

CAFÉ OF THE YEAR 2020
GROW HQ
GROW COOK EAT

WHAT'S ON
2020

CAFÉ
GARDENS
SHOP
COOKERY &
GROWING CLASSES

a GIY Life...

WWW.GROWHQ.ORG



OPEN 7 DAYS A WEEK

CALL US ON 051 584422 OR
EMAIL US HELLO@GROWHQ.ORG

9AM - 5PM

FARRONSHONEEN,
ARDKEEN,
WATERFORD CITY



GIY IS A MOVEMENT OF PEOPLE WHO GROW SOME OF THEIR OWN FOOD. WE ARE A NOT-FOR-PROFIT SOCIAL ENTERPRISE DEDICATED TO SUPPORTING PEOPLE TO GROW SOME OF THEIR OWN FOOD AT HOME, SCHOOL, WORK OR IN THE COMMUNITY. **GROW HQ** IS A PLACE WHERE THERE ARE NO BARRIERS BETWEEN WHERE FOOD IS GROWN, COOKED AND EATEN. IT IS THE HOME OF GIY, THE MOTHERSHIP AND A PLACE OF JOY, HEALING AND GREAT FOOD THAT EMBODIES ALL THINGS GIY.

MEET THE TEAM

MICHAEL KELLY: GIY FOUNDER

#KALETOTHECHIEF

Mick is a man with an impressive list of titles after his name. In no particular order they're: grower, author (of GROW COOK EAT and GIY's Know-it-Allmanac), TV presenter (of RTE's GROW COOK EAT), dad (to little people, dogs and chickens) social entrepreneur and public speaker. There's more, but sadly we've run out of space...



JB DUBOIS: HEAD CHEF

#DICEICEBABY

With his passion for zero-waste cooking and expertise at creating flavoursome and innovative dishes using fresh, local, seasonal and responsibly sourced ingredients, our talented Head Chef JB has been an instrumental part of GROW HQ's success at winning a number of prestigious awards, including Café of the Year 2020.



RICHARD MEE (BSC MSC): HEAD GROWER

#WEEDEMANDREAP

Richard has oodles of growing experience having previously worked as a commercial organic grower, horticultural trainer, and an organic inspector and consultant. Richard is currently steering us towards our goal of achieving organic certification.



ALEX HANLON: CHILDREN'S COORDINATOR

#BROCSTAR

With a background in organisational psychology, we're not too sure how Alex managed to appoint herself our Children's Coordinator. But with an unrivalled talent for turning toilet roll holders into art masterpieces we can't think of anyone better.



TIMI NICHOLSON OF SIMPLE NO WASTE LIFE (GUEST SPEAKER)

#REUSEITORLOSEIT

A zero waste speaker and environmental activist, Timi is passionate about sustainable living. On her blog, Simple No Waste Life, she shares her experience and expertise in order to help others to reduce waste. Timi has just started a masters in climate change in Dublin City University.



HOW FOOD GROWS WITH MICHAEL KELLY



DATES:
MAR 28TH
APR 25TH
MAY 23RD
JUN 27TH
SEPT 19TH
OCT 17TH

PRICE: €65
(INCL. PLATTER LUNCH)

TIME: 10AM - 4PM

Are you interested in growing some food yourself? Or perhaps you're just curious about where the food you eat comes from and how it grows.

Join GIY founder, bestselling author and presenter of RTE's GROW COOK EAT, Mick Kelly, for a full day immersed in real food.

Along with learning from Mick about growing food, you will have the opportunity to sow your own seeds, tour the GROW HQ gardens with Mick and enjoy a delicious home-grown HQ lunch cooked by our award-winning Head Chef, JB Dubois. At the end of the day you will take home your newly planted seed pot, a variety of informative growing guides and lots of other information to get you started growing your own food. No prior food growing knowledge or experience is required to join this course.



BIODIVERSITY IN THE GARDEN

Our gardens can either be a haven for wildlife or an ecological desert – ultimately the choice is yours. Join GROW HQ's Head Grower, Richard Mee, on an informative course that looks at how you can plan and manage your garden to maximise its value for biodiversity and, as a result, play a part in confronting the climate crisis. The course will explore what plants to grow for pollinators, ecological soil management and ways to encourage birds into the garden.

