



Iyer's Pop-up Restaurant

Winner of Best World Cuisine in Munster for 2016 and laden down with awards from critics far and wide, Iyer's restaurant comes to Waterford for its first ever pop up outside of Cork. Don't miss the opportunity to taste Guatham Iyer's beautiful vegetarian cooking from his homeland in Southern India. The gorgeous surroundings of La Boheme restaurant will further enhance this unique 5 course tasting menu event. Numbers are limited to fifty places and tickets must be purchased in advance from La Boheme, Georges Street. T: 051 875 645

Venue: La Boheme
Admission: €39.50
Day: Sun
Time: 1pm

EnterpRISING Food Lunch

This lunch, hosted and organised by Waterford Local Enterprise Office, is a celebration of food in Waterford, showcasing produce from members of the Waterford EnterpRISING Food network. Diners will enjoy the best food that Waterford has to offer, while also hearing from some of our #WaterFoodHeroes. It's a great opportunity for all those foodies out there and also for those in business, who can use this opportunity to network, whilst enjoying a delicious lunch.

Tickets available www.localenterprise.ie/waterford

Venue: Dooley's Hotel
Admission: €17.50
Day: Fri
Time: 1pm

Waterford Craft Beer and Whiskey Festival

For those who know how to enjoy themselves, treat yourself to a selection of Heavenly Brews and The Best of World Whiskey at Waterford Craft Beer and Whiskey Festival during Harvest, in association with Beoir Ireland.

Venues include: Revolution Craft Bar, Tullys, Downes, The Reg, Phil Grimes, Granville Hotel Bar and Davy Macs. To check out who is serving what during the festival, check out www.facebook.com/waterfordcraftbeerandwhiskeytrail

Venue: Various (see above)
Admission: Pay as you go
Days: Fri, Sat, Sun



Farm to Fork and Ballybricken Fair

Farm to Fork

Sponsored by Dawn Meats, this is an interactive and entertaining insight into what 'Farm to Fork' means for you.

Interactive and entertaining demonstrations will take you on that journey from farm to fork, from field to feast. All your foodie questions can be answered here by the producers of some of the best food in the South East. There's even a pop up farm, where you can pet the animals, watch the sheep shearing or learn how to milk a cow.

Ballybricken Fair

There's a nostalgic look back, as Ballybricken Green comes alive with the sights and sounds of the old Fair. Sit on hay bales, listen to live music from the bandstand and admire the vintage tractor display. There's also falconry, face painting for the kids and lots more.

Venue: Ballybricken
Admission: Free
Days: Sat, Sun
Times: Sat 11am—5pm, Sun 12pm—5pm

Cocktail Masterclass

Spend two and a half hours in the company of two Mixologists. These professionals will take you through the making of six classic cocktails, then you get the chance to go behind the bar and create them yourselves! There's also a competition with some great prizes. Lunch and a glass of prosecco on arrival is also included.

Venue: Revolution
Admission: €25
Day: Sat
Times: 2pm, 5pm

WIT Calmast at the Fair

The Centre for the Advancement of Learning of Maths, Science and Technology was established in 2003 at Waterford Institute of Technology (WIT). Calmast reaches a huge audience with science supplements and publications and over 100,000 people at events and activities. The centre is led by Sheila Donegan and Eoin Gill.

Harvest Festival is delighted to host Calmast on Ballybricken on the Saturday of the festival, where you can enjoy and participate in the many workshops, demonstrations and activities on offer from this fantastic organisation.

Venue: Ballybricken
Admission: Free
Day: Sat
Time: Sat 11am—5pm

Whiskey Tasting

A 90 minute celebration of Single Pot Irish Whiskey with Gerard Garland, Irish Whiskey Ambassador for Middleton Distillery. In association with World Wide Wines and Irish Distillers. Tickets: www.theatroyal.ie

Venue: Revolution
Admission: €20 (all proceeds to the festival)
Day: Fri
Time: 7pm

Gin Tasting

Real gin, good gin, is one of life's pleasures, it's year round summer in a glass. Join Peter Mulryan, Master Distiller at Blackwater Distillery and sample the very best of Irish gin.

