

CORK FOOD POLICY COUNCIL

Cork Food Policy Council is a partnership that has been formed to work towards the achievement of a fairer, healthier, more secure and sustainable food system within Cork city and throughout the county.

Cork Food Policy Council seeks to reduce the environmental footprint of food and supports resilient food-friendly communities. Cork Food Policy Council supports lifelong learning and skills, and promotes health and wellbeing for all.

This year's Cork Food Harvest Festival celebrates the wealth of community food and growing initiatives with a host of free events, tours, workshops, talks, demonstrations and tastings around the city and county on the Saturday, as detailed on the programme inside. These initiatives provide opportunities to learn about food – how to grow it, cook it, share it and enjoy it. On the Sunday, the groups will all come together in Fitzgerald's Park to share a day of celebration.

For further information about Cork Food Policy Council, or this event call:
Keelin Tobin, CFPC Co-ordinator 087 985 0621 or email info@corkfoodpolycouncil.com

www.corkfoodpolycouncil.com



BONUS EVENTS FRIDAY 19 OCT

CORK INSTITUTE OF TECHNOLOGY
TRAINING RESTAURANT, TOURISM AND HOSPITALITY DEPARTMENT, BISHOPSTOWN CAMPUS

1 PM €20 PER PERSON FOR 3 COURSE MEAL
To Book email Roisin.Clancy@cit.ie or phone 0214335820

'A Taste of Cork' - Culinary Students create a lunch celebrating the best of Cork food.

SHEP EARTH AWARE VILLAGE CHAMBERS,
STATION ROAD, BALLINCOLLIG

7.30 PM WATCH LISTEN LEARN

Free film screening of 'The Soil Solution to Climate Change'.



SUNDAY 21 OCTOBER

FITZGERALD'S PARK 12 TO 4 PM

A CELEBRATION OF CORK COMMUNITY FOOD & GROWING INITIATIVES 2018

MUSIC Ukidukes 12noon -1pm
Army Military Band 1-2pm
Music Generation 2-3pm
Shandon Ukelele Orchestra 3-4pm

WORLD FOOD DAY FEAST 1PM
VEGETABLE CURRY COOKED WITH PRODUCE FROM LOCAL COMMUNITY GROWING INITIATIVES AND DONATED FOOD

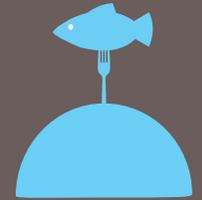
TALKS Philip Allen, A Healthy Economy 2pm
Dr Eoin Lettice, The Root of the Matter: Plant/soil interactions for sustainable food production 2.45pm
Fiann O' Nuallain AKA The Holistic Gardener, Growing Health 3.30pm

ACTIVITIES including
Apple Pressing with the Future Orchard Trust
Beehive frame making demonstration
By Cork County Beekeepers
Cork's newest Floating Garden
A collaboration: Knocknaheeny Hollyhill Community Garden & Meitheal Mara
Veggie Photo Booth and Face Painting
More Clay Less Plastic with Martha Cashman

ALL WELCOME



CORK FOOD POLICY COUNCIL PRESENTS



FOOD HARVEST FESTIVAL

A CELEBRATION OF CORK COMMUNITY FOOD & GROWING INITIATIVES 2018

SAT SUN OCT 20TH 21ST



CHURCHFIELD COMMUNITY TRUST
 SHANDON PLAZA, O'CONNELL SQUARE, SHANDON, CORK CITY
 10 AM TO 1 PM **SOW SEEDS**

'Sow and go'
 Come along and sow seedlings to take home with you.



SLÍ EILE ORGANIC FARM
 BURTON PARK, CHURCHTOWN, NEAR CHARLEVILLE, CO. CORK
 10 AM TO 1 PM **STALLS MUSIC CAFE**

Community farm and market. Stalls, live music and café in the old world charm of Burton Park at the heart of North Cork.



CORK ENVIRONMENTAL FORUM
 THE FIRKIN CRANE, JOHN REDMOND ST, SHANDON, CORK CITY
 10.30 AM TO 1 PM **LISTEN LEARN**

James O'Donovan (editor of Vegan Sustainability Magazine) and Dr Ailís Brosnan, (triathlete and plant based wellness expert) will present a talk on the environmental and health benefits of a plant based diet.



VOXPRO
 MAHON CRESCENT, CORK CITY
 11 AM TO 12 NOON **VISIT TOUR**

Experience first-hand how and why a Cork tech company is embracing horticulture in the workplace. You will be lead on a guided tour of Voxpro's quirky garden, geodome and pizza oven.