DATES:

MAR 7TH

APR 4TH

SEPT 26TH

OCT 24TH

PRICE: €25

(INCL. PLATTER LUNCH)

TIME: 9.30^{AM} - 12.30^{PM}

PRESENTED BY



POLLINATOR FRIENDLY GARDENS

Bees and other pollinating insects are vital for global food production. But they are in trouble.

The good news is you can help by making your garden as pollinator friendly as possible. By taking small and achievable actions every garden, no matter its size, can be a haven for pollinators looking for food and shelter. Come along to this event where staff from the National Biodiversity Data Centre will show you simple ways to create an outdoor space where an array of pollinators can thrive and survive.

DATE: JUN 20TH

PRICE: €25

TIME:

10^{AM} -

11.30^{AM}

WILDFLOWER SEEDS FOR POLLINATORS

The best plants we can grow for our bees and other pollinators are native Irish plants. This workshop will show you how to collect seed from native wildflowers and save them successfully for sowing yourself. It is aimed at people who want to collect wildflower seed and use it to provide food for pollinators in their garden, school, community or local area.

DATE: SEPT 5TH

PRICE: €30

TIME:

10^{AM} -

11.30^{AM}

PRESENTED BY



PLEASE NOTE: THIS COURSE TAKES PLACE IN THE BIODIVERSITY CENTRE, BEECHFIELD HOUSE, WATERFORD INSTITUTE OF TECHNOLOGY WEST CAMPUS, CARRIGANORE, CO. WATERFORD

BOOKING ESSENTIAL: CALL 051 584422 OR ONLINE GROWHQ.ORG



POLYTUNNEL & GLASSHOUSE GROWING WITH RICHARD MEE

Polytunnels and glasshouses are perfect for growing crops out of season, as well as summer crops that find our usual Irish summers too cold – and, often, too wet – for comfort. Join GROW HQ's Head Grower, Richard Mee, to discover how you can easily grow a range of fruit and vegetables under cover. During the course you will learn what you can grow in polytunnels and glasshouses and when you should sow and harvest different crops, along with gaining valuable advice on controlling pests and diseases, methods for preparing soil and tips on managing watering.

DATES:
MAR 21ST
& OCT 10TH

PRICE: €45
(INCL. PLATTER LUNCH)

TIME:
9.30^{AM} - 12.30^{PM}



DATE:
NOV 28TH

PRICE:
€45 (INCL.
PLATTER LUNCH)

TIME:
9.30^{AM} -
12.30^{PM}

FRUIT GROWING WITH RICHARD MEE

Fruit growing is surprisingly easy if you put a little thought and effort into it. And the rewards are a bountiful crop of locally grown tasty fruit, from tangy apples to juicy strawberries. Join GROW HQ's Head Grower, Richard Mee, to discover how to establish your very own fruit garden and look after it to ensure regular crops of fruit. During the course you will learn how to plan a fruit garden and prepare the soil for planting, along with gaining valuable advice on managing your fruit bushes and trees, including the different pruning methods.



INTENSIVE COMMERCIAL GROWING

Selling home produced fruit and vegetables, or using them in your café or restaurant, is something that many gardeners, chefs and farmers consider. Join GROW HQ's Head Grower, Richard Mee, to explore the feasibility and viability of intensive horticultural production for sale or use within your own food business. During the course you will learn about the appropriate crops to grow for sale or internal use, how to plan for the growing year and effective crop management for a range of suitable crops, as well as discussing the use of polytunnels, how to sell your produce and whether to grow organically.

DATE:
FEB 15TH

PRICE:
€65
(INCL. PLATTER
LUNCH)

TIME:
10^{AM} - 4^{PM}

KEEPING HENS WITH MICHAEL KELLY

Imagine the joy of collecting your own eggs from the straw of your very own hen coop? Most back gardens can support a couple of laying hens to give you fresh, delicious and nutritious home-reared eggs. GIY founder Michael Kelly has been keeping a flock of hens in his garden in Dunmore for nearly 15 years, and his 12-year-old son now sells the eggs in an honesty box at their gate. Join Mick at GROW HQ for a morning to talk through the basics of keeping hens and meet celebrity hens Thelma & Louise from the first episode of RTE's GROW COOK EAT. Award-winning, home-grown GROW HQ lunch included.

