

Introduction to Biodynamic Gardening

Saturday July 4th 2009 11am-3.30pm

A workshop based on the knowledge of Rudolf Steiner. Including, how to use the planting calendar, making biodynamic preparations and the biodynamic compost heap. Bring lunch to share

Location to be decided **Cost** €30

Contact Gail 028 23569 castlecottage08@hotmail.com

Open Day at the Hollies – March and July

Sunday 5th July 2009 2pm to 5pm

Same details as for Open Day on March 22nd

Seed Saving Workshop

Sunday 2nd August 2009 11am to 4pm

Saving rocket seeds isn't rocket science! The most basic of agricultural skills made simple. This workshop will introduce gardeners to seed saving principles and skills and will demystify cross-pollination, seed cleaning, storage, and testing, all at the home of Brown Envelope Seeds.

Location Ardagh, Church Cross, Skibbereen

Cost €30

Contact Madeline McKeever on 028 38184

Apple Day - Skibbereen Farmers Market

Saturday 26th September 2009 10am to 1.30pm

A fantastic display of more than 40 locally grown apple varieties. Bring your own apples for identification. Also apple tasting and apple juicing using a commercial hand operated apple juicer.

Hosted by Woodkerne Nurseries

Location: Skibbereen Farmers Market

Local Food Production Day –

An Sanctoir, Ballydehob

Saturday 3rd October 2009 11am to 3pm

An event to promote and celebrate local food production; to include farm walk; stalls; discussion forums; speakers and presentations.

Check www.ansanctoir.ie for program details nearer the event. Contributions to the program welcome in advance.

Contact Caz on 028 25978 or cazjeffreys@gmail.com

Nut Tree Workshop

Sunday 25th October 2009 10.30am - 4.30pm

How to grow hazelnut, sweet chestnut, walnut and other nut trees suited to the Irish climate. Learn techniques in propagation, site selection, planting and management of nut trees, nut orchards and hedgerow plantings.

Location Woodkerne Nurseries, Gortnamucklagh Woodland Farm, Skibbereen, Co. Cork

Cost: €40, Concessions €25

Contact: Paul McCormick, Jacinta French 028 23384

woodkernenurseries@gmail.com www.woodkerne.net

About the Walks and Workshops

- Book and pay in advance by phoning or emailing the workshop host. They will advise on how to pay. (For walks / open days, just turn up!)
- STRICTLY NO DOGS PLEASE
- Advance booking for workshops essential, Please contact the host to book and/or find out more details.
- Prices and times are shown next to each workshop.
- Please bring your own lunch unless it is specified that it is provided.

Disclaimer

Some small farms and gardens are not insured. Visitors come at their own risk. Neither Growing Awareness nor the landowners can accept claims for damage / personal injuries sustained during the walks.

Contact Us

Email: info@growingawareness.org

Phone: 028 25787

Free email reminders: sign up at our website

If you would like to offer a Walk or Workshop for inclusion in our next leaflet or on the website, please get in touch!

www.growingawareness.org

Printed on recycled paper

Local Food Walks & Workshops 2009

West Cork – All welcome

Leaflet produced by

Growing Awareness

“Supporting the local food network”



For 2009 Growing Awareness is stepping back from the organisation of Walks and Workshops. We are promoting events which have a focus on local food and sustainability in West Cork.

We are pleased to present this leaflet to promote what's going on in the area. Many thanks to all the hosts for offering these events.

Details of how to book workshops are on the back.

Latest details and news available at

www.growingawareness.org

Year round veg production at the Glebe

21st / 22nd March 2009

The course aims to cover all aspects of setting up or improving a no dig veg plot for year round production of veg, herbs and some fruit and flowers. Growing from seed, making the most of covered space -tunnels/greenhouses, cold frames, fleece, soil fertility and pest control.

Location On the way into Baltimore on your right – look out for the sign!

Cost €100 for the weekend including lunch both days

Contact Jean Perry on 028 20232

glebegardens@gmail.com www.glebegardens.com

Open Day at the Hollies – March and July

Sunday March 22nd 2009 11a.m.- 3 p.m

AND Sunday 5th July 2009 2pm to 5pm

Come and visit The Hollies. See the gardens, buildings, landscaping. Meet the people. Have your questions answered.

Free of charge. Refreshments offered.

