unit

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Food for Thought, Fowey, Cornwall

Archaeological Watching brief

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The views and recommendations expressed in this report are those of Cornwall Archaeological Unit and are presented in good faith on the basis of professional judgement and on information currently available.

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Cover illustration

South-east façade of the building following the removal of modern render.

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Abbreviations

| | |
|-------|--|
| CAU | Cornwall Archaeological Unit |
| CIfA | Chartered Institute for Archaeologists |
| DCO | Designated site monument number (Listed Buildings) |
| LPA | Local Planning Authority |
| MCO | Monument number in Cornwall HER |
| OS | Ordnance Survey |
| SDOHE | Senior Development Officer Historic Environment |
| SWARF | South West Archaeological Research Framework |

1 Summary

An archaeological watching brief was undertaken during groundworks associated with the refurbishment of the Food for Thought restaurant in Fowey. The works impacted upon both Food for Thought and the adjacent Boat House, both Grade II Listed buildings.

Food for Thought was thought to be one of the oldest surviving buildings in Fowey, based on analysis of the surviving roof structure. This placed it in the period between the 13th and 15th centuries. The Boat House was a later structure thought to originate in the later part of the 18th century.

The watching brief identified three features relating to the two buildings. The wall footings and an associated deposit were identified along the eastern façade of Food for Thought which contained finds of 15th-16th century date. These are thought to be contemporary with the construction of the building.

A soakaway or drain was identified within the Boat House. This contained material spanning the 17th-19th centuries and may be contemporary with the use of the building or may represent an earlier phase on the site.

A wall identified in the southern courtyard may represent the original outer wall of Food for Thought, or part of a contemporary or later building on the same alignment, or a former extension of the Dolphin Houses terrace that had been demolished prior to the latter part of the 19th century.

The results from the watching brief constitute a glimpse into the early post medieval archaeology of a Cornish town. The results are significant enough to warrant the publication of a short note in *Cornish Archaeology*.

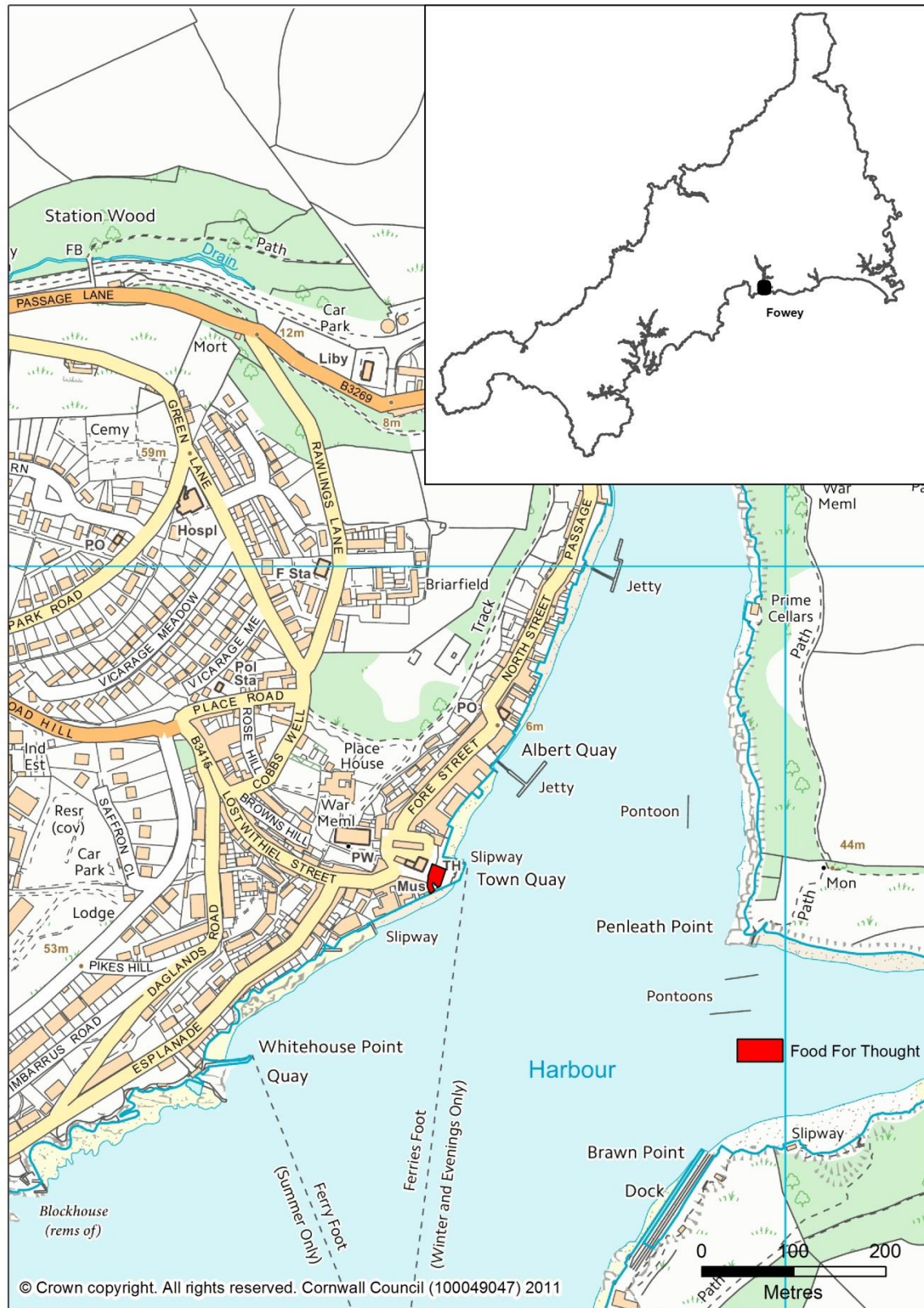


Fig 1 Location map

2 Introduction

2.1 Project background

Cornwall Archaeological Unit (CAU), Cornwall Council were commissioned by the Design Management Partnership to undertake a programme of archaeological recording ahead of the redevelopment of the Food for Thought restaurant, Fowey (Fig 1), a Grade II* Listed Building (DCO13543; Listed under a previous trading name, 'Frenchman's Creek') and the adjoining Boat House restaurant, Grade II Listed (DCO13552; Listed under a previous trading name, 'Frenchman's Creek Stores').

The work was undertaken in response to Condition 2 attached to a Grant of Listed Building Consent (PA16/01421) attached to planning application PA16/01420. A Written Scheme of Investigation (WSI) was submitted to, and approved by, the Senior Development Officer Historic Environment (Archaeology) (SDOHE), Cornwall Council. The WSI contains the aims and methodology of the project (Appendix 1).

3 Location and setting

The building is located on the southwestern edge of Town Quay, Fowey (SX 12620 51668). The town is a picturesque fishing, china clay, and recreational port situated on the leeward side of the mouth of the River Fowey, a tidal ria. The main commercial activity in the town is now tourism, although there remains a small fishing and boatbuilding community and the deepwater port is now, following the closure of Par Harbour in 2007, the only maritime outlet for the china clay industry. The town had a population of 2131 in the 2011 Census.

The underlying geology is Lower Devonian mudstones, siltstones, and sandstones of the Meadfoot Group, forming predominately slate (Bristow 1999).

4 Designations

4.1 National

The Food for Thought building is Grade II* Listed (DCO13543; Listed under the previous trading name, 'Frenchman's Creek'). The Listing description is as follows:

SX 15 SW FOWEY TOWN QUAY, Fowey

868-0/2/162 Food for Thought (Formerly Listed as: FOWEY TOWN QUAY 11/03/74 Frenchman's Creek)

GV II*

Merchants' hall. C15 and early C16.

MATERIALS: render on rubble; asbestos slate hipped roof with hipped returns to rear wings; 2 central gabled dormer windows with 4-pane horned sashes, the right-hand window lower and breaking the eaves; rendered lateral stack rear of front range. PLAN: original single-depth range, originally open to the roof but floored in the C17, plus 2 later parallel wings at right angles to rear and adjoining The Waterfront Restaurant (qv).

EXTERIOR: 2 storeys; blind except for dormers to 1st floor. Ground floor has central doorway under left-hand dormer, a window to left and pair of windows slightly right of doorway, all C20 transomed windows with glazing bars. Right-hand return is a 3-window range with 3:1:2 lights, all C20 8-pane horned sashes. Ground floor has C20 window at far left, a wide doorway left of centre and a serving hatch in former window opening on the right.