DATE:
AUG 22ND

PRICE:
€45
(INCL. PLATTER
LUNCH)

TIME:
**9.30^{AM} -
12.30^{PM}**





COOK WITH JB

ZERO WASTE DINNERS

Root-to-stem and tip-to-tail cooking uses all parts of a vegetable and every bit of animal to create delicious meals.

Join GROW HQ's Head Chef and advocate of zero waste cooking, JB Dubois, to discover innovative ways to create nourishing meals with minimal waste. GROW

HQ is the Irish hub of the Chefs' Manifesto, a global initiative to drive progress against food issues, including food waste.

DATE:
JAN 30TH

PRICE: €30

TIME: 6.30^{PM} - 8.30^{PM}



PLANT BASED MEALS (NOT MEAT FREE)

Plant-based meals does not have to mean meat-free. A plant-based diet can, if you like, include meat, fish, chicken or dairy. Instead of basing the dish on the protein (meat) component, try basing it on the plant (vegetable) component. Think of meat as a garnish - an addition to the main event. Join GROW HQ's Head Chef JB Dubois to discover how easily you can have a delicious plant-focused diet while still incorporating meat and dairy.

DATE: FEB 27TH

PRICE: €30

TIME:
6.30^{PM} - 8.30^{PM}



DATE: MAR 26TH

PRICE: €30

TIME:
6.30^{PM} - 8.30^{PM}

GOOD FOR YOUR GUT

Fermentation is a great way to extend the shelf life of certain foods. And when consumed these fermented foods can provide our guts with beneficial 'good' bacteria. Having a healthy gut is known to improve your digestion, immune system and general health. On this course GROW HQ's Head Chef, JB Dubois, will introduce you to various traditional fermentation techniques and teach you how to ferment a range of vegetables and create delicious fermented beverages.



WEEKEND CHEF

For keen cooks the weekend can be a perfect time to indulge in your love of cooking. With no work commitments the weekend means you can spend a little more time on your meals.

DATE:
APR 30TH

PRICE: €30

TIME: 6.30^{PM} - 8.30^{PM}

On this course you will learn how to prepare delicious meals with tips and tricks from our Head Chef, JB Dubois. You'll leave with a catalogue of cooking inspiration that will allow you to impress everyone with your skills and knowledge.

A BIT ON THE SIDE

Side dishes are great for all sorts of dining situations, from quiet nights at home with a glass of wine to pre-dinner nibbles at your house-warming party. They're also ideal for quick snacks on the go. Join

GROW HQ's Head Chef, JB Dubois, to learn how to make various dips and sauces, such as hummus, pesto, ketchup and slaws.

Focusing on healthy, seasonal eating this course will be a fun and informative way of exploring different ways to use side dishes at home.

DATE: MAY 28TH

PRICE: €30

TIME:
6.30^{PM} - 8.30^{PM}

PIZZA NIGHT

Making homemade pizzas is hugely satisfying. It's also much easier than you think once you've mastered the basics. Using GROW HQ's outdoor wood-fired pizza oven our Head Chef, JB Dubois, will demonstrate the art of pizza making and share his advice and techniques for making the best pizza dough and the tastiest toppings. By the end of the course you will be creating your own delicious pizza combinations with confidence and style.

DATES: JUN 25TH & AUG 27TH

PRICE: €30

TIME:
6.30^{PM} - 8.30^{PM}





COOK WITH JB

FOOD FOR SHARING

Sharing platters are great for all sorts of gatherings, whether you're catering for two or twenty-two people. The key is getting the right flavours, textures and colours so that your platter is both flavoursome and visually appealing. Join our Head Chef, JB Dubois, to learn how to use locally sourced and seasonal food to create delicious platters that your guests will be talking about for years to come.

DATE:
JUL 30TH

PRICE: €30

TIME:
6.30PM - 8.30PM



VEGAN SWEET & SAVOURY

If you are looking to develop your knowledge of vegan cooking or would like to incorporate more plant-based meals into your daily life, then this course is for you. Our Head Chef, JB Dubois, will demonstrate how to create sweet and savoury plant-based meals that you can easily make at home. Whether you live a full vegan lifestyle or are just keen to explore a plant-based diet, then JB's recipes will certainly inspire you to experiment with sustainable plant-based ingredients.

