



# GROWW FEST

11th - 13th September 2015  
Waterford

Brought to you by



*Together We Grow*

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



# GROWFEST

Weekend passes (€47.50) include admission to all talks in the GROW Tent. GIY Market Feast is priced separately. All tickets available at [www.giyinternational.org](http://www.giyinternational.org)

## **WELCOME SESSION**

**MICHAEL KELLY & GARY GRAHAM**

### **GROW TENT**

**SAT 12TH SEPT & SUN 13TH SEPT / 9.30AM**

Kick start the day with GIY Founder Michael Kelly and RTE Super Garden Judge Gary Graham. Meet and greet GIYers from all over.

## **THE FOOD INDUSTRY'S DARKEST SECRETS**

**JOANNA BLYTHMAN IN CONVERSATION WITH ELLA MCSWEENEY**

### **GROW TENT**

**SAT 12TH SEPT / 10.30AM**

Ear to the Ground's Ella McSweeney leads an in-depth exploration of Joanna's latest book- Swallow This- an expose of the food industry. Joanna is an award winning investigative food journalist and author of seven landmark books. Guaranteed to make you think twice about the food you buy. All may not be as it seems.

## **ALYS FOWLER**

### **GROW TENT**

**SAT 12TH SEPT / 12PM**

BBC TV Presenter and author of Abundance and The Thrifty Gardener, Alys Fowler is a passionate community and urban grower, and a GROW Fest favourite.

## **SUSAN TURNER**

**YEAR ROUND GROWING & THE WINTER GARDEN**

### **GROW TENT**

**SAT 12TH SEPT / 1PM**

Susan has been head gardener at Ballymaloe Cookery School for fourteen years and with 26 years horticulturists experience under her belt- is perfectly placed to guide you through growing all year round.

## **HOSPITAL FOOD: IT'S ENOUGH TO MAKE YOU SICK**

**WITH DARINA ALLEN, ALYS FOWLER, JOANNA BLYTHMAN, PROFESSOR DONAL Ó SHEA, FIANN Ó NUALLÁIN**

### **GROW TENT**

**SAT 12TH SEPT / 2PM**

Is hospital food making us sick? And if so what can we do about it? Hosted by Ella McSweeney and featuring Darina Allen, Professor Donal Ó Shea, Joanna Blythman, Fiann Ó Nualláin & Alys Fowler.

## **MARK DIACONO & LIA LEENDERTZ**

**IDEAS FROM TINY VEG PATCHES AROUND THE WORLD**

### **GROW TENT**

**SAT 12TH SEPT / 3.30PM**

Food can be grown just about anywhere, and lack of space should not put you off growing and enjoying the taste of your own fresh vegetables. Not everyone has access to outside space or what we traditionally think of as a garden, but we all have window ledges, doorways, stairways, even a balcony or roof space.

## **GIY MARKET FEAST**

### **GROW TENT**

**SAT 12TH SEPT / 7.30PM / TICKETS €40**

Dine out with friends in our city centre GROW Tent as we present the finest locally grown, seasonal produce from the GIY Market Garden in partnership with award winning Waterford restaurant MOMO. Expect the veg to shine as we pay tribute to the wonder of Dermot Carey's produce. There will be GIY inspired beer from Metalman Brewing and good food aplenty. Communal dining at its best. Ticket includes 4 course meal plus glass of GROW HBrew on arrival.

## **MICHAEL KELLY IN CONVERSATION WITH...**

**JOY LARKCOM**

**GROW TENT**  
**SUN 13TH SEPT / 10.30AM**

Join GIY founder Michael Kelly for a very special Q&A with the Queen of Vegetable Growers Joy Larkcom about a lifetime of growing and writing about vegetables.

## **JIM CRONIN**

**GROWING IN A CHALLENGING YEAR**

**GROW TENT**  
**SUN 13TH SEPT / 12PM**

Jim Cronin has been gardening since his early childhood and is now known to many as a leading national expert in organic horticulture. He is a mine of information and advice on all aspects of growing organically, with a lifetime of experience and a deep love of working in cooperation with nature.

## **A FEW OF OUR FAVOURITE THINGS:**

**GIY AWARDS, LOVELY VEGETABLE COMPETITION & SPUD OFF FINAL WITH BORD BIA**

**GROW TENT**  
**SUN 13TH SEPT / 1PM**

A veritable smorgasboard of our favourite things! What better way to celebrate GIY than to showcase your Lovely Vegetables and maybe pick up a rosette or two. Free entry via [www.giyinternational.org](http://www.giyinternational.org). We'll also crown our GIYer of the year and GIY group of the year with our annual awards. All wrapped up in the GIY & Bord Bia Spud Off final! So to recap- crowns, rosettes & prizes. Nice!

## **WOMEN GROWING COMMUNITIES**

**SARA VENN, INCREDIBLE EDIBLE BRISTOL; CAROLINE JOLLEY, ST BRIGIDS DUBLIN; JOANNE BUTLER, OURGANICS N.IRELAND; & EDEL TOBIN, NEW STREET GARDENS WATERFORD**

**GROW TENT**  
**SUN 13TH SEPT / 2PM**

An open discussion on starting and running community gardens and community greening initiatives from some dedicated and talented women who are actively growing their own communities.