INTERIOR: chamfered cross beams of 2 dates and on 2 levels to ground floor. Two late medieval oak roofs of considerable importance and

interest: the roof on the right is a C15 arch-braced and crown-post roof, with wind braces, of 2 bays, plus a truncated bay on the right; the other 4:2-bay roof of early C16 date with arch-braced trusses and square-set purlins at collar level, otherwise threaded purlins to both roofs and reduced principals above the collars. The roof on the left has 2 trusses on the right of slightly different design, probably slightly later; the truss 2nd from left is moulded probably denoting a higher status for this end of the building, and there is a screen truss in between the main roof and the crown-post roof which carries the square-set purlins from the left and the angled purlins from the right. It is at this truss particularly that it is clear that at some time, probably in the C17, that the eaves were heightened.

A more detailed description of the building, plus floor and roof plans and sections has been done by the RCHM (Mercer). Graded as a rare surviving example of a late medieval town house in Cornwall, which contains (most unusually for the county) a considerable amount of original fabric. The crown post roof is the only example of its type in Cornwall, the only other known roof truss being at Rectory Farm in Morwenstow parish which appears to have been part of an aisled structure. (Mercer E: *English Vernacular Houses*: London: 1975-: 143- 4).

The adjoining building, to the north-west, The Boat House, is also Listed, Grade II (DCO13552). The description is as follows:

SX 15 SW FOWEY TOWN QUAY, Fowey

868-0/2/163 The Waterfront Restaurant (Formerly Listed as: FOWEY TOWN QUAY 11/03/74 Frenchman's Creek Stores)

GV II

Town house with later shop. Late C18.

MATERIALS: stucco on rubble with rusticated quoins; steep sprocketed asbestos slate hipped roof with modillion eaves cornice. **PLAN:** single-depth plan but shares its plan development with "Food For Thought" (qv) which has a late medieval range parallel to this building; the two are linked by a pair of wings of uncertain date.

EXTERIOR: 3 storeys; originally symmetrical 3-window front but shop windows inserted to enlarged ground-floor openings circa early-mid C19. Upper floors with original or early C19 16-pane hornless sashes, the left-hand windows blind but sashes painted on, original sashes also to upper floors of left-hand return. Ground floor has central Ionic doorway with fluted pilasters with volutes, moulded entablature and 3-pane overlight above original panelled door with fielded panels and similar reveals, the top panels of the former 6-panel door now made into one and glazed; corner shop on the left with pilastered doorway to splayed corner, 3 lights to left and 2 lights to right and 2-light shop window to far right of front; moulded entablature above the shop windows.

INTERIOR not inspected.

4.2 Regional/county

The building lies within the Fowey Conservation Area, designated in 1969 and last amended in 2010. The town of Fowey is also registered as an Historic Settlement.

5 Site history

5.1 Overview

The settlement of Fowey (MCO14457) is first recorded in 1200 as 'Vila de Fawi' (Gover 1948). However, earlier settlement of the area is attested to by the presence of the church and *lann* (an early Christian enclosure). The evidence for the *lann* is in the original placename of the church, *Langorthou*, whilst the church is dedicated to St Finbarrus, by tradition a sixth century Irishman (Sheppard 1980).

Fowey was granted its charter by the Prior of nearby Tywardreath in 1190. The town flourished through trade, war, and piracy and in the 14th and 15th centuries Fowey contained large foreign populations, presumably testament to successful trading and fishing communities. The success attracted invaders and attacks on the town are recorded in 1330, 1380, and 1457. The attacks must have invigorated the local populace because in 1346 forty-seven ships and 770 men were sent from the town to the siege of Calais.

The attack of 1457 led to the fortification of Place House and around the same time the entrance to the harbour was fortified by blockhouse on either side of the mouth of the river. Later, a Henrician fort was built at St Catherine's, above Readymoney. Leland says the town was defended and 'the houses be well builded of stone'. In subsequent centuries gun batteries were added to the between the town and the fort; these were heavily damaged during the Anglo-Dutch War of the 1660s (Sheppard 1980).

There are references to a medieval 'Havenor's (harbourmaster's) Hall and it has been suggested that the Food for Thought building may trace its origins to this. A large crenelated building is shown on the approximate location of this building on two maps of the 16th and 17th centuries, as well as the OS First Edition 1 inch map of 1803-9 (Fig 6), and Leland describes it thus: 'In the Middle of the Toun upon the shore self is a House builded quadrantly in the Haven, which shadowith the Shippes...' (in Sheppard 1980, 36).

The development of the early town can be traced by reference to streets and buildings. The medieval town extended in a narrow strip from a south gate at the bottom of Lostwithiel Street, northwards along the river side to a north gate near the Bodinnick ferry passage. The river bank was defended by a wall. Passage Street is first mentioned in 1344, South Street in 1368, High Street (later Fore Street) in 1416, and St Katherine's Street in 1489. Early buildings include Place, originally built for the Stewards of Tywardreath Priory around 1260. The Old Town Hall has 14th century windows and stonework, thought by Charles Henderson to be the remains of a chapel. Fowey also contains several 15th century buildings including 9, South Street, Noah's Ark on Fore Street, and the original Town Hall, now Fowey Museum. Food For Thought also falls into this category.

A new road into Fowey was opened in 1834 and this, in conjunction with the opening of the passenger railway service to Par in 1876, and Lostwithiel in 1895, opened up the port to the tourist traffic on which it now depends.

5.2 The buildings

In addition to the information contained within the Listing, two sources provide further details of the architectural details of the Food for Thought building. Eric Mercer's *English Vernacular Houses* (1979) records the following:

'Building, of stone, probably erected in the 15th and 16th centuries. It is now of two storeys and two cells, but the internal layout and flooring are secondary. Only the roof survives from the original building; the lack of smoke blackening suggests that the range was floored from the start but its function is uncertain. At the N. end two bays of the roof are carried by trusses with short principals and arch-braced collars carrying diagonally set clasped purlins and with crown-post construction above. The two N. trusses are original, a third has been reconstructed; adjacent to the third

truss the collar purlin terminates with mortice and peg-hole indicating that it originally continued further S. At the S. end of the roof are three trusses with curved short principals carrying arch-braced collars and square-set purlins with no crown-posts above. The middle part of the roof has later reconstructions of trusses of both types. The two roofs show many similarities in construction, including the small vertical struts between collar and upper rafter, and they cannot be far apart in date. It seems likely that the trusses with crown-posts are of mid or late 15th century date and that the S. trusses were erected in the early 16th century. The surviving details seem to demand this relative chronology although the square-set purlins of the S. end would normally be regarded as typologically earlier than the diagonally set purlins combined with the crown-posts at the N. end.'

Whilst the revised version of Nikolaus Pevsner's *The Buildings of England* (Beacham and Pevsner 2014) records that:

'Facing the Town Hall's principal front is a smart, three-storey late C18 house with sliding sashes, rusticated quoins, and modillion eaves cornice [The Boat House]. Adjoining to the rear, completely disguised by bland C20 elevations, is FOOD FOR THOUGHT, possibly the earliest surviving town building in the south-west, a late medieval merchant's hall of major status, originally open to the roof but floored in the C17 with chamfered cross-beams. It was originally of two-room plan, much altered subsequently, but remarkably the medieval roof survives, of nine bays constructed in three phases. It is stylistically very similar to the roof at the Old Rectory, Cheriton, Bishop, Devon, dated by dendrochronology to 1299-1300. The front three bays incorporate crown-posts, only found elsewhere in Cornwall at Rectory Farm, Morwenstow (q.v), with two arch-braced trusses and wind-bracing. Though the feet of the trusses are hidden they are presumed to be of the base-cruck type. This section of the roof is also smoke blackened. In the adjoining section is a truss with three sets of straight collars with a vertical post between and angled straight braces in the upper part. It too is smoke blacked. The E section of the roof has three arch-braced trusses with square-set purlins (cf. Penfound, Poundstock; Pennellick, Pelynt; Methrose, Luxulyan, and Truthall).'

The Heritage Development Assessment (Mayou 2016) supporting the planning applications offers a detailed phasing of the building, reproduced here:

'16TH CENTURY The List entry suggests the southern half of the current principal range may have been added in the 16th century to the northern half attributed to the 15th century.

17TH CENTURY The List description & Beacham/Pevsner conclude that, based on the exposed floor beams visible today above the suspended ceiling at the southern end of the restaurant, the Hall was retrospectively floored in the 17th century - a common occurrence for traditional hall houses in this period. This work might logically have coincided with the raising and general alteration of the roof at the southern end of the building as noted in the List description.