Venue: Davy Macs Bar
Admission: €10
Day: Sat
Time: 6pm

Junior HQ

A medley of workshops for the little ones, running throughout the day, over two days, in Ballybricken. Some of workshops are drop in, while others will require you to devote that little bit more time to them.

Venue: Ballybricken, **Days:** Sat, Sun

Willow Weaving, with Cathy Hayden

Admission: €5, Drop in. **Time:** 11am—12:30pm

Learn to Grow, with Ballybeg Greens

Admission: €3, Drop in. **Time:** 1pm—2:30pm

The Magic of Irish Herbs with Gemma Hughes

Admission: €5, Drop in. **Time:** 3pm—4pm

Make your own Pizza with Slice Woodfire Pizza

Admission: €5, Drop in. **Time:** 4:30pm—5:30pm



Lets Brew

For two years, Arch Coffee has been serving speciality coffee to the Waterford public from some of the world's most exclusive coffee growers in Central and South America and Africa. Join them for an introduction to coffee history and process.

If coffee is an important part of your day, then this session is for you. As well as learning about the coffee process from farm to cup, you'll have an opportunity to participate in brewing a speciality coffee using three different processes. Learn how you can make great coffee at home.

Spaces per session limited to 8. Duration 50 mins.

Venue: Arch Coffee
Admission: €10
Days: Sat, Sun
Times: Sat 9am, Sun 10am, 11am

Junior HQ Baby Day

Venue: Georges Court.
Limited places, first come first served.

Admission: Free, **Days:** Fri, Sat

Baby Massage with Laura Carroll.
(Pre-register at www.livewellwaterford.ie)

Day: Fri, **Time:** 10:30am

Pip & Pear Talk and Demo with Irene Queally

Day: Fri, **Time:** 12pm

Gymboree with Audrey Hardiman

Day: Fri, **Time:** 1:30pm

The Brickx Club with Mags Furnace
(for 3—6 year olds)

Day: Fri, **Time:** 3pm

Pip & Pear Pop Up Restaurant

Day: Sat, **Time:** 11am—3pm. Bring your baby to lunch at a one-time only pop up baby restaurant. Free event, but please donate to the chosen charity on the day.

Parlour Vintage Tea Rooms

Cream teas in true parlour vintage style with live music every day. The Parlour Vintage Tea Rooms, in Georges Street, is Waterford's new tea rooms and event space 'with a twist', located in the historic and atmospheric ground floor of the Port of Waterford Building. Step back in time and savour your cream tea, in this unique setting.

Booking essential. T: 087 212 9032

Venue: Parlour Vintage Tea Rooms
Admission: €10
Days: Fri, Sat, Sun
Times: Various (booking required)

Flahavan's Harvest Brunch

A celebration of Waterford food producers. Buffet style brunch in the company of John McKenna of John and Sally McKenna's Guides, the highly respected guide to Irish food and hospitality and one of the most influential. There will be a veritable feast of local produce on hand and the producers will also be there, to tell you their stories and pass on their passion for their food. If you're a food writer, or a critic, this is the event for you.

Hosted by The Granary, recent award winners of Munsters Best Cafe, at the Irish Restaurant Awards. There'll also be live jazz accompaniment. Tickets from the Granary, T: 051 854 428

Venue: The Granary
Admission: €17.50
Day: Sun
Time: 10:30am—12:30pm

At Garter Lane

Flamenco and Food

An evening of Spanish Dance, with tapas and refreshments. **Day:** Fri, **Time:** 7pm

Guerrilla Gardeners: Workshops For Kids

Join 'Sparks' for one or more workshops on the theme of Growing Gardens, Growing Greenhouse Gardens, The Secret Lives of Flowers and Acid Rain; Fizz, Pop and Bang!

Admission: Various
Day: Sat, **Time:** From 10am onwards

Luka Bloom: Frugalisto

With a poet's heart and a rockster's soul, Luka Bloom is regarded as one of Ireland's most respected contemporary folk artists, having produced over 20 albums since the 1970s. A master interpreter, Bloom has continued to balance original songs with reinventions of tunes by a diverse range of songwriters. Luka Bloom comes to Garter Lane with his latest album.