## **GROWING SUPERFOODS**

**HEALTH ON A PLATE WITH FIANN Ó NUALLÁIN**

**GROW TENT**  
**SUN 13TH SEPT / 3.30PM**

Fiann Ó Nualláin is a horticulturalist and natural health advocate, author of the bestselling holistic gardener series and a regular contributor to radio, television and print media. Fiann has a background in clinical nutrition and medicinal botany. A bloom stalwart, Fiann's gardens and talks explore the therapeutic value of gardening but also the healing potential in the plants, foods and herbs we grow.

## **GROW HQ KITCHEN**

**BLACKFRIARS**  
**SAT 12TH SEPT & SUN 13TH SEPT / 12PM, 2PM & 4PM DAILY**

**Saturday 12th**

10.00am- Pip & Pear- Healthy Eating for Baby  
12.00pm- Darina Allen & Rory O'Connell  
2.00pm- Chef Adrian  
4.00pm- Lilly Higgins

**Sunday 13th**

12.00pm- Tom & Johann Doorley  
2.00pm- Mark Diacono  
4.00pm- Gaby Wieland

In association with Waterford Chamber the gorgeous ruins of Blackfriars are once more transformed into a chef's kitchen where we have an amazing line up demonstrating the finest of local seasonal dishes.

## **GIY SKILLS SHOP**

**ARUNDEL SQUARE- GIY GROW ZONE**  
**SAT 12TH SEPT & SUN 13TH SEPT / FROM 10AM TILL 4PM DAILY**

FREE short practical workshops delivered by experts in the outdoor GIY Skills Shop.

**Saturday 12th**

10.00am- Ultimate Seed Sowing with Dermot Carey  
11.00am- Fruit Pruning with Mark Diacono  
12.00pm- Seed Bombs with Sara Venn  
1.00pm- Small Garden Tricks with Lia Leendertz  
2.00pm- Weeds with Hans Wieland  
3.00pm- Seed Saving with Susan Turner  
4.00pm- Herbs for Wellness with Fiann Ó Nualláin

**Sunday 13th**

10.00am- Pumpkins & Squashes with Dermot Carey  
11.00am- Seed Bombs with Sara Venn  
12.00pm- Urban Beekeeping with Mike Hughes  
1.00pm- Building a Cob Oven with Richie Murphy  
2.00pm- Thrifty Gardening with Alys Fowler  
3.00pm- Green Manure with Jim Cronin  
4.00pm- Seed Saving with Brown Envelope Seeds



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## GROW TENT

### SATURDAY 12TH

WELCOME SESSION	9.30AM
THE FOOD INDUSTRY'S DARKEST SECRETS	10.30AM
ALYS FOWLER	12PM
SUSAN TURNER	1PM
HOSPITAL FOOD: IT'S ENOUGH TO MAKE YOU SICK	2PM
MARK DIACONO & LIA LEENDERTZ	3.30PM
GIY MARKET FEAST	7.30PM

### SUNDAY 13TH

WELCOME SESSION	9.30AM
IN CONVERSATION WITH JOY LARKCOM	10.30AM
JIM CRONIN	12PM
A FEW OF OUR FAVOURITE THINGS:	1PM
WOMEN GROWING COMMUNITIES	2PM
GROWING SUPERFOODS	3.30PM
GIYERS QUESTION TIME	5PM

## GROW HQ KITCHEN IN BLACKFRIARS

FREE

### SATURDAY 12TH

PIP & PEAR- HEALTHY EATING FOR BABY	10AM
DARINA ALLEN & RORY O'CONNELL	12PM
CHEF ADRIAN	2PM
LILLY HIGGINS	4PM

### SUNDAY 13TH

TOM & JOHANN DOORLEY	12PM
MARK DIACONO	2PM
GABY WIELAND	4PM

in association with Waterford Chamber

## GIY SKILLS SHOP ARUNDEL SQUARE

FREE

### SATURDAY 12TH

ULTIMATE SEED SOWING WITH DERMOT CAREY	10AM
FRUIT PRUNING WITH MARK DIACONO	11AM
SEED BOMBS WITH SARA VENN	12PM
SMALL GARDEN TRICKS WITH LIA LEENDERTZ	1PM
WEEDS WITH HANS WIELAND	2PM
SEED SAVING WITH SUSAN TURNER	3PM
HERBS FOR WELLNESS WITH FIANN Ó NUALLÁIN	4PM

### SUNDAY 13TH

PUMPKINS & SQUASHES WITH DERMOT CAREY	10AM
SEED BOMBS WITH SARA VENN	11AM
URBAN BEEKEEPING WITH MIKE HUGHES	12PM
BUILDING A COB OVEN WITH RICHIE MURPHY	1PM
THRIFTY GARDENING WITH ALYS FOWLER	2PM
GREEN MANURE WITH JIM CRONIN	3PM
SEED SAVING WITH BROWN ENVELOPE SEEDS	4PM

With thanks to our festival supporters & partners



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**Bord Bia**  
Irish Food Board



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