18TH CENTURY The 18th century would appear to be a logical period for the formation of the 3 or more conventional looking residential cottages that the site accommodated by the 19th century. The adjoining three storey 'The Boat House' building to the West is believed to have been

erected at the end of the 18th century. It is unclear if this was at the expense of a section of the northern wing of the Food For Thought, or an earlier independent structure, so its effect on the external appearance of the building is unknown.

19TH CENTURY During the late 19th century shops were created in the ground floor of the Food For Thought cottages and Boat House - reflecting Fowey's socioeconomic shift toward the tourism industry.

20TH CENTURY The most harmful intervention phase, in terms of both fabric and character loss, appears to have been the middle to late 20th century. This phase included the demolition of the eastern cottage instigated by Fowey Borough Council to increase public access to the waterfront as part of a "public walk and pleasure ground" (works agreed by deed dated 1933 but not evident on historic Ordnance Survey maps as late as 1962) which significantly altered both the external appearance of the building and its immediate context. Following the removal of the cottage, the east elevation was subject to numerous structural repairs and isolated alterations, each being masked with a thick cement render which would eventually spread over the entire elevation, substantially contributing to the building's 'bland C20' appearance highlighted by Beacham/Pevsner.

In the middle of the century the principal range's interior was stripped back to deliver a "ye olde" character – at the expense of the architectural features, materials and finishes that would have accumulated since initial construction.

A false ceiling was formed at the southern end of the ground floor to hide services and the damaged plaster of the ceiled 17th century floor of the original Hall. The ceiling incorporated historic timbers from an unknown source and modern distressed beams in an attempt to match the genuine beamed ceiling in the northern half of the building.

'Open plan' spaces and numerous internal links between previously separate units in the Food For Thought and Boat House were formed at separate intervals.

The building was horizontally divided to create an independent first floor apartment, accessed via an external staircase on the south elevation (now shared with the flats above the adjoining Boat House). This access was altered in the 1980s with an eastward extension to the existing first floor bay window on the south elevation. Evidence of a former internal staircase opening can today be found amongst the ceiling above the northern half of the restaurant.

By 1980 the roof over the principal range was reconfigured to form a hip at the northern end where the removal of the eastern cottage had left a gable. After 1980 an existing first-floor window was raised and converted into the elevation's right hand dormer. A narrow first floor level window was also added to the north elevation.

By this time external window shutters had been added to the building to give a continental rustic, feel complementing the stripped-back interior décor.

In several phases the building expanded southward, into its original courtyard with a series of *ad hoc* additions, the east face of each being finished with the same bland render applied to the principal range with the effect of visually exaggerating the overall length of the elevation. The urbanisation of the quay during the latter half of the century significantly eroded the building's historic context. This began with tarmac surfacing for vehicular parking and the addition of urban paraphernalia including benches, safety railings, notice boards, etc.

Later, at the turn of the 21st century, an extension was added to the quay to accommodate South West Water pumping equipment. The extension continued the urban character established on the surrounding quay but with a block paved ground finish preferred to tarmac.

In response to these setting changes the restaurant's evolution naturally focussed on the east elevation- which due to its waterfront situation and unrestricted public access offered a clear commercial opportunity.

In time a substantial 'open air extension' to the restaurant was granted by the LPA with the agreement of the Town Council to provide an external dining area on the east elevation. To compliment this and improve internal daylight levels and outward views for the main restaurant, a number of openings were added to elevation to accommodate glazed 'French' doors in various faux 19th century designs.

To provide external dining areas with shading and weather protection past operators of the restaurant have made use of poor quality, generic retractable awnings and free standing gazebo style shelters adding untidy clutter to an already compromised elevations.'

6 Archaeological results

The scope of the archaeologically-monitored works (Fig 2) comprised a trench dug for a drain from the centre of the Boat House through to the courtyard area to the south of the buildings. Much of this courtyard was stripped of the overlying concrete and this too was monitored. Finally, an area 3m wide adjoining the eastern façade of Food for Thought was stripped prior to the construction of a patio area.

Full details of the recorded archaeological contexts are given in Appendix 2 and the artefacts are listed in Appendix 3.

6.1 Interior

A trench 0.8m wide and up to 0.5m deep was excavated from the centre of the Boat House to the northern edge of the courtyard. The trench cut through a concrete floor 0.11m thick, which had been laid over a compacted deposit of made ground, (18), up to 0.36m thick. Below this was another deposit of made ground, (8), which contained fragments of hand-made brick, animal bones, and what appeared to be modern glass. This deposit was at least 0.35m thick but was not bottomed.

Cut into deposit (8) was a narrow trench, [9] (Figs 2 and 3). This trench, 0.35m wide and up to 0.4m deep, came to a terminal at the northwestern edge of the trench. It contained a sequence of up to three fills (or possibly one fill containing an intervening thick lens). Unfortunately the distinctions between the fills was not recognised until a bulk sample of all three deposits had been taken, probably because the deposits lay at the terminal of the feature and were only apparent as the feature deepened against the baulk. Primary fill (12) was a soft black clay 0.07m thick. Above this deposit (11) was a mid brownish yellow sandy clay 0.1m thick. Deposit (10) lay above (11) and was identical to (12). Finds recovered from these deposits largely came from the bulk sample of all three deposits and included a possibly 17th century roofing slate, mid 17th century clay pipe heel and stem fragments, early 18th century clay pipe stem fragments, possibly 19th century shard of green bottle glass, possibly 19th century glazed pottery, undated window glass, notched slate, iron nail, three iron fragments, struck flint pebble, two cockle shells and fragments, an oyster shell, two cinder fragments, lime mortar fragments, 17 animal bone fragments (including two fragments of sheep jaw), and five fish bones (see Appendix 3).

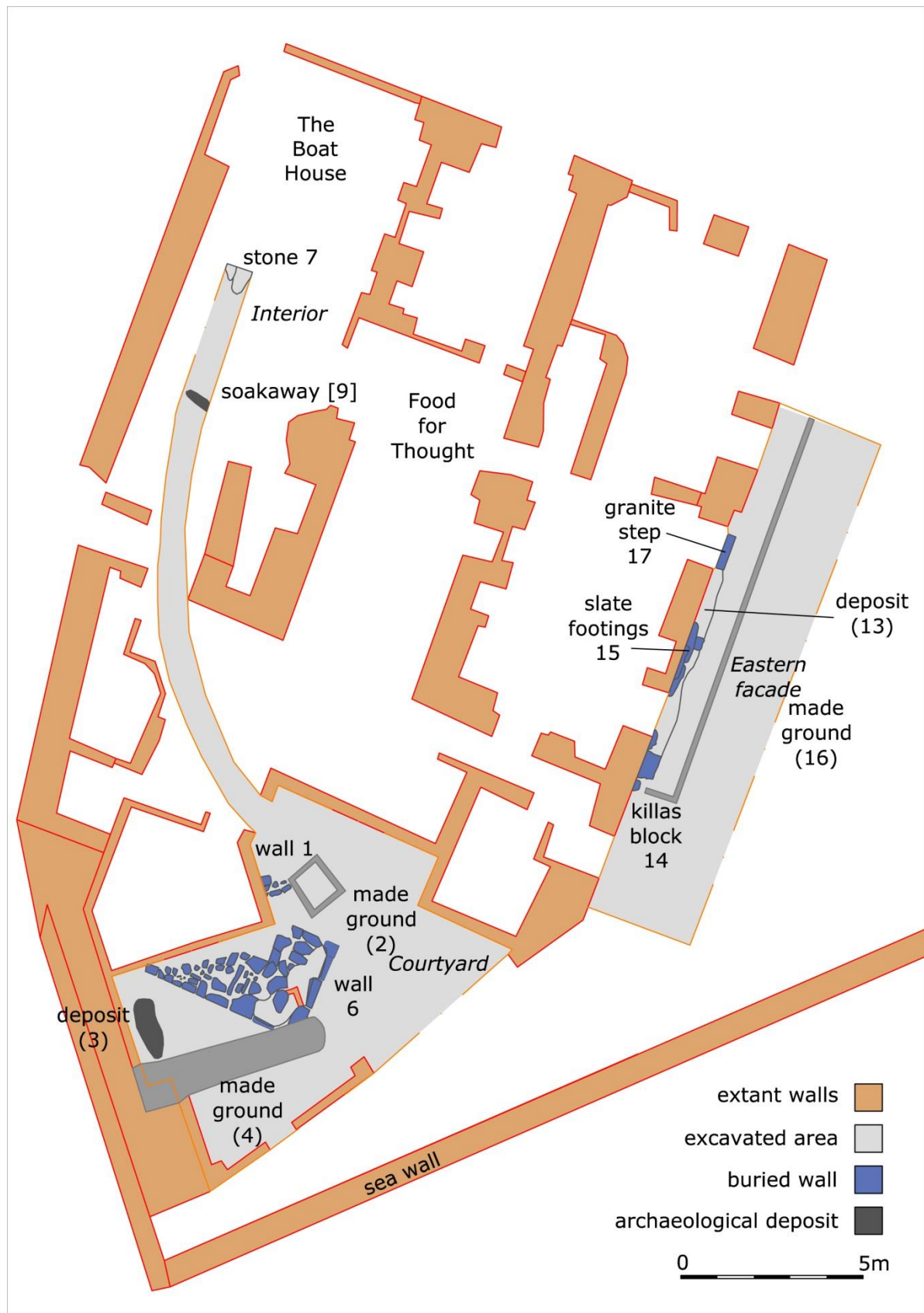


Fig 2 Site plan



Fig 3 soakaway/drain [9] and upper fill (10), facing east (1m scale)