Admission: €21 (conc €18)
Day: Sat,
Time: 8pm

The BIG Taste

Back by popular demand! Treat yourself at Waterford Chamber Skillnet Big Taste tent in John Roberts Square. They've packed lots of exciting local artisan food startup companies into one big tent, so you can discover all that is good to eat from the South East's food producers. This community of artisan producers keeps going from strength to strength.

They'll happily offer samples of their wares and ask for your opinions. Don't be shy – give your verdict honestly. It's your chance to voice your opinion on what tastes good, or what needs tweaking! You won't leave disappointed, or hungry!

Venue: John Roberts Square
Admission: Free, **Days:** Sat, Sun
Times: Sat 11am—6pm, Sun 12pm—5pm



FREE EVENT

"Sweetbean" with a Taste of Kyoto

A heartwarming movie. An elderly woman with a unique culinary skill for making sweet bean paste transforms the life of a lonely doryaki pancake chef. Ticket includes a taste of great Japanese food from Waterford's newest Asian restaurant, Kyoto.

Admission: €15
Day: Sun
Time: 7:30pm



Bookings at www.garterlane.ie
Tel 051 855 038



Welcome to Waterford

#HarvestFest16

Main Sponsors



Friday 9 September		
Time	Event	Venue
10:30am–4pm	Oil Painting Workshop – Paint a Harvest Basket	Soma Gallery
10:30am, 12pm, 1:30pm, 3pm	Junior HQ Baby Day	George's Court
1pm	EnterpRISING Lunch	Dooley's Hotel
1pm	Readings at The Book Centre	The Book Centre
1pm–6pm	Harvest Kitchen	Palace Square
1pm–7pm	Art Storm	The Mall
1pm–7pm	enterpRISING Food	Cathedral Square
1pm–7pm	GIY	Palace Square
1pm–7pm	Supervalu Food Academy Village	The Mall
1pm–7pm	Harvest Festival Market/Thin Gin Stage	The Mall
5:30pm–9:30pm	Local Shellfish and Seafood Celebration	La Boheme
6pm–7pm	Metalmind Harvest Blaggar Launch	Palace Square Bia Tent
7pm	Flamenco and Food	Garter Lane
7pm	Premium Whiskey Tasting	Revolution
8pm	EAT Waterford multi-course taste experience	Greyfriars Gallery

Saturday 10 September		
Time	Event	Venue
9am	Lets Brew	Arch Coffee, George's Street
From 10am	Guerrilla Gardeners Workshops for Kids	Garter Lane
10:30am–4:30pm	Oil Painting Workshop – Paint a Harvest Basket	Soma Gallery
11am–3pm	Pip & Pear Pop Up Restaurant	George's Court
11am–7pm	Harvest Festival Market/Thin Gin Stage	The Mall
11am, 3pm, 4:30pm	Junior HQ	Ballybricken
11am–7pm	Supervalu Food Academy Village	The Mall
11am–7pm	Art Storm	The Mall
11am–6pm	Saturday Market	John Roberts Square
11am–5pm	Dawn Meats – Farm to Fork	Ballybricken
11am–6pm	The Big Taste	John Roberts Square
11am–7pm	EnterpRISING Food	Cathedral Square
11am–7pm	Harvest Kitchen	Palace Square
11am–4pm	The Big Bia Consumer Study	Palace Square Bia Tent
11am–4pm	Art on The Railings	Viking Triangle
11am–5pm	Ballybricken Fair	Ballybricken
11am–5pm	Meet The Makers at Larder	Larder, The Quay
11am–5pm	Calmst – WIT Fun With Maths, Science and Technology	Ballybricken
11am–7pm	GIY	Palace Square
12pm–5pm	The Business of Food Talk	Cathedral Square
12pm–5pm	Harvest Fit Food and Wellness Area	The Plaza
1pm	Readings at The Book Centre	The Book Centre
1pm–4pm	Tango in Waterford	Viking Triangle
1pm–6pm	A Taste of Poland	Cathedral Square
2pm	Fon, Furry, Foodie Crafts!	Central Library
2pm, 3:30pm	Ballybeg Greens Grow Workshops	The Plaza
2pm, 3:30pm	Ballybeg Greens Grow Workshops	The Plaza
From 2pm	Guinness and Oyster Festival	Longboat at The Reg
2pm	EAT Tapas Style Lunch	Greyfriars Gallery
2pm, 5pm	Cocktail Making Masterclass	Revolution
2pm–4pm	Willow Weaving with Cathy Hayden	City Square Shopping Centre

