

SATURDAY 25th | SUNDAY 26th MARCH

# FEEDING OURSELVES

## GATHERING 2023

WE-CREATE WORKSPACE | CLOUGHJORDAN COMMUNITY FARM | CLOUGHJORDAN

## Another Rural is Possible!

For 12 years agroecological farmers and workers, community food and environmental advocates, and organisations and people involved in food cooperatives, fair food systems, and rural regeneration have come together in Cloughjordan to explore a regenerative and more resilient way to nourish the land and feed ourselves.

This gathering is designed to facilitate community learning and movement building. It will be an opportunity to celebrate and connect to nature, food and community, to learn more about practicing food sovereignty, seed sovereignty, agroecology, and community-supported local food systems.

### Saturday Ticket

€50 General | €25 Training Network

### Sunday Ticket

€25.00 Community and Network

### SpeakEATsy- Saturday Evening Meal and Entertainment

€37.50 General | €25 Feeding Ourselves Participants

### Weekend Ticket (Inc SpeakEATsy)

€112.50 General | €77.50 Training Network

Places are limited, booking is essential.

Register at [www.cultivate.ie](http://www.cultivate.ie)

WECREATE EIRCODE | E53 VP86







# FEEDING OURSELVES

## Voices from the Field

Breakfast session sharing stories of where we are at and a facilitated discussion on what is emerging for regenerative, community-led, solidarity food initiatives.

## Growing a stronger movement

Strengthening the solidarity food movement on the island and supporting a regenerative and more resilient way to nourish the land and feed ourselves. Ruth Hegerty leads a conversation on the future of the Feeding Ourselves Network.

## Breakout Sessions

- Community Supported Agriculture**  
 CSA Ireland leads a conversation on the opportunities and challenges of this partnership approach between farmers and the local community.
- Diversity in Agriculture**  
 A conversation on what gender equality looks like in agriculture and how we guarantee this right for all vulnerable farm and land workers.
- Policy Weaving**  
 Oliver Moore leads a conversation with partner organisations, identifying synergy and increasing cohesion between different policy matters.
- Textiles from Seeds to Fibre**  
 Round table discussion hosted by Seeds4All about seed production for rural development and resilience / in relation to textile production in Ireland
- Digitalisation - Open Food Network (OFN)**  
 Evonne Boland of OFN Ireland leads a conversation introducing Climate Action and Local Food, a new initiative with Sonairte and other partners developing regional food hubs using the OFN digital platform.
- Soil and Biodiversity**  
 Sharing the findings of Talamh Beo's Soil Biodiversity Literacy & Enhancement EIP Project

## SCHEDULE

### SATURDAY 25th March

- 10.00 - Voices from the Field
- 11.30 - Growing a stronger movement
- 14.00 - Break out sessions
- 15.30 - Rural Europe Takes Action
- 16.45 - Rural Ireland Takes Action
- 17.15 - Final Reflections

- 20.00 - SpeakEATsy  
Dinner & Entertainment

### SUNDAY 26th March

- 10.00 - Breakfast Check In
- 11.15 - Four Options
  - STRAND 1 - Just Transition
  - STRAND 2 - Digitalisation - OFN
  - STRAND 3 - From Seed to Fibre
  - STRAND 4 - Syntropic Agroforestry
- 13.00 - Lunch
- 14.00 - Four Options
  - STRAND 1 - Policy Cohesion
  - STRAND 2 - Movement Building
  - STRAND 3 - Community Seed Banks
  - STRAND 4 - A RED Gardens Experience
- 15.30 - Final Reflections
- 16.30 - Farm Visits - Options on the way home



The Night Orchard will be in the Food Hub serving up breakfast and lunch.

#### Breakfast

- €2.50 Scones or Riot Rye Bread with jam and butter
- €5.00 French Omelette with Spinach, Kale, cheese and Irish Herbs
- €2.50 Coffee
- €2.00 Regular or herbal Tea
- €3.00 Cake

#### Lunch

- €6.00 Seasonal Vegetable Soup with Riot Rye bread and butter
- €9.00 Big Plate of seasonal salads, Hummus and/or Pesto, Mossfield and other local cheese + Riot Rye bread & butter



## RURAL EUROPE TAKES ACTION WEBINAR

SATURDAY 25th MARCH | 15.30 - 16.30 GMT

Forum Synergies will be helping us connect to Europe with this blended session, giving online participants the opportunity to join Feeding Ourselves.

An emerging initiative from Ireland and three initiatives from the book "*Rural Europe Takes Action - No more business as usual*" will share how they contribute to the local food economy.