DATE: SEPT 10TH

PRICE: €30

TIME:
6.30PM - 8.30PM



DATE: SEPT 24TH

PRICE: €30

TIME:
6.30PM - 8.30PM

HEALTHY DINNERS IN NO TIME

When you have limited time to cook it can be a challenge to quickly whip up a meal that is both nutritious and tasty. On this course GROW HQ's Head Chef, JB Dubois, will teach you how to make a range of healthy dinners quickly and easily. You will leave the course with valuable information about how to cook certain foods to preserve nutrient value, the fastest and simplest way to prepare ingredients and the health benefits of the foods we cook with.





SOUPS & BROTHS

As wholesome and incredibly cost-effective meals, homemade soups and broths are an essential part of any cook's repertoire.

Join GROW HQ's Head Chef, JB Dubois, to discover how easy it is to make flavoursome soups and nourishing broths using locally sourced and seasonal ingredients, while also learning how to make your own stock.

Once you've made (and tasted) homemade soup once you'll likely think twice about reaching for a shop-bought variety.

DATE:
OCT 15TH

PRICE: €30

TIME:
6.30^{PM} - 8.30^{PM}



BREADMAKING

Is there anything better than the aroma of freshly baked bread in your home? Whether you are a beginner or an experienced home baker - or simply a food lover - this course with our Head Chef, JB Dubois, aims to take the fear out of breadmaking and make you a baking pro in no time. You will gain a wealth of breadmaking knowledge, including how to mix a variety of bread doughs, shape your own loaf, correctly bake different breads and how to keep your sourdough starter healthy and active.



DATE: OCT 22ND

PRICE: €30

TIME:
6.30^{PM} - 8.30^{PM}

ONE-POT DINNERS

Using just one pot to create a whole meal means there is less juggling of different cooking elements, no complicated techniques required and for those tight on space there's no need for a large work area for cooking. Head Chef, JB Dubois, will demonstrate how to easily cook stews, casseroles and other one-pot dishes. Learning to cook tasty and nutritious meals using only one pot can turn your dinnertime into a stress-free, enjoyable time of the day

DATE: NOV 19TH

PRICE: €30

TIME:
6.30^{PM} - 8.30^{PM}



CHRISTMAS COOKIES, BISCUITS & SWEETS

The festive season is a time to give and receive gifts. But to make your presents extra special this year, why don't you make some unique edible handmade gifts. Join GROW HQ's Head Chef, JB Dubois, to learn how to make delicious cookies, biscuits and sweets with a festive twist that you can gift to the important people in your life. And any surplus bakes can be enjoyed by you and your family over the Christmas period. Once you've learned the basics of making these sweet delights you will be able to make them for other celebratory events throughout the year.

DATE:
DEC 3RD

PRICE: €30

TIME:
6.30^{PM} - 8.30^{PM}



DATE: DEC 10TH

PRICE: €30

TIME:
6.30^{PM} - 8.30^{PM}

CHRISTMAS CANAPÉS & NIBBLES

With the Christmas party season upon us we have just the course to get you in the festive spirit and help you prepare for large or small gatherings with friends and family. Our Head Chef, JB Dubois, will inspire your Christmas menu options by demonstrating how to create appetising and festively decorated canapés and nibbles using locally sourced, seasonal ingredients that are perfect for sharing at the start of any festive gathering. During the course you will learn how to easily prepare these tasty treats in advance so that any cooking time doesn't get in the way of spending precious moments with your loved ones.





NEW YEAR, NEW HABITS

Are you interested in living more sustainably and looking for guidance on how to make changes in your day-to-day life? If so, then join this introductory workshop with sustainable living expert, Timi Nicholson, who will highlight why it is so important for our environment to live more sustainably.

During the course she will reveal simple but impactful habit changes you can implement in your home and at your workplace that will set you on the path of leading a greener and more sustainable life. You will leave this informative workshop equipped and prepared to take your first steps towards low impact living.

DATE:
FEB 1ST

PRICE:
€55
(INCLUDES
PLATTER LUNCH)

TIME:
11^{AM} - 4.30^{PM}

ZERO WASTE KITCHEN

It's fair to say that despite knowing the impact we're having on the environment many of us still throw away far too much waste. If you're keen to reduce your everyday waste it can feel a bit too overwhelming to try and cut waste from all of aspects of your life. But why not start in the kitchen and aim to create a zero-waste kitchen in your home. On this insightful workshop sustainable living and zero waste expert, Timi Nicholson, will demonstrate simple ways to achieve this goal, with ideas on how to shop plastic free, simple ways to cook with less waste and guidance on how to plan delicious zero waste meals for a busy household.