Saturday 10 September		
Time	Event	Venue
4pm–6pm	Blaa Eating Heats	Palace Square Bia Tent
4:15pm	Harvest Community Gardening Competition Judging	The Plaza
5:30pm	Sea Gardening in September	Killarney Beach
6pm	Viking Rocks Festival BBQ	Baileys New Street
8pm	EAT Waterford multi-course taste experience	Greyfriars Gallery
8pm	Luka Bloom	Garter Lane

Sunday 11 September		
Time	Event	Venue
10am, 11am	Lets Brew	Arch Coffee, George's Street
10:30am–12:30pm	Flahavan's Harvest Brunch	The Granary
12pm	Festival Service	Cathedral of The Most Holy Trinity
11am, 1pm, 3pm, 4:30pm	Junior HQ	Ballybricken
11am–4pm	Art on The Railings	Viking Triangle
12pm–3pm	Little Mill Baking Competition	Theatre Royal Vestibule
12pm–6pm	Supervalu Food Academy Village	The Mall
12pm–4pm	The Big Bia Consumer Study	Palace Square Bia Tent
12pm–5pm	Harvest Oil Painting Workshop Exhibition	Soma Gallery
12pm–5pm	Saturday Market on Sunday!	John Roberts Square
12pm–4:30pm	Macra Na Feirm Children's Pedal Tractors	Cathedral Square
12pm–5pm	Meet The Makers at Larder	Larder, The Quay
12pm–5pm	Dawn Meats – Farm to Fork	Ballybricken
12pm–5pm	Ballybricken Fair	Ballybricken
12pm–5pm	The Big Taste	John Roberts Square
12pm–5pm	Harvest Fit Food and Wellness Area	The Plaza
12pm–6pm	GIY	Palace Square
12pm–6pm	Art Storm at Harvest	The Mall
12pm–6pm	Harvest Festival Market/Thin Gin Stage	The Mall
12pm–6pm	Harvest Kitchen	Palace Square
12pm–6pm	EnterpRISING Food	Cathedral Square
1pm	The Business of Food Talk	Cathedral Square
1pm	Iyer's Pop Up Restaurant	La Boheme
1pm	Readings at The Book Centre	The Book Centre
1pm–6pm	A Taste of Poland	Cathedral Square
2pm	EAT Waterford multi-course taste experience	Greyfriars Gallery
From 2pm	Guinness and Oyster Festival	Longboat at The Reg
2pm, 3:30pm	Ballybeg Greens Grow Workshops	The Plaza
2pm–4pm	Wicker Weaving with Cathy Hayden	Viking Triangle
3pm	Harvest Blaa Eating World Championships Final	The Mall Stage
7:30	"Sweetbean" with a Taste of Kyoto	Garter Lane
All Festival	Tapas River Tours	The Brian Boru
	Viking Rocks Craft Beer Festival	The Reg
	Waterford Craft Beer and Whiskey Festival	Various
	Food Heroes – Waterford Camera Club Exhibition	City Square Shopping Centre
	The Parlour Vintage Tea Rooms – Cream Tea and Music	Parlour Tea Rooms

Event Calendar

9–11 SEPT 2016

Waterford HARVEST FESTIVAL

www.WaterfordHarvestFestival.ie



@harvest_fest Waterford Harvest Festival @harvest_fest



Viking Triangle

Harvest Basket Oil Painting on Canvas

Join artist Liz Maguire for a two day workshop to produce an oil painting on canvas, with the theme 'Harvest Basket'. Liz will provide the canvas (18" x 24"), oil paints, linseed, mixing sheets and palette knives. Just bring your own brushes! All the paintings will then be exhibited on Harvest Sunday from 12—5pm in Soma.