GREEN SPACES FOR HEALTH
 FOOD FOREST AT THE END OF SUMMERHILL SOUTH, CORK CITY
 11 AM TO 1 PM **VISIT EXPLORE TASTE**

Join botanist & herbalist Jo Goodyear to explore the edible and medicinal plants of Cork's Food Forest. Taste herbal teas and other produce made from plants on site. Explore how green spaces can feed local people and projects like Cork Herb Bike (www.herbbike.com). Dress for outdoors.



HYDROFARM ALLOTMENTS
 KILNAMUCKY, TOWER, CO. CORK
 12 NOON TO 3 PM **VISIT TASTE SEED 'N PLANT SWAP**

Visit a little piece of paradise. The pizza oven will be fired up (weather permitting) complete with pizza toppings from the harvest. Bring along your seeds, bulbs and potted plants to swap.



HIVE MIND
 MYRTLEVILLE HOUSE, MYRTLEVILLE, CO. CORK P43 X471
 1 PM TO 3 PM **DISCUSS** To book: call Mark 0863750791

A discussion on the importance of bees in nature, beekeepers in society and honey in our systems. Opportunity to jar your own honey on the day :)



ROOTS COFFEE HOUSE BEECH HILL GARDEN CENTRE
 MONTENOTTE, CORK CITY To book: hamiltonf@cope-foundation.ie
 1.30 PM TO 3.30 PM **WORKSHOP CRAFTS TASTE**

Plant winter greens to take home. Learn about the importance of green leafy vegetables; get expert advice on growing. Workshop will take place in the polytunnel. Visit Beech Hill's onsite café: sample locally produced preserves, chutneys & pickles. Free harvest craft activities for kids.



UCC COMMUNITY GARDEN
 UCC POLLYTUNNELS, COLLEGE ROAD, CORK CITY
 2 PM TO 4 PM **WORKSHOP** To book: ucccommunitygardens@gmail.com

Small Space Growing: Growing food in less than 1m², using anything you have got! This workshop will demonstrate simple growing techniques, soil recipes, recommend appropriate plants, propose container ideas and will offer some take-home seeds to help people get started.



IRD DUHALLOW
 JAMES O'KEEFE INSTITUTE, DEMESNE, NEWMARKET, CO. CORK
 2 PM TO 4 PM **WORKSHOP TOUR**

Protecting the garden adequately in the winter can ensure that your soil remains fresh and fertile and ready for growth. Learn how to save yourself time and energy preparing your garden in the spring, by protecting it in winter.



SHANDON AREA COMMUNITY GREEN GARDEN
 GREEN GATE TO THE RIGHT OF SHANDON STREET POST OFFICE, CORK
 2 PM TO 5 PM **VISIT VOLUNTEER**

Come along and dig something in, get involved in tree identification, or just enjoy this informal garden.



CORK FLOWER STUDIO
 104 DOUGLAS STREET, CORK CITY
 3 PM **WATCH LEARN** To book: info@corkflowerstudio.com

Pumpkins and apples, oak leaves and berries, join in a floral demonstration with a difference. Watch a master florist turn a pumpkin into a masterpiece! Standing room only.



KNOCKNAHEENY HOLLYHILL COMMUNITY GARDEN
 HOLLYVILLE, HARBOUR VIEW ROAD, KNOCKNAHEENY, CORK
 3 PM TO 5 PM **TOUR LEARN TASTE**

Family fun harvest celebration showcasing the Community Garden and The Toolbox Men's Shed. Guided tours, displays, demonstrations and tastings.



SHEP EARTH AWARE AND NANO NAGLE PLACE
 NANO NAGLE PLACE LECTURE THEATRE, DOUGLAS STREET, CORK
 4 PM **LISTEN LEARN**

'Soil for Life' Presentation by Caroline Robinson - Chemical Free Gardener. No booking required.



ST STEPHENS SUSTAINABLE FOOD LAB
 STEPHEN STREET, CORK CITY
 4 PM **LEARN TASTE** Bring your own cup to sip on some herbal tea.

'Know, Grow and Gourmandise Garlic' Interactive talk on how and when to grow garlic, its health benefits and diverse culinary uses. Learn about fire cider making, pickling, infused oils, and more.



REBEL READS
 14 FATHER MATTHEW QUAY, CORK
 4 PM **TASTE SOCIALISE** To book: eoin_o_leidhin@hotmail.com

Vege Out - Come and enjoy a vegan meal in Cork's newest bookshop and community space. Free - donations welcome.



GOOD DAY DELI
 NANO NAGLE PLACE, DOUGLAS STREET, CORK CITY
 ALL WEEKEND **LOOK**

Pop in and see the prizewinning photographs from the 2018 Cork Food Policy Council Photography Competition.