

BELVEDERE SELF-SUFFICIENCY SHOW

THE GREATEST SHOW ON EARTH.



- ∞ Belvedere Self-Sufficiency Garden
- ∞ Local Food Producers.
- ∞ Rare Plant Fair.
- ∞ Self-Sufficiency retail village.
- ∞ 3 Seminar areas, Food from the Garden, Food for the Table and Food for Thought.
- ∞ Outdoor Demonstration Arena
- ∞ Children's Entertainment

FOOD FROM THE GARDEN SATURDAY 17TH APRIL

- 11.00** **Planning your small holding and making a start.**
Will Sutherland John Seymour school of Self-Sufficiency
- 12.00** **Living the Good Life.**
Antoinette Trueman and Jim Fisher.
- 13.00** **Composting and soil, seedbeds, weeding and pests.**
Will Sutherland John Seymour School of Self-Sufficiency
- 14.00** **Establishing and maintaining Wildflower Meadows.**
Sandro Caffola, Design by Nature.
- 15.00** **Chickens, Pigs,-Feeding, Husbandry and Butchery.**
Will Sutherland John Seymour School of Self Sufficiency.
- 16.00** **Organic Farming.**
Joe Brady, Lough Owel Organic Farm.

FOOD FOR THE TABLE SATURDAY 17TH APRIL

- 12.00** **The Goal Of Life Is Living In Agreement With Nature**
Mary Kelly of Moonshine Organic Farm will give a talk on her journey from dairy farmer to food producer and will highlight the process of dealing with a change of direction, learning from business and nature and her hopes for the future
- 13.00** **Brewing your own Beer and Wine**
Shane Conroy Homebrew Company.
- 14.00** **Making your own Bread**
Anna Browne. GIY Mullingar.
- 15.00** **Boxty and Griddle Potato Bread**
Louis Peppard Lilliput Loaf Company.
- 16.00** **Smoking your own Food**
John Rogan, Rogan's Smoked Fish.

FOOD FOR THOUGHT. SATURDAY 17TH

FOOD FOR THOUGHT LOCATION AUDIO VISUAL AREA IN COURTYARD.

12.00 pm **The Power of Now - A Mindfulness Workshop** *By Christine Moran*
*Mindfulness is the art living fully in the present. This workshop includes:
A presentation on mindfulness. We will mindfully appreciate the
sensuality, creativity and beauty of our environment.*

2.00 pm **Forever Young! With Tom & Christine Moran**
A workshop for older people who are young and younger people who
are old. An Informal gathering and chat about your attitude to

- Your body
- Your mind
- Your spirit
- Your self-esteem
- Your lovability
- Your capability

Duration 30-45 minutes

DEMONSTRATION ARENA,

SATURDAY 17TH

- ☞ Fly fishing casting demos at 12 midday 1pm and 3pm
- ☞ 2pm Bee keeping demonstration with Belvedere Bee Keepers
- ☞ 4pm Scything demonstration with Will Sutherland,
- ☞ John Seymour School of Self Sufficiency.

CHILDRENS AREA,

LAKESIDE ROOM/ OUTDOORS

12 MIDDAY and 3pm. Naturally Wild Roadshow with RTE's Dale Treadwell

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- 11.00** **Planning your small holding and making a start.**
Will Sutherland, John Seymour School of Self-Sufficiency
- 12.00** **Practical Bee Keeping.**
Jim Donohoe, Belvedere Bee Keepers
- 13.00** **Heritage Gardening**
Thomas Pakenham, Tullynally Castle
- 14.00** **The Good Life**
Antoinette Trueman and Jim Fisher
- 15.00** **Poultry Rearing.**
Joe Payne, Thornwell House Farm.
- 16.00** **Companion Planting and Organic pest control**
John Smyth, Belvedere House.

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- 13.00** **Harvesting, Preserving and Storing your Produce,**
Will Sutherland, John Seymour School of Self-Sufficiency
- 14.00** **The Orchard and Soft Fruits, Cider, Beer, Wine and Bread.**
Will Sutherland, John Seymour School of Self-Sufficiency
- 15.00** **Brewing your own Beer and Wine,**
Shane Conroy Home Brew Company.
- 16.00** **Making your own Bread**
Anna Browne. GIY Mullingar.

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