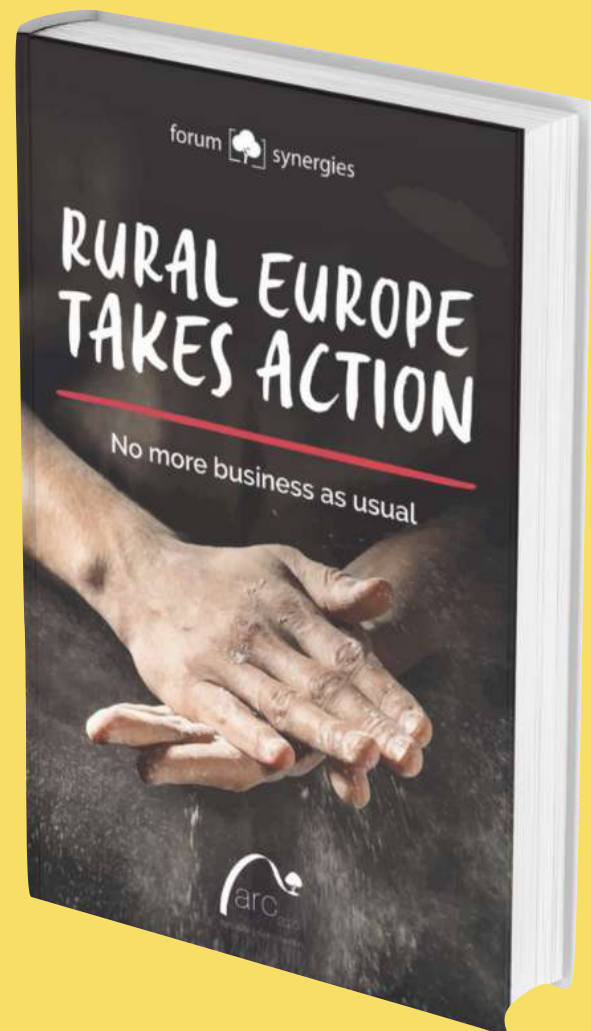
The "Local Agricultural and Food Policy" from Plessé municipality will show how elected people & citizens decided to take agricultural affairs into their own hands in order to maintain the village farming activity.

The **Balkan Seeds Network**, a network of scientists and seed savers' organisations tapping into the rich biodiversity and agricultural heritage of South Eastern Europe to stimulate resilient food systems and transnational cooperation.

**Food Hubs** : Food hubs and the digital platforms like Open Food Network have emerged as a powerful way to enable the aggregation, value addition, distribution, and marketing of local food, Cloughjordan Community Farm tells the story of their Food Hub and DESIRA Living lab.

**Women in Agriculture** : Talamh Beo the Irish Land Workers Alliance are envisioning what gender equality looks like in agriculture and how inequality prevents women bringing their perspective and experience to the discussion, design and implementation of all things food, farming and rural living.

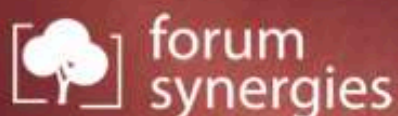
Register [here](https://www.forum-synergies.eu) to participate in the webinar!  
[www.forum-synergies.eu](https://www.forum-synergies.eu)



The ARC2020 and Forum Synergies book titled "*Rural Europe Takes Action - No more business as usual*" reveals the power of European civil society and the collective intelligence and imagination of numerous rural experts, policymakers and practitioners.

Rural Europe Takes Action - no more business as usual. (ebook)  
Rural Europe Takes Action - no more business as usual (PDF)

[www.arc2020.eu](https://www.arc2020.eu)



# WEBINAR | RURAL EUROPE TAKES ACTION

SATURDAY 25th MARCH | 15.30 - 16.30 GMT | 16.30 - 17.30 CET

# FEEDING OURSELVES

European and Irish experiences share how they contribute to a resilient local food economy.

[www.forum-synergies.eu](https://www.forum-synergies.eu)

BALKAN SEEDS NETWORK | LESSONS FROM PLESSÉ | DIGITALISATION & FOOD | WOMEN IN AGRICULTURE



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OURSELVES



# RURAL IRELAND TAKES ACTION

SATURDAY 25th MARCH | 16.45

An ever-growing number of farmers have been creating an alternative to the conventional mainstream farming model. In this session four pioneering North Tipperary farmers share their stories.

**Mimi Crawford** manages Crawford's Farm with her husband Owen integrating environmental stewardship to produce healthy soils, diverse pastures and the highest quality beef, pork and rich raw milk, cream, butter and buttermilk that they sell directly.

**Sean O Farrell** manages a 60-acre certified organic Cloncannon farm near Moneygall in North Tipperary. Sean keeps a suckler herd, as well as pigs, poultry and goats, runs a social farming programme, hosts educational events for Biodiversity and Heritage Week and opens the farm as an eco-tourist visitor site.