Fig 4 wall 6, facing north (1m scale)

6.3 Courtyard

The trench from the Boat House entered the southern courtyard from the northwest. Much of the central and southern part of the courtyard was stripped of the overlying concrete and excavated down through underlying deposits of made ground, (2) in the centre and (4) to the west. A thin linear deposit of dark material 1.68m long, (3), lay on top of (4) at the western edge of the courtyard. No charcoal was apparent and it may represent a truncated drain or culvert.

The deposits were found to be separated by a substantial wall foundation, 6 (Figs 2 and 4). This wall is at least 0.66m high composed of flat-laid shillet of up to 8 courses, and is 0.6m wide. The wall runs west-north-west to east-south-east from the edge of concrete footings (which truncate it, at least partially) for 3.86m to the edge of more concrete footings (which also truncate it). The wall then returns to the north-north-east for 2.16m where it is truncated by a late 20th century drain. Larger slates/shillet are used on the external faces, with large slate quoins, with smaller slate/shillet facing the heavily truncated inner wall and a shillet rubble core. Thinner slate spacers are used on the outer elevation. The stone is bonded with a lime mortar on the outer faces.

The northern part of the courtyard was heavily truncated by 20th century services but a short section of rubble wall, 1, was identified running southwest to northeast. It consisted of flat-laid shillet blocks of at least two courses up to 0.15m high, 0.57m wide, and identified for a length of 0.75m between later concrete insertions.



Fig 5 wall footings 15, facing west (1m scale)

6.5 Eastern façade

The road surface along the eastern façade of Food for Thought was stripped to a distance of 3m from the building for a length of 14.7m. The strip revealed a substantial deposit of made ground, (16), infilling the area behind the quay wall. This was bisected by modern service trenches running parallel to the façade at a distance of around 1.15m. This deposit truncated earlier deposits that survived beneath the façade. The central part of the wall (or walls since many phases of building could be seen once the render(s) had been removed) was seen to lie on top of flat-laid slate footings, 15, that protruded from the base of the wall for up to 0.4m (Figs 2 and 5). This build could be seen to be at least 0.3m deep. Built up against this was a deposit of sandy clay, (13), containing slates and lime mortar, and fragments of hand-made brick (not retained) as well as a 15th/16th century ceramic roof tile fragment, a late 15th/16th century ceramic floor tile fragment, and a 16th century or later rimsherd of a ceramic dish (Appendix 3).

7 Discussion

7.1 Chronology

The evidence recovered from the watching brief broadly matches that of the historical analyses of the two buildings within the study area. The Food for Thought building was originally a medieval merchants' hall, or perhaps the Havenor's Hall, open to the roof height that survives at the southern end of the building. The adjoining Boat House building was built against Food for Thought in the late 18th century, perhaps on the site of an earlier building or wing of Food for Thought.

7.1.1 Food for Thought

The finds from the deposit overlying the wall footings identified at the base of the eastern façade confirm the early age of this building. Previous dating of the building has largely been achieved through analysis of the roof trusses and places the earliest phase of the building to either a period around the start of the 14th century, based on the similarity of the roof to a dendrochronologically dated example from Cheriton Bishop in Devon (Beacham and Pevsner 2014) or the mid to late 15th century based on the crown-post trusses (Mercer 1979). The latest finds from the deposit around the wall footings appear to be 16th century and may indicate that the building is later rather than earlier. Of course, this area has been substantially altered since the 18th century with the construction of the since demolished cottages but the reasonably tight grouping of the finds does suggest *in situ* deposits.

The section of wall 6 within the southern courtyard aligns with the internal partition wall of Food for Thought. The wall is not identifiable on the 1839 Tithe map (Fig 7) and does not appear on the earliest detailed mapping for the site, the 1882 OS 25 inch map (Fig 8). This substantial wall may mark the extent of the original building, or a building aligned with it.

An alternative interpretation is that the double terrace of cottages to the northwest (Dolphin Houses; DCO13544) formerly extended into the courtyard, since the southwest-facing wall roughly aligns with the southwestern façade of the terrace. If this is the case its removal predates the map of 1882, which shows a yard that appears to be associated with the terrace but with no attached cottage.

Unfortunately no dating evidence, other than the use of lime mortar, was recovered from the wall, or the deposits adjacent to it

7.1.2 The Boat House

One element that appears to belong to the Boat House phase of the site was identified, the buried soakaway or drain within the building. Stratigraphical evidence appeared to show three distinct episodes of deposition but unfortunately this was not recognised until after a bulk sample of the three deposits had been taken. The finds covered a

fairly large date range, with the earliest represented by mid 17th century clay pipe fragments and the latest possibly 19th century glass and glazed pottery. This may represent a long-lived feature gradually filling up (and perhaps periodically partially cleaned out) or it may represent a fairly short-lived phase that incorporated earlier material. The former seems more likely.. Whilst it would be possible to obtain radiocarbon dates from the bone and shell assemblage it seems unlikely that the resolution would be sufficient for meaningful results.

7.2 Recommendations for further analysis and publication

The results of the watching brief have a small but significant contribution to make to the early history of Fowey. The post-Conquest medieval period is one of the 'weaker areas of archaeological activity in the South West' (Webster 2008, 270). The identification of urban archaeological deposits in Cornwall is rare and much evidence of earlier activity appears to have been truncated by later construction. Research Aim 36 of the South West Archaeological Research Framework (SWARF), to 'improve our understanding of Medieval and later urbanism' is particularly relevant here.

Given the significance of the results it is suggested that a short note outlining the chronology of the two buildings under study is published in *Cornish Archaeology*. The scope of any such publication would need to be agreed with the SDOHE at Cornwall Council.

8 References

8.1 Primary sources

Ordnance Survey 1803-9. 1 Inch Map First Edition
Ordnance Survey, 1882. 25 Inch Map First Edition (licensed digital copy at CAU)
Ordnance Survey, 1907. 25 Inch Map Second Edition (licensed digital copy at CAU)
Ordnance Survey 1970. 1:2500 Map, Epoch 5
Ordnance Survey, 2007. Mastermap Digital Mapping
Tithe Map and Apportionment, 1839. Parish of Fowey (licensed digital copy at CRO)

8.2 Publications

Allan, J P, 1984. *Medieval and Post-Medieval Finds from Exeter 1971-1980*, Exeter Archaeological Reports **3**.
Beacham, P and Pevsner, N, 2014. *The Buildings of England – Cornwall*, Yale University Press
Bristow, C, 1999. *Cornwall's Geology and Scenery* (2nd Edition), Cornish Hillside Publications, St Austell
Mayou, S, 2016. *Heritage Development Assessment*, CAD Heritage, Truro
Mercer, E, 1979. *English Vernacular Houses*, HMSO
Sheppard, P, 1980. *The Historic Towns of Cornwall, an archaeological survey*, Cornwall Committee for Rescue Archaeology, Truro
Webster, C J (ed), 2008. *The Archaeology of South West England: Resource Assessment and Research Agenda*, Somerset County Council

8.3 Websites

<http://www.heritagegateway.org.uk/gateway/English> Heritage's online database of Sites and Monuments Records, and Listed Buildings

9 Project archive

The CAU project number is **146590**

The project's documentary, digital, photographic and drawn archive is maintained by Cornwall Archaeological Unit

Electronic data is stored in the following locations:

Project admin: \\Sites\\Sites F\\Fowey Food For Thought WB

Digital photographs: \\Historic Environment (Images)\\SITES.E-H\\Fowey Food For Thought WB 2016

Electronic drawings: \\Historic Environment (CAD)\\CAD Archive\\Sites F\\Fowey Food For Thought 2016

