

# Sustainable Food Course

Brought to you by Cullohill Community Council in Association with Tanguy de Toulgoët of Dunmore Country School



## BACKGROUND

Cullohill Community Development is coordinating this unique and innovative training course which aims to build a local skillset which will create a culture of local food production and processing here in Laois.

## TANGUY - YOUR TRAINER

Tanguy de Toulgoët is an environmentalist, educator and gardener. He is a tireless campaigner and advocate for sustainable gardening and is the proprietor of Dunmore Country School which is located in Durrow.

## HOW TO APPLY FOR THIS COURSE

To apply for a place on this innovative course, please go to this booking link: [shorturl.at/bhoDH](https://shorturl.at/bhoDH) or visit our Facebook Page [@cullohillevents](https://www.facebook.com/cullohillevents)

For further information or to arrange booking over the phone contact **John on 083 0935231** or **Tony on 086 8066725**

The course is being funded under the LEADER programme. A fee of €20 is being charged to cover incidental expenses.

Places are limited so early booking is advised.

The overall course will take you through everything you need to know to grow and preserve your own produce. It will be delivered over 2 modules: a spring module and an autumn module.

The course will be delivered twice initially - one course will be delivered over 12 mornings - the other over 12 evenings.

Delivery will be online (initially at least) and class size will not be more than 12.

## SPRING / SUMMER MODULE

### Garden Design & Growing Skills

The spring module will take you through the steps involved in designing your garden and in producing a crop using natural methods.

This Spring/ Summer module will follow the growing season and will be delivered online via Zoom over 8 sessions

The first evening session will take place on **Wednesday 28th April at 07:00pm**  
The first morning session will take place on **Saturday 01st May at 10:00am**

## AUTUMN MODULE

### Processing & preserving your harvest

The autumn module will provide you with a step by step guide on how to store and process your harvest and also how to deal with gluts of produce.

Topics covered will include freezing, drying, canning, bottling, fermenting and smoking.

The autumn module will be delivered over 4 sessions which may be a blended mix of Zoom and physical based training (in Cullohill Community Centre/ Dunmore Country School) - subject to Covid protocols. **Dates to be confirmed.**