**Ailbhe Gerard** manages Brookfield Farm on the banks of Lough Derg. She studied sustainable development in University College London, and organic farming for three years in the renowned Scottish Agricultural College (SRUC) and currently lectures at Gurteen Agricultural College. Recently she ran the Creative Ireland funded project Field Exchange, where relationships between agriculture and creativity were examined in response to the changing climate.

**Maurice Deasy** farms a 120-acre farm in Northwest Tipperary along with his father Ruaidhri Deasy. Maurice brews beer at Canvas Brewery located on the farm and has been growing heritage Irish grains that are processed and malted on site using sustainable energy to eventually be made into beer.

## SpeakEATsy - Saturday 25th


There is an option to join the evening extravaganza that is the one and only SpeakEATsy, a unique evening of music, poetry, food and interview-style conversation. This event is so much more than the sum of its parts. The elements are a convivial evening with a delicious meal with local produce, an after dinner conversation, peppered throughout with performance poetry and tunes from local artists.

In recent years contributors have included Mark Boyle, Ella McSweeney, Paul Kingsnorth, Cara Augustenberg, Mary Reynolds, Lorna Gold and Rob Hopkins.

Here are a couple of short videos that give a flavour of SpeakEATsy

<https://www.youtube.com/watch?v=nTg4DBJoGkk>

[https://www.youtube.com/watch?v=JVIn9fuRC\\_0](https://www.youtube.com/watch?v=JVIn9fuRC_0)



MEAL | SPOKEN WORD | MUSIC | CONVERSATION | DJs

# SpeakEATsy

WeCreate | CloughJordan Ecovillage | Sat Mar. 25th | from 19.00

This convivial evening, featuring artists, poets and special guests is hosted by **Cultivate** and **CloughJordan Community Farm** in the **FoodHub**

**19.00 - 21.00 Fabulous Farm Feast**  
with **Alex** from **West Coast Toast** and **Maurice Deacy** of **Canvas Farmhouse Brewery**  
Followed by a **compelling conversation** on the **Curlew** with **Michelle Carey**, **Lenny Antonelli** and **Oonagh Duggan**

**21.00 - 00.00 Evening Entertainment**  
**Spoken word** from **Mel White** | **Live music** via **The Beet Roots** - First Friday session taster featuring **Wendy Bailey**, **Nick Ward**, **Sara Szucs**, **Patrick O Connor**, **Nicantsaoi**, **Shay Hannon**, and **Nat Stone**. **Eats & Beats DJs** **Aaron Bailey**, **Ruari McBride** and **Ollie Moore**

**€28 / €38**  
Feeding Ourselves Network rate Regular ticket

[www.cultivate.ie](http://www.cultivate.ie)

**CANVAS** **CLOUGHJORDAN COMMUNITY FARM** **cultivate**





# FEEDING OURSELVES GATHERING

## Sunday 26th March

Four strands of activity over the day, all starting and ending together.

**10.00 - Breakfast Check In**

**11.50 - Four Options to Choose From**

### STRAND 1

#### Just Transition - Rural Ireland on the Move

Listening deeply to farmers and their concerns on agriculture policy.

### STRAND 2

#### Digitalisation in the Rural Economy

Policy outputs from DESIRA (Digitisation: Economic and Social Impacts in Rural Areas) and learnings from the Irish DESIRA Living Lab, introducing the benefits Food Hubs and the user-owned OFN digital market platform.

### STRAND 3

#### From Seeds to Fibre

Seeds4All - Natural Dyeing Workshop by Malú Colorín of FibreShed

### STRAND 4

#### Introduction to Syntropic Agroforestry

Astrid Adler introduces Syntropic Agroforestry principles for different scales and situations.



## FROM SEED TO FIBRE

Seeds4all



**Natural Dyeing Workshop with Malú Colorín**  
FEEDING OURSELVES | SUNDAY 26th MARCH | 11.00-13.00

**NUMBERS FOR THIS SESSION ARE LIMITED**  
TO SECURE A PLACE EMAIL ADELE AT... [contact@seeds4all.eu](mailto:contact@seeds4all.eu)

**13.00 - Lunch**

**14.00 - Four Options to Choose From**

### STRAND 1

#### Another Rural Is Possible

Policy check-in . ARC, Talamh Beo, Environmental Pillar and others present policy ideas for feedback.

