

# Feeding Ourselves

**How communities can benefit from co-operative food systems.**

22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> - February

**At the WeCreate Centre**

Cloughjordan Ecovillage, Tipperary, Ireland

Discover how a cooperative approach can strengthen and build more resilient and sustainable food systems, while at the same time supporting our communities and local economies.

Case Studies, presentations, panel discussions and breakout discussions will be held on topics such as, Community Supported Agriculture, Food Coops & Buyers Clubs, Community Kitchens, Food Hubs, Community Shops, On-line Distribution models, Community Gardens and other local supply and distribution systems.

If you want to create and support jobs in your area, help secure your food supply, are part of a community that wants to strengthen its local economy, or are a grower looking for a rewarding and potentially profitable way of supplementing your income, this event is for you.

***"this is an important and timely event which we're delighted to be part of...bringing knowledge developed through supporting the community food movement in the UK."***

**Mike Perry, Plunkett Foundation**

**Weekend ticket only €50** – Includes the CSA Salon, and the Saturday & Sunday Sessions

This offer is for anyone active in CSAs, Community Gardens, Cooperative Food Systems or seeking work (€65 for everyone else and €40 for members of The Ecovillage or the Community Farm)

**\* Weekend ticket does not include the Introduction to Smallholding course, lunches, dinners, accommodation or the farm Fundraiser on the Saturday evening.**

**Sessions are also individually priced to accommodate participants who cannot stay for the whole weekend.**

Friday Evening – The CSA Salon 19.30 - 21.30 = €10,

The Saturday Session 10.00 - 17.00 = €35

The Sunday Session 11.00 - 16.00 = €25

**The Saturday Farm Fundraiser - The Dub Investigation** – 10.00 - 01.00 - €12 (€10 for event participants)

**For booking email [training@cloughjordancommunityfarm.ie](mailto:training@cloughjordancommunityfarm.ie) Payment can be made when you arrive.**

*\* The Introduction to Small Holding Course on Friday is €50 and booking and payment is through <http://www.smallholding.ie/courses.html>*

**Very affordable accommodation available at Djangos Hostel**

Special CSA Weekend Rate (Friday & Saturday) €30, One Night €20. (Mention CSA event when you book)

Book through Pa Funucane at 087 2569348 or at <[pafinucane@gmail.com](mailto:pafinucane@gmail.com)> [www.djangoshostel.com](http://www.djangoshostel.com)

**B&B rooms are available in Cloughjordan House & Cookery School**

See [www.cloughjordanhouse.com](http://www.cloughjordanhouse.com) for details

Hosted by **Cloughjordan Community Farm** in association with **WeCreate** at the **Cloughjordan Ecovillage**

# Feeding Ourselves – Schedule

## Friday

09.00 – 17.00 – **Complete Introduction to Smallholding**

*With Lily de Sylva of the Irish Smallholders Association.*

*This full-day course covers all aspects of small-scale food production, giving you the basic information you need to get going on a small farm project, from your back yard to a few acres. The course costs €50 for the full day, including lunch. There are a maximum of 12 places available. For bookings, and further details, please visit <http://www.smallholding.ie/courses.html>*

19.30 – 21.30 – **The Community Supported Agriculture Salon**

*A ‘salon’ is a gathering of people held to increase the knowledge of the participants through conversation. This ‘salon’ on CSA will discuss what the different types are, where they have been developed, introduce how we do CSA here in Cloughjordan and explore the barriers to more being established.*

## Saturday

10.00 - Opening

10.10 – **Voices form the Field.** Short presentations/ case studies on different community approaches to growing and distributing food. The aim of this session is to provoke conversation in the café discussion.

