

Kinvara Sustainable Living

August 21st - Saturday- Growing and cooking with soft fruit. Learn how to grow strawberries, raspberries, currants etc. and how to jam, jelly, bake freeze and make ice-cream with the fruits.

August 22nd - Sunday - Planning your polytunnel for the Winter. If you have a tunnel you should be using it to it's maximum potential all year round. So what can you grow in winter and spring - early potatoes, early strawberries, winter salads, bunching carrots. This course will cover all these and more.

August 28th - Saturday- Build your own cob /clay outdoor pizza oven. At Doorus Orchard Community Garden we have a cob pizza oven built last year. This oven will be lit and lunch prepared in it with cooking demonstration and a lesson on yeast dough making. A mock up oven will be built to show how it's done, from making the dome to plastering it all at the end. This is a very mucky hands on course.

September 4th - Saturday- Chickens and Eggs- a day course in poultry keeping. This course covers housing, fox proof fencing, feeding, buying and sourcing hens, keeping cockerels and ducks. Lunch is egg themed with recipe ideas also.

September 18th- Saturday- Beginner's veg growing 1, getting started, siting and soil preparation, successful seed sowing and how to grow potatoes and salads.

September 25th - Saturday- Seed Saving - learn the basic techniques of saving your own seeds at home. This course will cover some basic botany, sex in the plant world and hands on practice at threshing small quantities by hand.

October 2nd - Saturday- Beginner's veg 2 - maintaining soil fertility, managing pests and diseases, how to grow cabbages, onions, leeks and garlic, and carrots and parsnips.

October 9th- Saturday- Polytunnel gardening- getting it right for next summer. This course would suit a new tunnel owner or someone who had a go without much success. We will cover sowing and growing tomatoes, courgettes, cucumbers, basil, French beans and sweetcorn. We will also look at manures and liquid feeds, and pest and disease control.

November 6th - Saturday- Orchard Husbandry- Planning, planting and pruning. For anyone who'd like to grow apples and pears and plums etc. This time of year is the correct time to prepare the soil and bare root winter planted trees fair better and cost less than potted trees in mid summer.

All day courses cost 75 euro with a concession rate of 55 euro for those in receipt of social welfare, OAPs, students and the unemployed. A hearty homemade lunch of seasonal produce from the community garden is provided.

Evening class- Create your own Kitchen Garden- 6 evenings, Gort, Wednesdays, 7:30pm to 9:30pm, starting September 15th, covering all aspects of vegetable, salad

and herb growing. Includes a 1/2 day practical session on Saturday October 16th. Cost 115 euro, 85 concession.

www.kinvarasustainableliving.com