Directions Coming from Dunmanaway, in Enniskeane. Turn left for 'Coppeen'. Stay on this road for about 2 miles ignoring several right turns. You'll pass the first left turn (not signposted). About 150 meters further, you'll find our wooden gate on your right (there is a big Polytunnel in this field). Drive up this gravel road past the tunnel until you come to a sign for a car park.

Contact Thomas and Ulrike 023 47001.

www.theholliesonline.com for more details.

Apple Grafting Workshop

Sunday 29th March 2009 10.30am - 4.30pm

Woodkerne Nurseries provide the basic theory and skills of fruit tree grafting to help you propagate new apple trees from your old orchard trees and from any eating and cooking variety of your choice. Also learn to create a 'family' tree by grafting many varieties on to one mature tree.

Location Gortnamucklagh Woodland Farm, Skibbereen, Co. Cork.

Cost €40, Concessions €25

Contact Paul McCormick, Jacinta French 028-23384

woodkernenurseries@gmail.com

www.woodkerne.net

Work Party at the Hollies

Sat / Sun March 28th and 29th 2009

Our work parties are a great opportunity to join in what's going on at The Hollies. They are fun and instructive. No charge, but booking essential.

Details as for the 'Open Day' above.

Living fence and pea support Workshop

Saturday 4th April 2009

Enjoy a day working with experienced basket weavers and learn to make 'living fences' (also called "fedges", as they are a cross between a hedge and a fence.) This lattice of willow rods make great borders in a garden. Also learn other weaving techniques and make your own pea support.

Directions From Bantry take Glengariff road out of Bantry, then the Macroom-Ballinageary road to Kealkil. Keep left at P.O at Kealkil to Castle then follow signs to Borlin Valley Basketry and Organic Farm Shop. It is 2.5 miles from castle. From Beara go on Glengarrif road and follow signs from Snarve Bridge for 'Basketry'.

Cost € 50 waged, €40 unwaged

Contact Martin & Yvonne Flynn 027 66111

Edible Forest Gardens Workshop

Saturday 18th April 2009 10.30am - 4.30pm

Come and learn how to design and plant an Edible Forest Garden using permaculture principles. Topics covered include: mulching and no-dig systems of planting, canopy design exercise, a look at examples of some unusual and lesser-known edible shrubs and ground-covers, fruit and nut trees, and a tour of Graham's woodland garden. Please bring outdoor clothes and boots and your own lunch. Tea and Coffee provided.

Location Derryduff, Coomhola, Bantry

Cost €40 waged, €25 unwaged

Contact Graham Strouts on 086 8539900 or 027 66931
graham@zone5.org

Herbs for Health from Hedgerows

Saturday 30th May 2009 2pm

Enjoy a walk in the lanes around Skibbereen learning about the herbs in our hedgerows. Collect & identify herbs and find out their uses. Make an infusion, a dection and herb oil. Suitable for beginners.

Location Meet at Hegarty's Garage Shop, Market Street Skibbereen, Co. Cork. **Cost** €20

Booking Gail on 028 23569 castlecottage08@hotmail.com

Open Day at Brown Envelope Seeds

Sunday 31st May 2009 3pm

All are welcome to visit and walk around the farm.

Directions After leaving Skibbereen at the roundabout, take the N71 for Schull and Ballydehob. After 6km take a left, sign posted Loughmarsh. After 2.2km you will pass Lisheen NS on your right. After 0.9km you will pass the church on your right. After another 0.9km you will pass Minihan's Bar on your right. Take the left just after the pub, sign-posted Turk Head. After approx 1.5km take the left sign posted for Turk Head. Madeline's is the 4th house on the right.

Contact Madeline McKeever on 028 38184
madsckeeper@eircom.net

Walk at Fiona's Place, Ballydehob

Sunday 14th June 2009 3pm to 6pm

Possibly more 'garden' than farm, this walk will focus on the tree and hedgerow planting on a 5 acre holding, now in its 4th year of cultivation. For me, the project is something of a showcase of many years working in the nursery trade, and also growing organic food in West Cork. As well as tree planting for shelter, timber, wildlife habitat and beauty, there is an orchard, soft fruit, tree nursery, extensive vegetable gardens, a timber house nearing completion and quite a few flowers.

Directions From Ballydehob village, turn right at Vincent Coughlans pub. Pass church on left, after 400yds turn right. Road dips and then swings uphill to the left. Entrance on left after 2 miles.

Contact: Fiona on 028 37951 or 086 3767467

More events on the back.