*Community Kitchens and Shops, Online Distribution Systems, Bread Club, Pork Share, Beef Bonds, CSAs, Food Coops/ Buyers Clubs, Food Sovereignty Initiatives, Cooperative Structures, Community Gardens*

11.30 - **World Café Discussion** – ‘The opportunities and barriers of a cooperative approach’

13.00 - Lunch – Options Below

14.30 - **Feeding Ourselves Panel Discussion** - The Cooperative the Way Forward

*Ella McSweeney of RTE will lead this discussion, which will build on what we have heard so far and look at the setting up, structuring and the financing of cooperative food systems.*

16.00 - Break

16.15 - **Making Local Food Work** – James Alcock, Head of Frontline, Plunkett Foundation (UK)

*James is responsible for Plunkett’s Frontline service, ensuring rural communities have access to advice and support setting up and running community enterprises.*

17.00 - Close

20.00 – **Eating Together** at Cloughjordan House - €10

22.00 – **Dancing Together** at Cloughjordan House - €10 (Event participants) €12

*The Dub Investigation supported by Pressure Drop Sound system will provide the inspiration to dance. Food, refreshments and drinks will be available. This is a fundraiser for the Cloughjordan Community Farm*

## Sunday

11.00 - **Tour of the Ecovillage and Community Farm**

12.30 - Lunch - Options Below

13.30 - **Open Space Session** – *Focused breakout sessions on specific topics....*

**Growers** – (CSAs, single crop CSAs, Community Gardens, Securing Livelihoods)

**Cooperative Approaches** (Community Shops, Food Coops, Community Kitchens, Buyers Groups)

**On Line Distribution**, (OOBY Model and other emerging online distribution systems)

**Food Sovereignty** (Food security through local, just and environmentally sound food systems)

15.30 – Plenary – **Sharing our learning and moving forward.**

16.00 - **Close**

## Eating and Refreshment Options

Saturday Lunch at Cloughjordan House

Saturday Evening Eating Together option at Cloughjordan House

Lunch at the Food Store

Coffee and Cake at Sheelagh na Gig

Deli service available at Centra and Murphy’s on Main Street

Cloughjordan has 4 pubs, The Corner House, The Railway Bar, Clough Inn, Grace’s

Hosted by **Cloughjordan Community Farm** in association with **WeCreate** at the **Cloughjordan Ecovillage**

The **Cloughjordan Community Farm** is an example of community supported agriculture (CSA) and a is a cooperative approach to

the supply of food to the community. We currently provide fresh vegetables, milk and meat to over sixty member households on 40 acres of land in Cloughjordan.

**WeCreate** is a co-working space that is about to open in the Ecovillage. It provides the space and resources needed for small businesses, independent workers, designers, developers, educators, and entrepreneurs to work on their own projects. A Food Hub is being developed at WeCreate, which will provide growers, makers and food producers with space to process, distribute, and market their locally or regionally produced food goods. WeCreate will also feature a Fablab, a digital fabrication workshop, which is an innovative way to bring prototyping capabilities to communities.

WeCreate and 12 acres of the community farm are located in **Cloughjordan Ecovillage**, which features 50 high-performance green homes, over 20,000 newly planted trees and the country's largest renewable energy district heating system.



## Cloughjordan Community Farm

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**At the WeCreate Centre, Cloughjordan Ecovillage,**  
**Tipperary, Ireland**

- 1 Pedestrian Entrance to the Ecovillage
- 2 Django's Hostel
- 3 WeCreate Centre
- 4 Ecovillage Step Road Entrance - Car Park
- 5 Cloughjordan House
- 6 The Food Store
- 7 Sheelagh na Gig - Bookstore and Cafe
- 8 Community Farm - Lower
- 9 RED Gardens & Allotments
- 10 The Apple Walk - 100 native apple trees

- Please consider using the train to get to Cloughjordan.
- If driving use the designated carparks and avoid parking on Main Street.
- When walking in the ecovillage please keep to the roads and respect residents privacy

For more information, [www.cloughjordancommunityfarm.ie](http://www.cloughjordancommunityfarm.ie)  
phone Davie 087 6340697 @cloughjo\_farm or find both  
Cloughjordan Community Farm and CSA Ireland on Facebook.