DATE:
MAY 9TH

PRICE:
€55 (INCLUDES
PLATTER LUNCH)

TIME:
11^{AM} -
4.30^{PM}





CONSCIOUS FASHION

The fashion industry has a disastrous impact on the environment, from the water used to produce garments to the tonnes of clothing sent to landfill every year. In fact, it is the second largest polluter in the world, just after the oil industry.

But you can take simple steps to ensure your clothing choices are eco-friendly. On this full-day workshop with sustainable living expert, Timi Nicholson, you will learn how to curate a smaller wardrobe

- containing items you truly love - through focused decluttering, effective planning and sensible purchasing. It is possible to be both fashionable and kind to the planet.

DATE:
AUG 15TH

PRICE:
**€55 (INCLUDES
PLATTER LUNCH)**

TIME:
11^{AM} - 4.30^{PM}



DATE:
DEC 5TH

PRICE:
**€55 (INCLUDES
PLATTER LUNCH)**

TIME:
**11^{AM} -
4.30^{PM}**

CONSCIOUS CHRISTMAS

Christmas is a joyful time of giving, sharing, celebrating and decorating. But it shouldn't be a time to add more unnecessary pollution to our already suffering planet. Join sustainable living expert, Timi Nicholson, to discover how to create a greener Christmas without losing any of the fun and festivity. You'll leave this workshop full of ideas for thoughtful sustainable gifts for your family and friends, creative low impact gift wrapping options and tips on eco-friendly entertaining. And once you discover how easy it is to make impactful changes to your festive rituals, Christmas time will always be green.





GROW COOK EAT TOURS

New for 2020 we are offering immersive food tours at our award-winning food education centre at GROW HQ. During these fun and informative tours you will explore our organic food gardens and native woodland, reconnect with the land and taste some delicious seasonal Irish food.

The team at GROW HQ will lead you on an insightful tour of our food gardens where you will discover the history of the site and how we created a productive growing space that provides fresh organic produce for our on-site café. On a guided walk through our nature-rich woodland area you will learn about Ireland's Seven Noble Trees and the importance of creating biodiverse spaces for our native flora and fauna.

You will experience first-hand the short food-to-plate journey from our gardens to the kitchen with a cookery demonstration using freshly harvested seasonal ingredients. The tour will culminate in a tasty platter lunch in the GROW HQ café.

This is the perfect opportunity for both visitors and locals to experience a taste of the GIY Life.



CHILDREN'S CAMPS & CLUBS

**DATES:
LAST SUNDAY OF
EVERY MONTH**

**PRICE:
€20**

**TIME:
10^{AM} - 12^{PM}**

JUNIOR COOKERY CLUB

Preparing a simple, tasty and healthy meal is an essential life skill. And we believe it's never too early to start learning. At GROW HQ we are committed to inspiring and educating the next generation to grow, cook and eat with a deeper understanding and appreciation of food. But, most importantly, we do this in a fun and engaging way. Taking place on the last Sunday of each month in our Cookery Demo Room at GROW HQ, this is a popular and informative session for children aged between 6-12 years old. Our Kitchen Team will demonstrate how to create meals using fresh, seasonal and homegrown produce. By learning correct cooking techniques, ingredient selection, flavour pairing and healthy seasonings your kids will have kitchen confidence in no time..

**Pssst... Mums and Dads, why not grab
some breakfast in the cafe while you wait?**

DATES:

(EASTER CAMP)

APR 6TH - 10TH

(SUMMER CAMP 1)

JUL 6TH - 10TH

(SUMMER CAMP 2)

JUL 20TH - 24TH

(SUMMER CAMP 3)

AUG 10TH - 14TH

PRICE:

€100

TIME:

9^{AM} -

1^{PM}

CHILDREN'S CAMPS & CLUBS



GROW COOK EAT CAMPS

Our popular week-long camps are a fantastic way for children to experience a bit of our GIY Life. They will harvest fresh produce from the gardens at GROW HQ before cooking up a variety of seasonal dishes with our Kitchen Team. Your child will enjoy fun-filled days with morning yoga session, sustainable crafts and plenty of time spent outdoors. Each day is rounded off by tasting the delicious, seasonal food they've harvested and cooked themselves. Our camps offer your child a week of creativity and connection to food and nature, while having an unforgettable experience in a safe, healthy environment.