Note: This is a two day workshop, so if you sign up you need to be available for Friday and Saturday. You can sign up on www.lizmcguiregallery.com or on the day.

Venue: Soma Gallery
Admission: €50
Days: Fri, Sat (2 day workshop)
Time: 10:30am—4:30pm with lunchbreak



Art Storm

Beads, buttons and bubbles. Come and join us in the Art Storm tent on the Mall, an art and craft haven of fun and creativity for all ages. No booking required. All children under 5 years must be accompanied by an adult.

Venue: The Mall
Admission: €5
Days: Fri, Sat, Sun
Times: Fri 1pm—7pm, Sat 11am—7pm, Sun 12pm—6pm



Harvest Restaurant Specials

La Boheme
www.labohemerestaurant.ie
On Friday, in La Boheme, join a local seafood celebration, with fresh produce from Dunmore East. This is a strictly ticketed event, tickets from La Boheme, T: 051 875 645
Admissions: €50
Day: Fri
Time: 5:30pm—9:30pm

The following restaurants, in addition to their house menus, will also offer special Harvest Menus over the Festival Weekend.

Momo
www.momorestaurant.ie
The Bistro at the Tower Hotel
www.towerhotelwaterford.com

Festival Market

Waterford's Viking Triangle is transformed into a feaster's fantasy with a weekend of taste bud tempting events! The Mall will be stuffed with producers showcasing and selling their mouth watering food and beverages. It's a veritable bounty of Waterford's finest Harvest.

The Festival Market is all about local, quality produce and their dedicated producers. We've worked very hard to make sure there's something for everyone. It's for everyone who enjoys good food, from tiny taste buds to mature munchers.

The Thin Gin Stage has music every day, with appearances from the Waterford Barrack St Concert Band, Hooks and Crooks and Amber and the Bear, among many others.

Something for everyone then – just bring your appetite!

Venue: The Mall
Admission: Free
Days: Fri, Sat, Sun
Times: Fri 1pm—7pm, Sat 11am—7pm, Sun 12pm—6pm

Blaa Fest at Harvest

The Blaa Consumer Study
Let's put an end to any notions that the blaa is just a floury bap. This study will prove once and for all that the blaa is an individual product, unique to Waterford. The French have their champagne, the Greeks have their feta, the British have their stilton and Waterford has the blaa. It's confirmation of the decision to award PGI status to our favourite foodstuff. Sample the famous blaa and participate in this scientific consumer study run by UCD.

Venue: Palace Square
Admission: Free
Days: Sat, Sun
Times: Sat 11am—4pm, Sun 12pm—4pm

GIY

GIY has a great tradition of bringing their enthusiasm and love of food to the Harvest Festival every year. This year will be no different with the GIY patch promising to be an oasis in the city. Wander among the fragrant herbs, chat to our growers and stock up on all your food growing necessities. Relax on the pallet benches and learn how to create your own edible nirvana at home in any space.

Venue: Palace Square
Admission: Free
Days: Fri, Sat, Sun
Times: Fri 1pm—7pm, Sat 11am—7pm, Sun 12pm—6pm

EnterpRISING Food

Stroll through the EnterpRISING Food Market brought to you by the Local Enterprise Office in Waterford. Meet your local #WaterFoodHeroes, producing great food from across the City and County who make up the EnterpRISING Food Network. Explore this imaginative festival market, stuffed with traders showcasing their mouth-watering food and handcrafted curios.

Venue: Cathedral Square
Admission: Free
Days: Fri, Sat, Sun
Times: Fri 1pm—7pm, Sat 11am—7pm, Sun 12pm—6pm



Harvest Blaager Brew Launch
Come to the launch of a brand new, very limited edition, lager, brewed specially for the Harvest Festival by Metalman Brewing Co. It's made using hundreds of authentic Waterford blaas in the Metalman Brewery, based in the heart of Waterford city. This could be your only chance to sample this unique product, so don't miss out.

