

## Forest Food Walk and Workshop

Sunday 14<sup>th</sup> September 2008

Enjoy a relaxing walk in beautiful woodland whilst identifying edible fungi and plants and learning how to cook them. Discover what's safe to eat and when to exercise caution! You'll be amazed at the wonderful free food available at this time of year.

**Location:** To be decided – phone for details

**Cost** €25 **Bookings:** Eric Rhodes on 086 3098169

**Email:** [sligenamara@eircom.net](mailto:sligenamara@eircom.net)



## An Sanctoir, Ballydehob

Sunday 21<sup>st</sup> September 2008

An Sanctoir is a Holistic Community Centre. The octagonal practise space and land hosts many activities such as yoga, dance, environmental education, camps, and activities for children. Set on 30 acres of beautiful and unspoiled landscape there is a nature trail to be enjoyed, which takes you through a variety of natural habitats. With the "growing awareness" (excuse the pun!) on the importance of securing local food production, this year the community at An Sanctoir are embarking on the setting up of projects with regards to growing food. The first, a forest garden based on permaculture principles, has begun, and the group are currently exploring the aspect of setting up a community food garden with an educational focus. The farm walk is only one part of a fuller days' program which will include speakers, screenings and a variety of activities all relating to aspects of growing food.

**Directions** From Skibb turn right to Bantry just before the bridge before Ballydehob. Travel approximately 1km and take the first turn to the left (there is a sign indicating "An Sanctoir"). The gateway is 50 metres along on the left

**Contact** Caz 028 25978 or An Sanctoir 028 37155.

**Website** [www.ansanctoir.ie](http://www.ansanctoir.ie)



## Apple Day, Skibbereen Farmer's Market

Saturday 27<sup>th</sup> September 2008

A celebration of apples. There will be a display of locally grown apple varieties, and apple tasting. Bring your own apples for identification. Advice and discussion of suitable varieties for fruit production in West Cork.

**Location:** Skibbereen Farmer's market – 11am to 1.30pm

All welcome. **FREE**



## About the Walks

All walks

- Start at 3pm (refreshments available after the walk)
- **STRICTLY NO DOGS PLEASE**
- Parents are asked to keep an eye on their children during the walks
- Please do not pick flowers
- To help find your way, look for "Farm Walk" signs

## About the Workshops

All Workshops (except Apple Day)

- Prices are shown next to each workshop
- Start at 11am (arrive 10.45am for tea / coffee)
- **PLEASE BRING YOUR OWN PACKED LUNCH**
- We will finish around 4.30pm
- **Book and pay in advance by phoning or emailing the workshop host. They will advise on how to pay.**

## 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](mailto:info@growingawareness.org)

**Phone:** 028 23889

**Free email reminders:** sign up at our website.

Growing Awareness is a not for profit organisation.

Company no. 6349667J

Donations gratefully received – cheques payable to 'Growing Awareness' can be sent to 'The Treasurer' at:

18 Newbridge Park, Coronea, Skibbereen.

Do you want to host a farm, forest or garden walk? Would you like to give a workshop? Please get in touch.



# Walks and Workshops

## 2008

West Cork – All welcome

Presented by

## Growing Awareness



You are warmly invited to this year's workshops, garden walks, farm visits and tours of sustainability projects

## About Growing Awareness

Growing Awareness is a Skibbereen based food and farming group.

The aim of Growing Awareness is to ensure that everyone has access to food grown and produced in a way that restores respect for the earth, respect for food and respect for farmers and growers.

## One Leaflet for 2008

Our Workshops and Walks are on one leaflet this year.

Walks =  Workshops = 

Details of how to book workshops are on the back.

Latest details and news available at  
[www.growingawareness.org](http://www.growingawareness.org)

### Living fence and pea support workshop

Sunday 27<sup>th</sup> April 2008

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

**Contact** Martin & Yvonne Flynn 027 66111

**Cost** € 50 waged €40 unwaged



### Unicorn Foundation, Derryduff, Bantry

Sunday 15<sup>th</sup> June 2008

The Unicorn Eco Foundation is an educational environmental charity, sited on 148 acres of beautiful hillside in the Coomhola valley. The Teaching Foundation has a large number of members living in various countries. The small on-site team who live on the land have planted up 67 acres with a variety of trees, both to establish permanent conservation areas and to provide materials for the future. Two demonstration timber framed eco-houses have also been built. They have also built a vegetable garden, orchard, ponds, horse arena, stables, workshop, a large timber drying barn, re-cycling storage area and wormerys. Currently a reed bed water treatment system is being planted up to treat the outflow from their methane biodigester. An "Earthship eco-greenhouse" is also under construction. The centre-piece of the project will be a "Perpetual Garden" for growing Mediterranean and tropical plants and trees. Check their website [www.unicornecofoundation.org](http://www.unicornecofoundation.org) for further info.