Suitable for children aged between 6-12 years old. Bring appropriate footwear and clothing, as it can sometimes get messy.





CHEFS' MANIFESTO

IT NOURISHES MINDS AND BODIES, SHAPES LANDSCAPES AND LIVELIHOODS AND CONNECTS US ACROSS CULTURES AND CONTINENTS.

But our current food system is not sustainable: hunger, inequality, waste and climate-change threaten the health of our planet and its people.

As chefs, we live for food. We are passionate about how it is grown and cooked and how it makes people feel.

And we want to give food a brighter future - from the farm to the fork.

A future where ingredients are grown with respect for the environment, where no good food goes to waste and where everyone, everywhere enjoys the nutritious meals they need to thrive.

So, we gathered from across the globe to share our stories and discuss how - through actions in kitchens, classrooms and communities - chefs can contribute to the United Nation's Global Goals.

IN AUGUST 2019, GROW HQ WAS ANNOUNCED AS THE IRISH ACTION HUB FOR CHEFS' MANIFESTO - A GLOBAL NETWORK OF CHEFS WORKING TO IMPLEMENT THE UN SUSTAINABLE DEVELOPMENT GOALS, USING A PRACTICAL ACTION PLAN FOR THEIR KITCHENS.

TOGETHER WE STAND FOR:

1 Ingredients grown with respect for the earth & its oceans



2 Protection of biodiversity & improved animal welfare



3 Investment in livelihoods



4 Value natural resources & reduce waste



5 Celebration of local & seasonal food



7 Education on food safety & healthy diets



6 A focus on plant-based ingredients



8 Nutritious food that is accessible & affordable for all



And we are committed to working with others to achieve this vision.

This is just the start of the conversation. Over the next year, we will create a plan of action to inspire change across the food system.

Join our community now and help us create a movement to deliver a better food future for all.



SDG2ADVOCACYHUB.ORG



homegrown

WITH **CONOR**

SPACEY

DATE: FEB 20TH

PRICE: €50

TIME:

STARTS AT

6.30^{PM}

We are delighted to be hosting a special event at GROW HQ with chef and champion of zero waste cooking, Conor Spacey. He will be joining our Head Chef, JB Dubois, in the kitchen for one night to create an exquisite meal using locally sourced, sustainable and seasonal produce.

As a key member of the team that launched the Irish Action Hub of the global Chefs' Manifesto at GROW HQ, we've worked closely with Conor over the past year and enjoyed collaborating with a like-minded chef whose attitude about sustainability aligns with our own. As the Culinary Director at FoodSpace, Conor has been fundamental in building the company's ethos around cooking with seasonal and responsibly sourced ingredients. With over 28 years of cooking in professional kitchens, Conor will bring a wealth of experience to the kitchen and together with the equally talented JB they will create an unforgettable dining experience.



SUMMER SOLSTICE DINNER

Join us as we approach the longest day of the year for a culinary dining experience that celebrates June's bounty in our vegetable garden, as well as the highpoint of the glorious summer season.

DATE:
JUN 20TH

PRICE: €45

TIME: 6.30^{PM}

We'll be serving up a special long-table mezze-style dinner on the terrace at GROW HQ (weather permitting) with various sharing platters full of seasonal produce and delicious homemade pizzas straight from our cob oven.

WINTER SOLSTICE DINNER

It may be the depths of winter and approaching the shortest day of the year, but the winter solstice also brings hope and optimism that the days are finally going to get longer and brighter. To celebrate this significant turning point in the year – and, with Christmas Day only a few days away, the start of your festive merriments – join us in our award-winning café at GROW HQ where under twinkly lights and Christmas decorations you will be served a fabulous midwinter feast created by our Head Chef, JB Dubois.

DATE: DEC 19TH

PRICE: €45

TIME:
6.30^{PM}

WASTED SUPPER CLUB

At our Wasted Supper Club fifty diners will be served a four-course meal created entirely from food waste. This innovative and inspiring zero-waste dinner will be created by our Head Chef, JB Dubois, in collaboration with a guest chef. The event is part of GROW HQ's remit as the Irish Action Hub for the Chefs' Manifesto, a global network of chefs working to implement the UN Sustainable Development Goals by using a practical action plans in their kitchens. Includes a welcome HQ Garden Cocktail.

