

Celebrate The Wisdom

Slow Food Ireland

Grandmothers Day

Sunday April 21st // Sandbrook House, Ballon, Co. Carlow

Farmers Market	
12.00pm	The Kirwan Academy A Local Children's Irish Dance Troop
12.15pm	Opening Remarks Darina Allen, President Slow Food Ireland
Ongoing	Seaweed Tasting with Marie Power
Ongoing	Butter Making Demo with Daisy Cottage Farm
Marquee	
12.30 – 13.00	
13.15 – 13.45	Spuds.ie – Research results on blight resistant potatoes Kaethe Burt O'Dea, Founder Spuds.ie
14.00 – 14.45	Grow it Yourself – for healthier, more sustainable, more connected world Michael Kelly, Founder GIY
15.00 – 15.45	Bees – Without bees no food Ben Harden, Gorey Beekeepers
15.45 – 16.30	Climate Farming and sustainable transparent food systems Dr. Colin Sage, University College Cork
16.45 – 17.30	Seaweed - Extreme Greens A talk on sea vegetables – how to cook them, how to use them and their health benefits. Sally McKenna, Founder Bridgestone Guides
17:45 - Close	Slow Youth Movement – International adventures of the Slow Food Youth Movement Ben Craig, Root & Branch Organic.



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Theatre	
12.30 – 13.30	The Perfect Cheese, A Demonstration of Cheesemaking Tom Burges of Coolattin Cheddar Helen Finnegan of Knockdrinna Cheese
14.15 – 15.15	Crystalised Flowers with Florence Bowe
15.30 – 16.30	How to create a sustainable garden. Tanguy de Toulgoët of Dummore Cookery School
16.45 – 17.45	The Ultimate Slow-Cook Chicken.... what to expect when you raise, and eat, your own poultry at home. Lily di Silva, Passionate Farmer
Kitchen	
Expert Cookery Demonstrations	
11.30– 12.30	Delicious, cheap, cheerful nourishing family food. Gary Masterson, Ballymalloe Cookery School
13.00– 14.00	Quick and Easy Feel Good Food. Featuring Sophie's Grandmother's famous Guards Pudding recipe! Sophie Morris, Author & Founder of Kooky Dough
14.30 – 15.30	Foraged and Seasonal Dishes. Darina Allen, Ballymalloe Cookery School
16.00 – 16.45	Sausage Making For Kids - Workshop 1 Ed Hick, Passionate Master Butcher
17.15 – 18.15	Sausage Making For Kids - Workshop 2 Ed Hick, Passionate Master Butcher
Ongoing for Children	
The Gallery	
Ongoing	Kiddie Corner – A Childrens Experience with the Fionnuala Darcy Exciting activities for kids including Facepainting, Flower Making, Painting & More
Ongoing	A foraging adventure for Children Mary White of Blackstairs Eco Trails & Ali Haslams Yurt
Upper Loft	
1.45 – 4.00pm	Traditional Butter & Griddle Bread Making Upstairs in the Loft Mary Flynn,
Ongoing	The Local Honey Man - an insight into the fascinating world of honey. Upstairs in the Loft John Blanche



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Slow Food Grandmother's Day at Sandbrook runs from
11am to 6pm on Sunday 21st April.

Admission is **€10 with free entry to all children under 12**, free car parking and free entry to all talks & workshops.

Cookery demonstrations are €10.00-15.00 and are on a first come, first served basis.