Historic England/ADS OASIS online reference: cornwall2- 262369



Fig 6 Extract from the OS First Edition One Inch Map c1803-9



Fig 7 Fowey Tithe Map, 1839

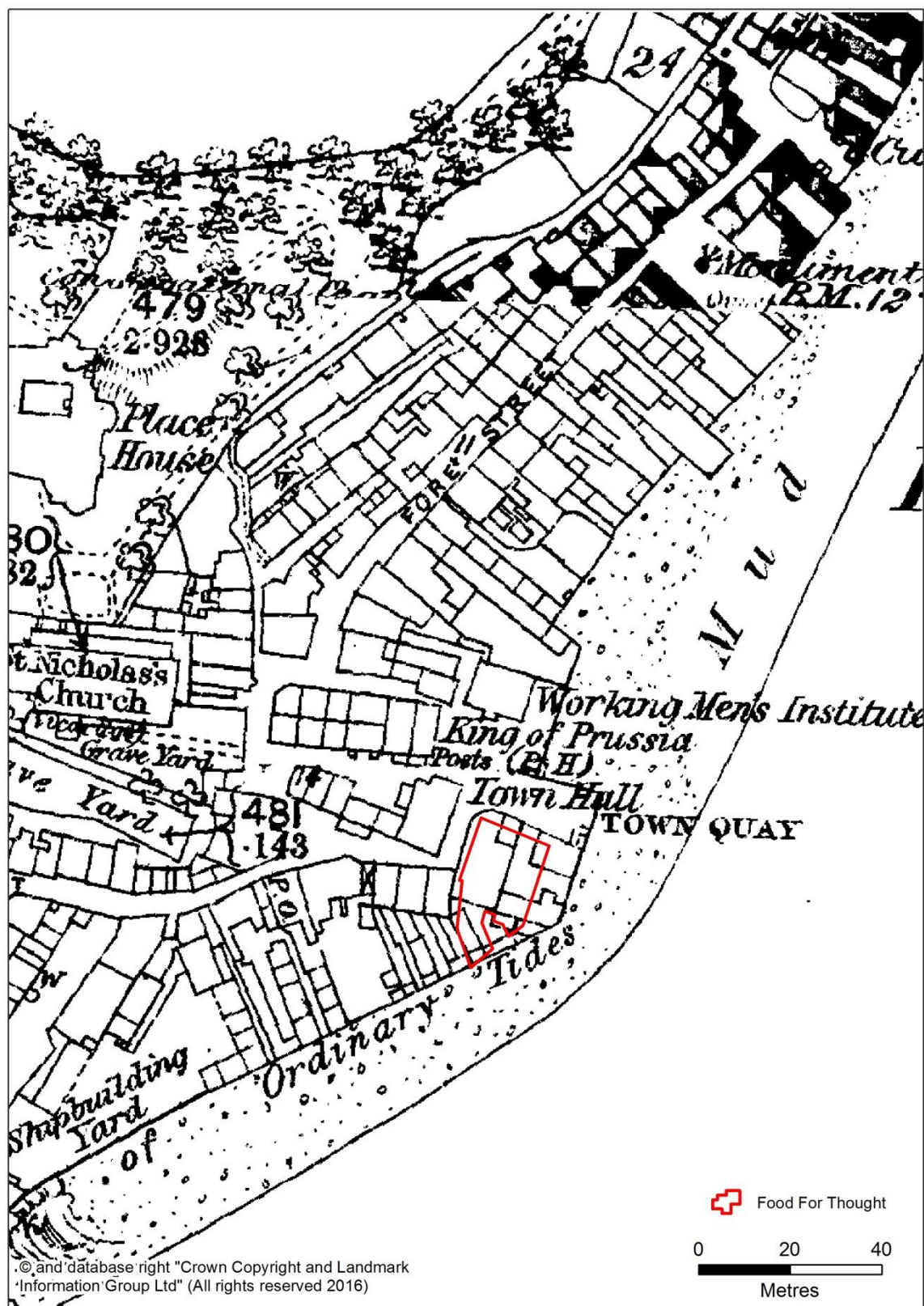


Fig 8 First Edition of the Ordnance Survey 25 Inch Map, 1882

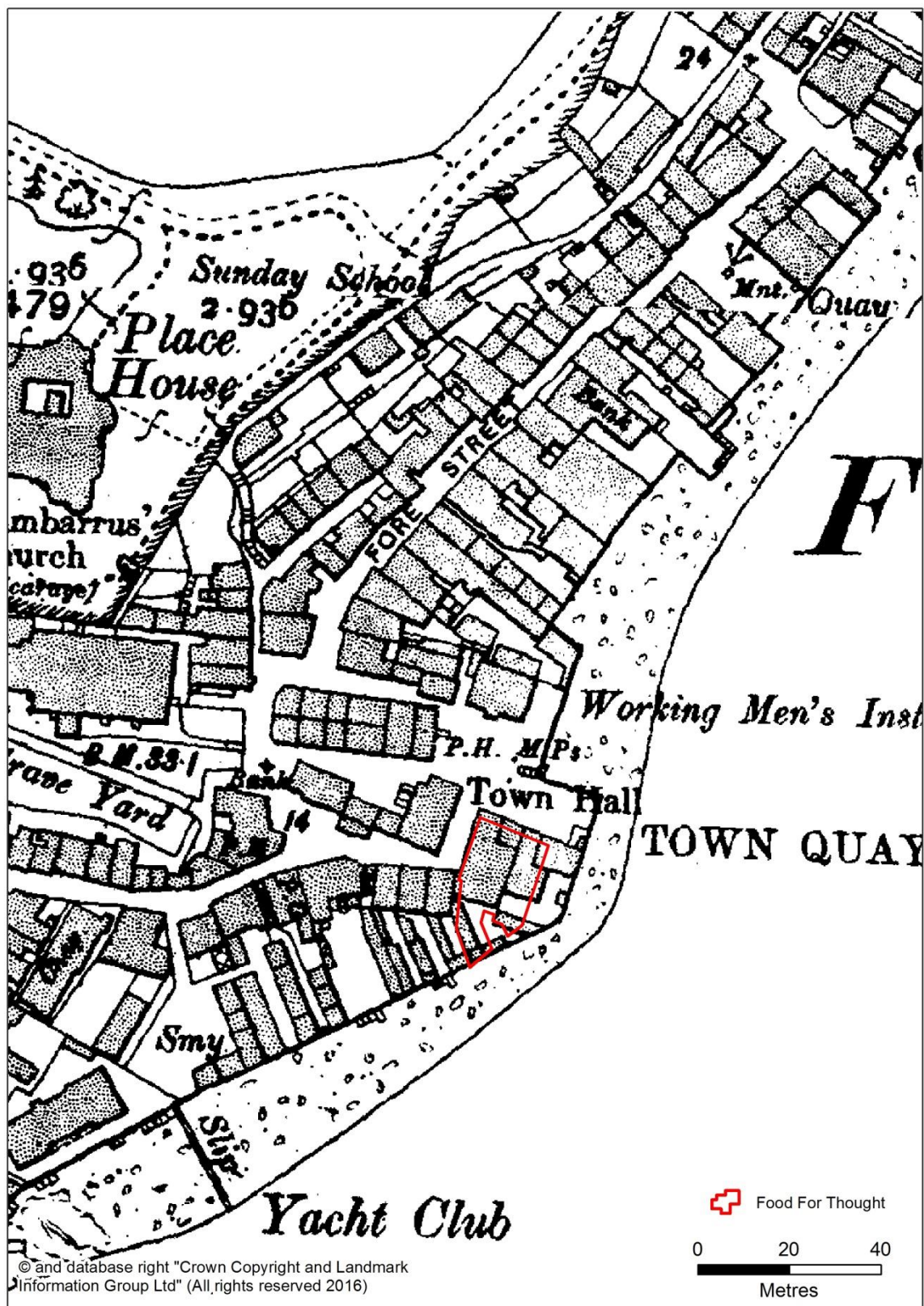


Fig 9 Second Edition of the Ordnance Survey 25 Inch Map, 1907.