DATE: SEPT 4TH

PRICE: €45

TIME:
6.30^{PM}

GROWBOX

GROWBOX IS A RANGE OF THEMED GIY BOXES FULL OF SEEDS, STUFF AND KNOW-HOW TO MAKE IT EASY TO GROW YOUR OWN FOOD AT HOME.

HOW IT WORKS:



1. CHOOSE

Browse the GROWBox range on www.GROWBox.ie and choose from small, medium or large.



2. SEND

We ship GROWBox to your door.



3. SMILE

Get started with your growing project right out of the box. Smile, you're a GIYer!

GROW THE TV SHOW



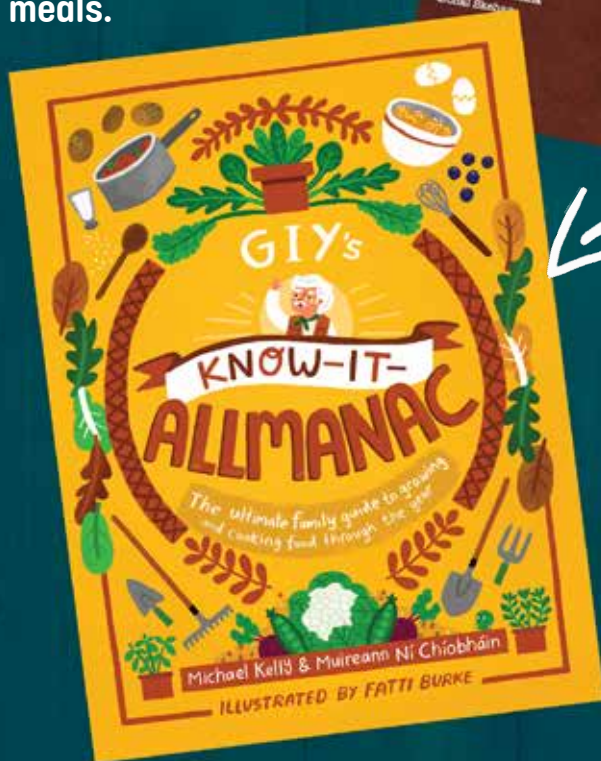
ULTIMATE STARTER GROWBOX

SEE THE FULL RANGE ON WWW.GROWBOX.IE

Our Books

AVAILABLE ON
WWW.GIY.SHOP.IE

GROW COOK EAT is packed with advice on setting off on your 'GIY Life' journey, including what to do in the veg patch each month and seasonal recipes from over 35 of the biggest names in cooking to help turn your produce into delicious home-grown meals.



GIY's KNOW-IT-ALLMANAC makes it really easy for any child to grow and cook it themselves, regardless of how much space they have. This unique book is funny, colourful, tongue-in-cheek, slightly irreverent and bursting with fun characters, information, trivia and loads of food knowledge.



SCHOOL TOURS AND VISITS

Whether it's for primary or secondary schools our typical 'GROW COOK EAT' visit is educational and fun, joining the dots on how food is grown, cooked and eaten. The students spend time in the veg patch, with our garden team, learning all about food-growing. They then harvest some seasonal produce and bring it to our demo kitchen where JB and the kitchen crew teach them how to make delicious, nutritious dishes with their harvest. They then eat the lovely food they've made and take home some recipes and leftovers (if there are any).

Typical cost is €10-€15 per child.

TEACHER TRAINING

HOW TO CREATE A VEG GARDEN AT SCHOOL

Our teacher training courses are developed with the Waterford Teacher Centre and designed to equip teachers with the knowledge and skills to develop and install a food-garden in their school, and to use that garden as a practical educational resource. Participants will develop the skills necessary to assess a site for the establishment of a garden, develop a veg calendar and cultivate a range of veg.



FOOD GROWING CAMPAIGNS

Each year we run primary and secondary school programmes that bring fun and educational food-growing experiences right in to your classroom. We also offer a limited range of grants for school garden projects. For more information visit giy.ie.