**Directions** From Bantry, take the Glengarriff road, go through Ballylickey, turn right at Snave bridge to Coomhola. Right over the bridge to the Borlin valley (left fork) for exactly 2 miles, left over small bridge for Derryduff, up the hill, first right, go on for 1 mile, then through the gates.

**Contact** Helen, Tony & Dan 027 66449



### Sli an Uisce, Ballingearry

Sunday 29<sup>th</sup> June 2008

Sli an Uisce (Way of the Water) consists of four homesteads, individually owned, and 23 acres of land shared by the inhabitants. Much of it is wilderness – steep slopes of native woodland and wetlands bordering the river Lee. The land is managed using the principles of permaculture, with a strong emphasis on supporting the natural environment. There are food gardens, poly tunnels and cob making to see too.

**Directions** From Bantry turn right at Ballylickey, take the Macroom road over Keimaneigh, then via Kealkill past Future Forests. Pass the turn to Gougane Barra National Park, then take the second turn on the left signposted An Carraig/Tuirin Leathard. Half a mile up hill.

**Contact** Fred La Haye 026 47985 or Julia Kemp 026 47300 or John Dolan 086 0569832



### Reenascreena Rosscarbery

Sunday 13<sup>th</sup> July 2008

A commercial Organic family small holding built on 6.6 acres of land which Sara and John started developing in 2004. A chance to see how a green-field site can be developed from scratch. Vegetables are grown in 6 polytunnels, sold to restaurants all year round and brought to Skibbereen market. There are also field crops, a large orchard of 300 apple trees and hens are being planned.

**Directions** Travelling towards Rosscarbery on the N71 from Skibbereen you will meet the Celtic Ross hotel on your left. Pass this and head across the causeway and up the hill towards Clonakilty. Continue on past the petrol station on your left (used to be Ryans garage). You are now on a dual carriage way. Continue for less than 1km and take the left turn at the bottom of the hill that is signed Reenascreena. Travel straight ignoring all turns, pass a panel beaters garage, Jerry O Mahoney on your right, continue on to the fork and go straight on, North, NOT LEFT!!! After another 1 km or so, you will see polytunnels and sheds etc and a blue wooden house.

**Contact** Sarah & John Devoy 023 48763 or 087 2350900



### Permaculture Gardens Workshop

Sunday 27<sup>th</sup> July 2008

Learn about the principles of Permaculture by making an 'instant' mulched garden, use perennials, and design a 'forest garden' including tree crops, fruit trees and bushes, perennial vegetables and other interesting edible plants.

**Location:** Derryduff, Coomhola, Bantry

**Contact** Graham Strouts on 086 8539900 or 027 66931

**Email** [graham@zone5.org](mailto:graham@zone5.org)

**Cost** €40 waged €25 unwaged



### Seed Saving Workshop

Sunday 17<sup>th</sup> August 2008

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 at the home of Brown Envelope Seeds.

**Location:** Ardagh, Church Cross

**Contact** Madeline McKeever on 028 38184

**Cost** €40 waged €25 unwaged



### The Hollies, Castletown, Enniskeanne

Sunday 24<sup>th</sup> August 2008

The Hollies is a centre for training in Practical Sustainability. The aim of the project is to create working examples of what a sustainable society might look like in the areas of housing, energy, gardening, economics and community development. Since 2003 work has gone into building a cob house, gardens, an orchard and woodland. Various natural building techniques can be seen. In 2006 as part of an educational project a new garden was developed to sell organic produce at the Bandon Farmer's market. There is also a wetland area and pond. Visit their website [www.theholliesonline.com](http://www.theholliesonline.com)

**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



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[www.growingawareness.org](http://www.growingawareness.org)