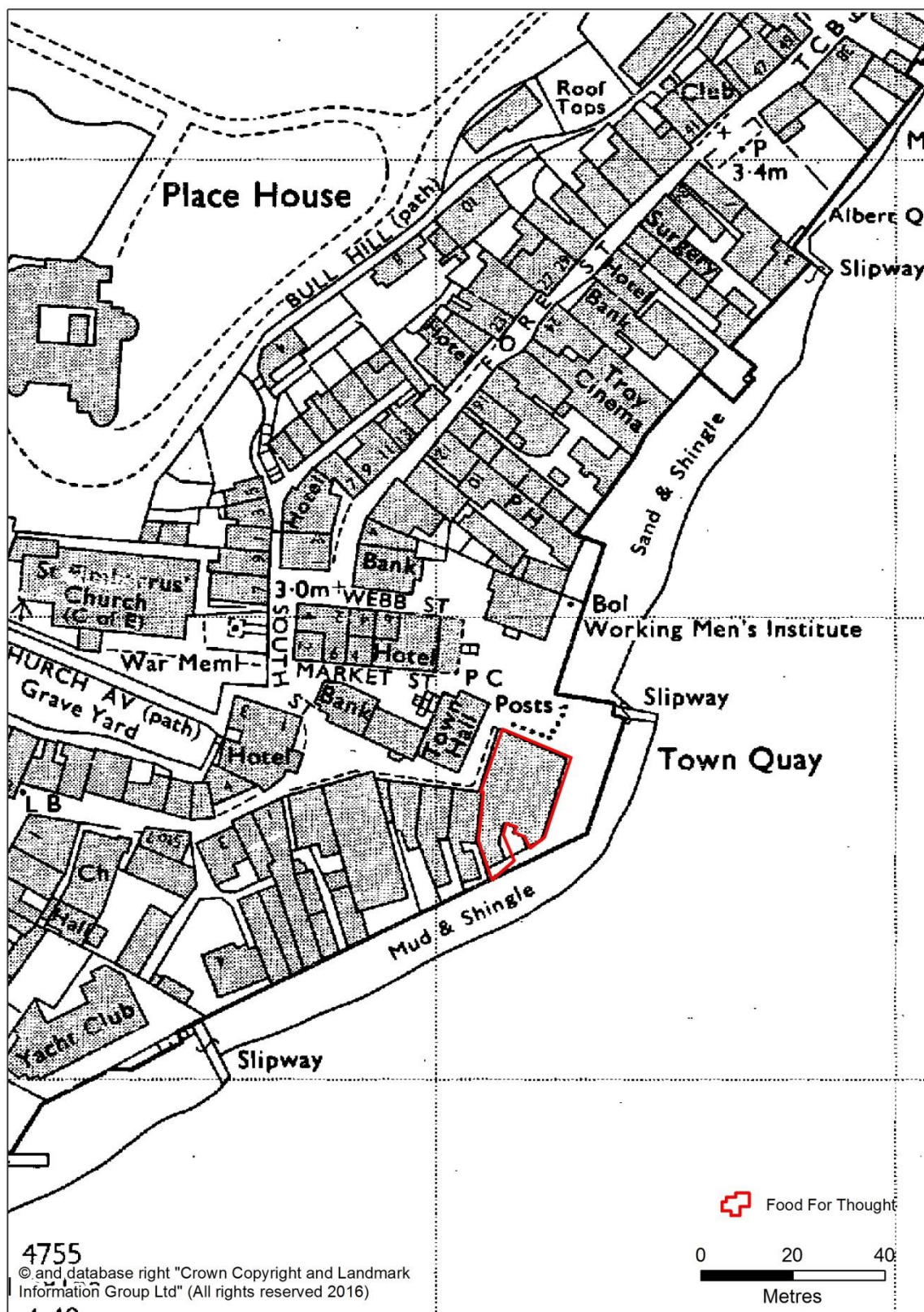


Fig 10 Ordnance Survey mapping showing the site and its environs (1970)

Appendix 1: Written Scheme of Investigation

1. Introduction

1.1 Background

Cornwall Archaeological Unit (CAU), Cornwall Council have been requested by Mr Steve Peacock, Director of the design Management Partnership to provide a project design and estimate for a programme of archaeological recording ahead of the redevelopment of Food for Thought, Fowey, a Grade II* Listed Building (1210654).

This project design is for a watching brief during the ground reduction works inside and outside the building, as well as during the installation of services.

1.2 Historical background

The site lies within the Historic settlement of Fowey, first recorded 1186, as 'Vila de Fawi' in 1200. Fowey church was originally named "Langorthou" (see 26712). Fowey was granted its charter by the Prior of Tywardreath in 1190. The town flourished through trade, war and piracy, especially in the fourteenth century. The development area lies close to the medieval Town Hall and the medieval quayside. It is understood that groundworks will be shallow, however, there is potential for buried archaeological remains to survive within the area of the proposed development.

The Listed Building dates to the late 15th century, although the exterior has been remodeled in the 20th century.

Known archaeological sites

The development is therefore situated within an area of archaeological potential. Previously identified sites within or adjacent to the area of the proposed development include:

- Medieval Town Hall (MCO54306).
- Medieval chapel/Guildhall (MCO9941).
- Medieval Quayside (MCO46514).
- Post-medieval Quayside (MCO4788).

Potential sites

There is potential for buried archaeological sites to survive within the project area and there is the scope for the survival of previously unrecorded archaeological remains and artefacts of all periods.

2. Aims and objectives

- To ensure that the site works are carried out in such a way as to allow recording as set out in this Written Scheme of Investigation.
- To establish the presence/absence of archaeological remains and record archaeological features and deposits affected by the scheme.
- To determine the extent, condition, nature, character, date and significance of any archaeological remains encountered.
- To establish the nature of the activity on the site.
- To identify any artefacts relating to the occupation or use of the site.
- To deposit the archive (including any finds) with the relevant museum and disseminate the results of discoveries as a concise archive report and, if merited, wider publication.

2.1 Key objectives are:

- To locate and identify and record prehistoric and/or medieval settlement activity in the area of the development, thereby providing further information on the archaeology of the development site and the surrounding area.

3. Methodology

The archaeological programme will follow three stages: fieldwork; archiving; archive level reporting. In the event that significant remains are discovered then further stages of assessment; analysis; final publication may be required.

3.1 Fieldwork

3.1.1 Archaeological Recording

An archaeological watching brief will be undertaken during ground reduction works. These should be carried out under archaeological supervision. Where a machine is used, it should be fitted with a toothless bucket. The reduced areas should be excavated cleanly down to a level at which archaeological features or layers can be expected to be revealed (ie, top of the "natural"). The area will then be inspected by an archaeologist and any archaeological features or layers exposed in the excavated area will be carefully excavated by hand and archaeologically recorded by written description, plan and section and photographic record as appropriate by a CAU archaeologist.

During the archaeological recording the archaeologist will:

- Identify and record any archaeological features that are revealed; the level of recording will be appropriate to the character/importance of the archaeological remains.

If complex and/or significant archaeological deposits are encountered then the archaeological requirements should be reviewed by the client, the Senior Development Officer (Historic Environment) and CAU. **In the event that remains cannot be preserved *in situ* then full-scale excavation may be required.** A contingency should be allowed to record any significant archaeological remains which are uncovered during the stripping. The significance of the remains should be agreed between the client, the Senior Development Officer (Historic Environment) and CAU.

Where necessary the detailed archaeological recording may include:

- Excavation of archaeological features exposed in the excavated areas and plotting them onto a base map.
- Production of plans and section drawings of the excavated features and recording of features using a continuous numbering system.
- Retrieval of artefacts.

Recording - general

- Site drawings (plans, sections, locations of finds) will be made by pencil (4H) on drafting film; all plans will be linked to the Ordnance Survey Landline (electronic) map; all drawings will include standard information: site details, personnel, date, scale, north-point.
- All features and finds will be accurately located at an appropriate scale. Sections will normally be drawn at 1:10 and plans at 1:20.
- All archaeological contexts will be described to a standard format linked to a continuous numbering sequence.
- Photography: scaled monochrome photography will be used as the main record medium, with colour digital images used more selectively and for illustrative purposes. This will include both general and site specific photographs. Photographs should have a scale and detailed ones should include a north arrow.
- Drawings and photographs will be recorded in a register giving details of feature number and location.
- Sealed/undisturbed archaeological contexts in the form of buried soils, layers or deposits within significant archaeological features (ditches and pits, etc) will be sampled for environmental evidence and dating material. In the event that significant organic remains are encountered, advice may be needed from Vanessa Straker

(Regional Advisor for Archaeological Science).

- If human remains are discovered on the site the Senior Development Officer (Historic Environment) and the Public Health will be informed. All recording will conform to best practice and legal requirements.
- If human remains are uncovered, which require excavation, they will be excavated with due reverence. The site will be adequately screened from public view. Once excavated, human remains must not be exposed to public view.
- If human remains are not to be removed their physical security will be ensured, by back filling as soon as possible after recording.

3.2 Treatment of finds

The archaeological fieldwork may produce artefactual material.

- All finds in significant stratified contexts predating 1800 AD (eg, settlement features) should be collected by context and described. Post medieval or modern finds may be disposed of at the cataloguing stage. This process will be reviewed ahead of its implementation.
- All finds will be collected in sealable plastic bags which will be labelled immediately with the context number or other identifier.