### STRAND 2

#### Movement Building

Building a stronger alliance for regenerative food economies in Ireland

### STRAND 3

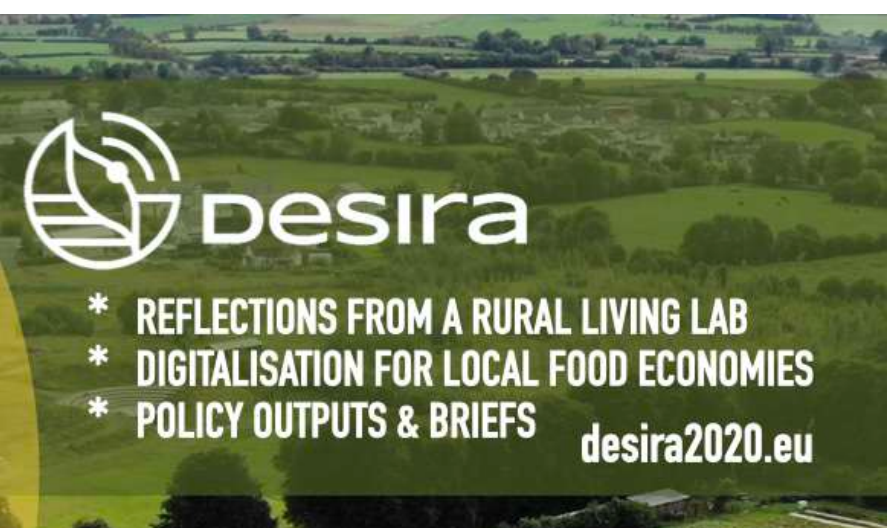
#### Community Seed Banks

The Cloughjordan Community Seed Bank will be introduced by expert local horticulturist and grower, Kevin Dudley, followed by a discussion on the importance of saving seed

### STRAND 4

#### A RED Gardens Experience

Join Bruce Darrel for this insightful session that will give you an exclusive behind-the-scenes look at the RED Gardens Project and the valuable work being done there.



\* REFLECTIONS FROM A RURAL LIVING LAB  
\* DIGITALISATION FOR LOCAL FOOD ECONOMIES  
\* POLICY OUTPUTS & BRIEFS [desira2020.eu](http://desira2020.eu)



**15.30 - Final Reflections & Close**

**16.30 - Farm Visits: Options on the way home**

[www.cultivate.ie](http://www.cultivate.ie)





**CLOUGHJORDAN COMMUNITY FARM**

[cloughjordancommunityfarm.ie](http://cloughjordancommunityfarm.ie)



# FEEDING OURSELVES

THE COMMUNITY OF PRACTICE FOR REGENERATIVE, COMMUNITY-LED & COOPERATIVE LOCAL FOOD INITIATIVES

[www.solidnetwork.ie/feeding-ourselves](http://www.solidnetwork.ie/feeding-ourselves)

**Feeding Ourselves Network is the community of practice for regenerative, community-led & cooperative local food initiatives on the island of Ireland.**

[www.solidnetwork.ie/post/upskilling-local-food-initiatives](http://www.solidnetwork.ie/post/upskilling-local-food-initiatives)

## Subscribe

If you are interested in being part of a movement towards regenerative local food economies subscribe to the 'Feeding Ourselves' e-bulletin for updates. <https://mailchi.mp/22e72a7c7d25/feeding-ourselves-bulletin>

## Let's have lunch together!

**Third Wednesday of the month. 12.30 - 13.30**

These informal lunchtime sessions provide a chance to share challenges, learn from each other and strengthen relationships with kindred initiatives.

The Feeding Ourselves Training Network has received support from the WHEELS Training Links Programme

The Training Links programme is funded from the National Training Fund through the Department of Further and Higher Education, Research, Innovation, and Science.



An Roinn Breisoideachais agus Ardoideachais, Taighde, Nuálaíochta agus Eolaíochta  
Department of Further and Higher Education, Research, Innovation and Science

## Up-Skilling Local Food Initiatives 6 Module Training Course

Designed to build the capacity of the Boards, staff and the stakeholders of regenerative, co-operative and community-led food initiatives.

Module 1 - **Cooperation - The Principles of Solidarity**

Module 2 - **Dynamic Governance - Organisational Structure**

Module 3 - **Dynamic Governance - Decision Making**

Module 4 - **Dynamic Governance - Meetings & documentation**

Module 5 - **Appropriate Digitalisation**

**Introducing OFN LOOMIO & OPEN COLLECTIVE**

Module 6 - **The Power of Story**

**Introducing Public Narrative**

The sessions were developed in association with [URGENCI](http://URGENCI), the international grassroots network of all forms of regional and Local Solidarity-based Partnerships for Agroecology (LSPAs). We have recorded the sessions and will making the course available on URGENCI's [e-learning platform](#).

[www.solidnetwork.ie/feeding-ourselves](http://www.solidnetwork.ie/feeding-ourselves)