



## ECO DESIGN

For energy efficiency and longevity, opt for LED lighting wherever possible. Continuous LED strips line the underside of the shelves in this 2.5m-long workstation, which provides storage and houses the sink. The strips turn on and off automatically when the doors are opened and closed and ceiling-mounted spotlights act as task lights above the island.

*Modulnova Blade kitchen with bi-fold doors, oak-finished island, Carrara worksurfaces and wall cladding, from £25,000, DesignSpace London*



## FROM DAY TO NIGHT

Ensure your kitchen's well lit around the clock, says **Andrew Orange** of **Orange Lighting** (020 3475 8488; [orangelightning.co.uk](http://orangelightning.co.uk))

- Bouncing light on to the ceiling from on top of wall cupboards will brighten the space. Consider two lines of LED strip - cool white (4000K) for the daytime and warmer 2700K for the evening.
- Food preparation areas need higher levels of light - running mid-to-high output LEDs under wall cabinets is a good option.
- Reflecting light off the wall under a cabinet helps throw the light towards you and ensures you can work in a shadow-free space.
- Kitchens become a backdrop at night in open-plan living areas - use plinth lights on separate circuits to accent the entire space and provide subtle yet useful illumination.

## INDOOR GARDENING

An ingenious way to bring plants and light into the heart of the kitchen, this panel garden has been designed for growing fresh herbs, and its integrated timer-controlled back lighting ensures that they'll stay fresher for longer. Ideal for dark corners where daylight doesn't quite reach, it's part of the Cube modular storage system, so simply slots on to a wall-mounted rack and can be repositioned as required.

*The Next125 panel garden with lighting, from around £520, InHouse*



## A BALANCED VIEW

Plan a scheme that incorporates complementary lighting types and styles. Simple, circular, chrome fittings above this island unit give off functional task lighting for food prep, while the pendant hanging over the dining table acts as a focal point and provides background lighting.

*Foro chrome and white glass flush lights from £630; Asteroid pendant, from £895, both Christopher Wray*