Venue: Palace Square
Admission: Free
Day: Fri 9 Sept
Time: 6pm—7pm

Viking Rocks Craft Beer Festival

Presented by The Reg and The Munster Bar, Viking Rocks Craft Beer Festival, in association with Waterford's own Metalman Brewery and Cork's Franciscan Well Brewery, is one of the most popular features of Harvest Festival. Metalman and Franciscan Well will provide up to twelve different Craft Ales, Lagers and Wheat Beers. Metalman have brewed a unique Blaa Beer – 'Blaager', especially for Harvest! Viking Rocks would not be complete without live music from the region's top live bands performing on the Viking Rocks Stage in the intimate surroundings of the medieval French Church on Bailey's New Street.

Saturday evening from 6pm is the Harvest Feature Event with top live bands, craft beers and a BBQ for all to enjoy with no cover charge. A full bar will also be available indoors.

See Harvest website for details.

Venue: The Reg and The Munster
Admission: Pay as you go

SuperValu Food Academy Village

At SuperValu 'We Believe in Local' and that's why we are the biggest supporter of local producers and suppliers in Ireland.

Food Academy work with and nurture, small businesses through their journey from start up to getting their products on our shelves.

At Harvest Festival 2016 SuperValu will give you a flavour of the Food Academy Heroes and allow you to sample all that is good about Irish food.

Venue: The Mall
Admission: Free
Days: Fri, Sat, Sun
Times: Fri 1pm—7pm, Sat 11am—7pm, Sun 12pm—6pm

The Business of Food

Meet some local business entrepreneurs in the EnterpRISING Food Village, to learn how they've done it. Get advice on growing your own business, including product development, distribution, how to access finance and the do's and don'ts of starting up.

Saturday
'Growing your Food Business'. Contributors include Dermot Walsh's Bakehouse and Louise Grubb, Q1 Scientific and EY Entrepreneur Finalist.

Sunday
'Your Food Business: Setting up from Scratch'. Contributors include Irene Queally from Pip & Pear, Barry Rogers from Chia Bia, plus a member of the Lismore Food Company.

Venue: Cathedral Square
Admission: Free
Days: Sat, Sun
Times: Sat 12pm, Sun 1pm

Blaa Eating Competitions

Put your competitive hat on and come and sample a range of competitions at Blaa Fest. Or just pop down and watch those who are brave enough to participate. Teams and individuals welcome.

There's heats in various competitions and it's all based around the blaa! You get to include extra ingredients for your blaa, from the ever popular red lead and crisps, to the humble ham blaa. You can also enjoy a blaager – the Metalman Blaa beer, brewed specially for the festival.

On Sunday at 3pm, on the Mall Stage, the winners of the previous days heats will battle it out for the prize of becoming the World Blaa Eating Champions at Harvest 2016.

Venue: Palace Square
Admission: Free
Days: Sat, Sun
Times: Sat 4pm—6pm, Sun 3pm

Guinness and Oyster Festival

The Reg presents the 2016 Guinness and Oyster Festival at the Viking Longboat at Reginald's Tower from 2pm on both Saturday and Sunday of Harvest. See their chefs shucking oysters and sample some with a cold, creamy Guinness or a glass of Prosecco. Then stroll up Bailey's New Street and taste some of the finest craft beers from around Ireland.

Venue: Viking Longboat at The Reg
Admission: Pay as you go
Days: Sat, Sun
Time: From 2pm



EAT Waterford

Eat Waterford is a collaborative initiative of the restaurants of Waterford city, bringing their food out of their own venues and into the lovely surroundings of Greyfriars. They're offering fantastic tasting menus, over three days and nights of the Harvest Festival. It's your opportunity to eat the fantastic food of Waterford's favourite restaurants, in one special venue!