FOR MORE INFORMATION CONTACT **GROWHQ** ON 051 584422 OR EMAIL HELLO@GROWHQ.ORG OR CLICK WWW.GROWHQ.ORG



GROWHQ.ORG



GROW_HQ



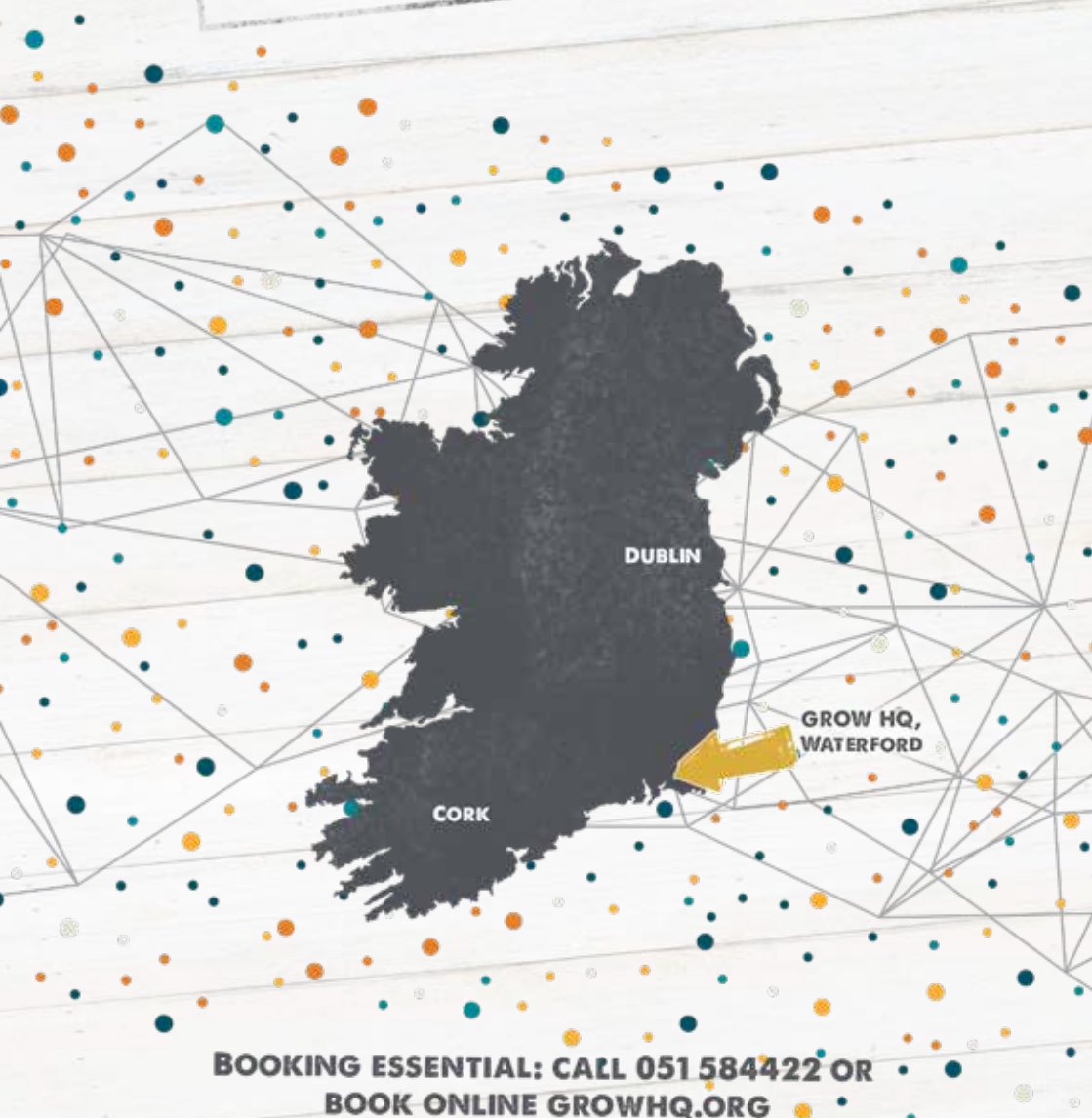
**FARRONSHONEEN,
DUNMORE ROAD,
WATERFORD CITY**



GROW_HQ



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BOOK ONLINE GROWHQ.ORG**