3.3 Archiving

Following review with the CAU Project Manager the results from the fieldwork will be collated as an archive. This will involve washing and cataloguing of finds, the indexing and cross-referencing of photographs, drawings and context records.

All finds, etc will be stored in a proper manner (being clearly labelled and marked and stored according to CAU guidelines).

- All records (context sheets, photographs, etc) will be ordered, catalogued and stored in an appropriate manner (according to CAU guidelines).
- The site archive and finds will initially be stored at CAU premises and transferred to the Royal Cornwall Museum and the RCM conditions for archives will be followed. The RCM will be notified of the commencement of the project and included in discussions for sampling and disposal as appropriate.
- In the event that there are no finds or they are retained by the owner, the documentary archive in due course shall be deposited with the Cornwall Record Office, but in the medium term will be stored at ReStore. All digital records will be filed on the Cornwall Council network.

3.4 Archive report

The results from the watching brief will be presented in a concise report.

Copies of the report will be distributed to the Client and the local and main archaeological record libraries. A PDF copy of the report will be produced and deposited with the Historic Environment Record.

This will involve:

- producing a descriptive text;
- producing maps and line drawings;
- selecting photographs;
- report design;
- report editing;
- dissemination of the finished report;
- Deposition of archive and finds in the Royal Cornwall Museum, Truro.

The report will have the following contents:

- Summary - Concise non-technical summary.
- Introduction - Background, objectives, aims and methods.
- Results - Factual description of the results of the various aspects of the project, with separate sections as necessary for discussion/interpretation and potential for further analysis.
- Discussion - Discussion of the interpretation of the results, highlighting information gained on a chronological or thematic basis
Recommendations for further analysis and publication.
- Archive - A brief summary and index to the project archive.
- Appendix - A copy of the WSI
- Illustrations - General location plan.
 - Detailed location plans to link fieldwork results to OS map.
 - Selected plans and section drawings (as appropriate).
 - Finds drawings (if appropriate).
 - Photographs (if appropriate).

A Historic England/ADS online access to the index of archaeological investigations (OASIS) record will be made.

3.5 Assessment/analysis

The structural and stratigraphic data and artefactual material will be assessed to establish whether further analyses and reporting is appropriate. The outline of the final report, and the work required to produce it will be determined in an updated project design.

In the event of significant remains being recovered (eg, prehistoric or medieval artefacts) it may be appropriate to:

- Consult with the Senior Development Officer (Historic Environment) over the requirements for assessment, analysis and reporting.
- Liaise with specialists (eg, artefacts) to arrange for assessment of the potential for further analysis and reporting.
- Arrange for specialist analyses, where appropriate.

3.6 Final publication

In the event of significant remains being recorded the scope and final form of the report will be reviewed; for example in addition to an archive report the results should be published in an academic journal (eg, *Cornish Archaeology*).

4. Monitoring

- This written scheme of investigation will need to be approved by the Planning authority.
- The recording exercise will be monitored. The Senior Development Officer (Historic Environment) should be informed 1 week in advance of the intention to start the recording.
- CAU will liaise with the Senior Development Officer (Historic Environment) to advise on the programme and progress of work, and agree site meetings as required.
- A summary of the results will be presented to the Senior Development Officer (Historic Environment) within 1 month of the completion of the fieldwork.
- In the event that significant remains are encountered an updated project design will be agreed with the Senior Development Officer (Historic Environment).

- The photographic archiving will follow Historic England guidelines for Digital Image and Capture (<https://www.historicengland.org.uk/images-books/publications/digital-image-capture-and-file-storage/>).

5. Project Staff

An experienced archaeologist employed by CAU will carry out the archaeological fieldwork and reporting.

The project will be managed by a manager who is a Member of the Chartered Institute for Archaeologists, who will:

- Take responsibility for the overall direction of the project.
- Discuss and agree the objectives and programme of each stage of the project with project staff, including arrangements for Health and Safety.
- Monitor progress and results for each stage.
- Edit the project report.

6. Timetable

The archiving and archive report will be completed within 12 months of the ending of the excavations. The timetable for further stages of assessment, analyses and publication will be agreed with Senior Development Officer (Historic Environment) in the light of the results of the excavations.

7. Health and safety during the fieldwork

7.1 Health and safety statement

Cornwall Archaeological Unit is within the Economy, Enterprise and Environment Directorate of Cornwall Council. The CAU team follows Cornwall Council's Statement of Safety Policy.

Prior to carrying out any fieldwork CAU will carry out a risk assessment.

8. Insurance

As part of Cornwall Council, CAU is covered by Public Liability and Employers Liability Insurance.

9. Standards

The CAU follows the Chartered Institute for Archaeologists' Standards and Code of Conduct and is a Registered Archaeological Organization.

10. Copyright

Copyright of all material gathered as a result of the project will be reserved to the Cornwall Archaeological Unit. Existing copyrights of external sources will be acknowledged where required.

This project design and estimate is the copyright of Cornwall Archaeological Unit, Cornwall Council.

Use of the material will be granted to the client.

11. Freedom of Information

All information gathered during the implementation of the project will be subject to the rules and regulations of the Freedom of Information Act 2000.

Notes

- It is assumed that the client will supply the mechanical excavator. The cost is not included in the attached estimate.
- The client will be responsible for the Health and Safety arrangements onsite (including fencing, etc), and it is assumed that welfare facilities will be made available.

- In the event that human remains are uncovered the client will ensure that appropriate screening is put in place.
- The post-excavation programme (assessment, analysis and reporting) will need to be reviewed in the light of the fieldwork.

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Location Plan

Appendix 2: Table of contexts

| Context Number | Site sub-division | Type (Cut/Deposit/Build) | Description | Plan Number | Section Number |
|----------------|-------------------|--------------------------|--|-------------|----------------|
| 1 | Courtyard | B | A short section of possible wall identified in the courtyard. Consisted of a short section of flat-laid shillet blocks of at least two courses up to 0.15m high, 0.57m wide, and identified for 0.75m between late 20th century concrete wall footings and drain. | 2 | - |
| 2 | Courtyard | D | Made ground within northern part of courtyard. A mid brownish grey friable silty clay containing abundant shillet and moderate amounts of broken brick and plaster fragments. <i>Finds</i> : late 15th/early 16th century broken handmade brick fragment, 16th/17th century ceramic roof tile fragment, 19th century shard of green bottle glass. | 2 | - |
| 3 | Courtyard | D | Layer of dark greyish black friable sandy clay forming a sub-linear patch 1.68m by 0.58m on the surface of made ground (4). No charcoal apparent. | 2 | - |
| 4 | Courtyard | D | Made ground on the southern side of wall 6. A mid brownish yellow firm silty clay containing abundant shillet. At least 0.66m deep but not bottomed. <i>Finds</i> : | 2 | 3 |
| 5 | Courtyard | D | Made ground beneath concrete wall footings on SE edge of courtyard. A dark yellowish brown loose silty clay containing frequent shillet, and occasional glass and oyster shell. Probably the same as (4). | 2 | - |
| 6 | Courtyard | B | Substantial wall composed of flat-laid shillet, up to 8 courses (0.66m), 0.6m wide, with slate quoins on eastern corner. The wall runs WNW-ESE from the edge of concrete footings (which truncate it, at least partially) for 3.86m to the edge of more concrete footings (which also truncate it). The wall then returns to the NNE for 2.16m where it is truncated by a late 20th century drain. Larger slates/shillet are used on the outer SSW and ESE faces, with large slate quoins, with smaller slate/shillet facing the heavily truncated inner wall and a shillet rubble core. Slate spacers are used on the outer elevation. The stone is bonded with a lime mortar on the outer faces. | 2 | 3 |

| Context Number | Site sub-division | Type (Cut/Deposit/Build) | Description | Plan Number | Section Number |
|----------------|-------------------|--------------------------|--|-------------|----------------|
| 7 | Interior | B? | Two large stones exposed in the northern edge of the drain trench. The stones, slate, were laid flat but too uneven to represent a floor. They may represent the footings of a wall or a fortuitous random arrangement of stone. | 4 | - |
| 8 | Interior | D | Made ground within the building. A dark reddish brown friable silty clay containing frequent shillet, occasional broken hand-made brick, modern glass, and animal bones. The top of the deposit lay 0.3m below the current floor level, beneath a concrete floor and made ground (18). The deposit was cut by feature [9] and is at least 0.35m deep but was not bottomed. | 4 | 5 |
| 9 | Interior | C | Cut of a drain or soakaway running ESE from the western edge of the drain trench. The exposed section was 0.8m long, coming to a terminal to the WNW. The feature was sectioned and found to be 0.35m wide and up to 0.4m deep, the lower part of the cut vertical-sided, the upper part with straight sides angled at 45°. It contained a sequence of three fills, in order of deposition, (12), (11), and (10). It cut made ground (8). | 4 | 5 |
| 10 | Interior | D | Upper fill of feature [9]. A soft black clay 0.2m thick containing occasional oyster shells, roofing slates, fragments of plaster, and a clay pipe stem. Probably the same as (12). <i>Finds</i> [combined with (11) and (12)]: possibly 17th century roofing slate, mid 17th century clay pipe heel and stem fragments, early 18th century clay pipe stem fragments, 19th century shard of green bottle glass, possibly 19th century glazed pottery, undated window glass, notched slate, iron nail, 3 iron fragments, struck flint pebble, 2 cockle shells, oyster shell, 2 cinder fragments, lime mortar fragments, 17 animal bone fragments, and 5 fish bones. | 4 | 5 |
| 11 | Interior | D | Middle fill of [9]. A mid brownish yellow sandy clay 0.1m thick containing frequent shillet. Probably a lens within fill (10)/(12). <i>Finds</i> : see (10). | - | 5 |
| 12 | Interior | D | Primary fill of [9]. A soft black clay 0.07m thick identical to (10). <i>Finds</i> : see (10). | - | 5 |

| Context Number | Site sub-division | Type (Cut/Deposit/Build) | Description | Plan Number | Section Number |
|----------------|-------------------|--------------------------|---|-------------|----------------|
| 13 | Patio | D | Deposit outside the eastern side of the building. A mid brownish grey loose sandy clay containing moderate slate, pieces of lime mortar, hand-made brick, tile, and pot. Cut by sewer and gas main trenches. <i>Finds</i> : 15th/16th century ceramic roof tile fragment, late 15th/16th century ceramic floor tile fragment, 16th century or later rimsherd of ceramic dish. | 6 | - |
| 14 | Patio | B | Large killas blocks forming a step or footings at the southern end of the original building on the east façade. | 6 | - |
| 15 | Patio | B | Slate and killas footings to the central section of the eastern façade of the original building. They protrude from the base of the wall up to 0.4m. Depth is unknown but at least 0.3m in at least two courses. | 6 | - |
| 16 | Patio | D | Made ground infilling the area behind the quay wall. A mid greyish brown loose sandy clay containing abundant shillet. Cut by sewer and gas main trenches. | 6 | - |
| 17 | Interior | D | Made ground identified within the pipe trench within the rear (southern) extension. A light greyish brown loose sandy clay. | 4 | - |
| 18 | Interior | D | Made ground up to 0.36m thick beneath modern concrete floor and lying above deposit (8). | - | 5 |
| 19 | Patio | B | Granite step at the entrance to a doorway on the eastern façade of the building. | 6 | - |

Appendix 3: Finds report by Carl Thorpe

A total of 61 artefacts were recovered in the course of the archaeological recording. The categories of finds included pottery, glass, clay pipe, tile (both roof and floor), brick, roofing slate, metalwork, sea shell, and bone (animal and fish). Note

Ø= is the diameter of the bore of the hole through the clay pipe.

The calculation of dates from the bore diameter of clay pipe stems is done using the calculator developed by the Maldon Archaeological & Historical Group.

9.1 Finds descriptions

Context (2)

1 shard of green bottle glass. Part of the 'Kick-up' at the base of the vessel. 19th century in date.

1 broken brick fragment. Brick is handmade, with a uniform fabric with few inclusions. Only about 2/3rds of the brick survives, so full length could not be determined. The dimensions recorded are: Width = 4 ½ inches (112mm),

Thickness = 1 $\frac{3}{4}$ inches (45mm), surviving length = 5 $\frac{3}{4}$ inches (145mm). Dimensions suggest this could be an early brick, and could be of late 15th or early 16th century date (Allan 1984). It has lime mortar adhering to its surfaces. 1 fragment of ceramic roof tile heavily coated in lime mortar. 0.17m x 0.12m x 0.02m. Derived from a granitic clay. Insufficient detail to give close date but certainly Post medieval, probably of 16th or 17th century date.

Context (4)

- 1 clay pipe stem fragment. Ø= 2mm dating *circa* 1788.
- 1 ceramic fragment, possibly off a brick or tile. 18th to 19th centuries ?
- 1 animal bone.
- 1 limpet shell.
- 1 small undiagnostic shard of glass. Post-medieval.
- 1 fragment ceramic tile? Unknown fabric, appearance appears to be very modern (industrial). 19th century?

Context (10), (12)

- 1 clay pipe stem fragment. Ø= 2.5mm dating *circa* 1725.
- 1 slate roofing tile broken. Originally trapezoidal in shape, 0.18m long, with narrow width being 0.11m, widest point it is 0.13m while it is 0.01m thick. There are patches of lime mortar on surface. Shape and size resembles 17th century examples from Exeter (Allan 1984).
- 1 large notched slate. Slate measuring 0.20m x 0.14m x 0.18m thick, with the notch on one long side measuring roughly 0.05m x 0.04m. Undateable.
- 1 iron nail? With mineralised wood adhering to its surface.

Context (10), (11), (12)

- 1 undiagnostic rimsherd of pottery. A yellow glazed ware with brown mottles. Post-medieval to modern, most likely 19th century.
- 1 heel fragment from a clay pipe. Heel is oval shaped with a flat bottom. No makers marks. Ø= 3mm dating *circa* 1663.
- 1 heel fragment from a clay pipe. Heel is circular shaped with a flat bottom. Makers mark E P impressed on base. Ø= 2.8mm dating *circa* 1688.
- 1 clay pipe stem fragment. Ø= 3.1mm dating *circa* 1650.
- 3 clay pipe stem fragments. Ø= 3mm dating *circa* 1663.
- 1 clay pipe stem fragment. Ø= 2.9mm dating *circa* 1675.
- 1 clay pipe stem fragment. Ø= 2.5mm dating *circa* 1725.
- 1 shard of green bottle glass. Part of the 'Kick-up' at the base of the vessel. 19th century? in date.
- 1 shard flat green glass. Window glass? Insufficient present to date.
- 1 struck flint pebble. Appears to be natural.
- 2 cockle shells.
- 2 fragments of cockle shell.
- 1 oyster shell.
- 2 cinder fragments.
- 3 iron fragments.
- 1 lime mortar fragment.

17 animal bone fragments (including 2 pieces of from the jaw of a sheep?).
5 fish bones.

Context (13)

1 fragment of ceramic roofing tile, most likely a ridge crest tile. Unfortunately impossible to determine any of the dimensions of the tile however its thickness is 0.015m. Manufactured from a micaceous fabric with distinctive large flakes of white mica that closely resembles the fabric of Lostwithiel Ware pottery. Decoration consisting of a geometric pattern of painted lines of white slip on exterior surface. White lime mortar adhering to interior. General date 15th to 16th centuries, the latter is the more likely.

1 fragment of a ceramic floor tile. Dimensions could not be determined, it was however 0.022m thick. Last traces of yellow glazing on upper surface. Lower surface sanded. Low Countries (Netherlands and Belgium) ceramic tile dating from the late 15th and 16th centuries (Allan 1984).

1 rimsherd of North Devon Post-Medieval Glazed Red Earthenware (Barnstaple Ware). Rimsherd from a dish with internal green glaze. A sinuous wave form, broad blade sgraffito occurs around the circumference of the dish. Vessel dates from the 16th century.

9.2 Discussion

There is plenty of evidence within this collection for the construction, or at least occupation of this house in the sixteenth century. Most notably this includes a fragment of decorated (white painted geometric patterns) ridge tile manufacture in an identical fabric to Lostwithiel Ware pottery, and the rim from a Barnstaple Ware dish with sgraffito decoration. Part of a handmade brick may also belong in this period.

With Fowey being a port, and the site located on Town Quay it is of great interest that contact with the Continent is confirmed by a fragment of floor tile from the Low Countries (Netherlands and part of Belgium). These were imported into the country in large numbers late 15th and 16th centuries and are often found used in secular buildings (Allan 1984).

The clay pipes indicate activity around the site ranging from *circa* 1650 to 1788, while the animal bone and shellfish suggest that at least some of this activity was most likely domestic in nature.

There is a hint of some modern (19th century) activity, though it is just possible that the items identified as 19th century (a fragment of bottle glass and a sherd of pottery), may actually be late 18th century in date, as none were completely diagnostic.

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