Fri, Sat 8pm and Sun 2pm: Full multi-course taste experience. Semi-formal dinner, showcasing the best cooking Waterford has to offer utilising our fantastic local produce. Tickets: €39

Sat 2pm: Flavour experience. Tapas style lunch experience, showcasing Waterford's diverse culinary offerings. Tickets: €19

Tickets: Theatre Royal Box Office. T: 051 874 402 www.theatreroyalwaterford.com

Venue: Greyfriars Gallery
Admission: Various (see above)
Days: Fri, Sat, Sun
Times: Various (see above)



Tapas River Tour

A pop up restaurant from Waterford's popular tapas venue and wine bar, The Olive Tree, on board the Brian Boru, a traditional gaff rigged wooden sailing ketch, on the River Suir. Enjoy Waterford's best tapas and amazing wine, while taking a 90 minute tour downriver.

Places limited, booking is essential. For more details and bookings, contact The Olive Tree. T: 051 585 555

Venue: The Brian Boru
Admission: €30
Days: Fri, Sat, Sun
Times: Various (contact the Olive Tree for details)

Meet the Makers

Come along and meet some of the region's newest artisan food producers, in one of Waterford's quaintest food venues. The Larder specialises in local homemade produce and great coffee and the producers you will meet supply the fantastic chutneys, curries, breads and other produce sold there. You'll get a chance to sample all the wonderful fare on offer.

Venue: Larder, The Quay
Admission: Free
Days: Sat, Sun
Time: Sat 11am—5:30pm, Sun 12pm—5pm

Harvest Kitchen

Urban street-food from Flavourhaus, using up-cycled cooking machines made from barrels, washing machines and car wrecks. There'll be fire, smoke and flame, all used to turn local produce into dishes packed with flavour, in Flavourhaus' unique, inimitable and fun style. All accompanied by great music and entertainment. Not to be missed!

Venue: Palace Square
Admission: Free
Days: Fri, Sat, Sun
Times: Fri 1pm—6pm, Sat 11am—7pm, Sun 12pm—6pm

Little Mill Baking Competition

Little Mill is owned and managed by the Mosse family. Based in Bennettsbridge, Kilkenny, they produce stone ground wholemeals. Little Mill products can be found in the Food Academy aisle in all SuperValu stores.

Bring along your finest wholemeal bakes to the vestibule of the Theatre Royal to enter this free competition and win one of the three luxury hampers from the Irish Food Co-Op.

Venue: Theatre Royal Vestibule
Admission: Free
Day: Sat
Time: 12pm—3pm



Willow Weaving

Join Cathy Hayden, Basketmaker, to weave with willow. Make your own traditional style willow platter under the expert guidance of this expert weaver. Cathy is passionate about her craft, having worked with willow for the past 25 years and will take you through the process, step by step. All materials supplied.

Pre-register with Cathy on 087 637 9298

Venue: City Square
Admission: €20
Days: Sat, Sun
Time: 2pm—4pm

A Taste of Poland

Join Waterford's Polish community as they take you through the art of making traditional Polish dumplings and sample them as well, of course! There'll also be live music and folk dancing.

Venue: Cathedral Square
Admission: Free
Days: Fri, Sat, Sun
Time: 1pm—6pm



Sea Gardening in September

Interested in seaweed? Want to know which ones are edible, how to cook it and the health benefits of seaweed? Join Marie Power, the Sea Gardener, on The Copper Coast to experience wild food and nature at it's best.

Admission includes your forage at beach, followed by tastings of seaweeds and dishes from Marie's delightful book, The Sea Garden, at Mother McHugh's Bar, Fenor village. Meet at Mother McHugh's at 5:30pm for this novel two and a half hour tour. Places limited. Book ahead on www.theseagardener.ie

Venue: Kilfarrasy Beach
Admission: €30
Day: Sat
Time: 5:30pm



Harvest Fitfood and Wellness

An area devoted to health, wellbeing and fitness. Kindly supported by Waterford Chamber Skillnet.

Venue: WVW Plaza
Admission: Free
Days: Sat, Sun
Time: 12pm—5pm

Talkshops

Saturday

Kangoo Jumps
Rebounding is one of the most beneficial aerobic exercises ever developed, using the custom shoes 'Kangoo Jumps'. Join Katrina and Daniel from Kangoo Club Waterford for an introductory class. Adults only.
Time: 12pm

Living from the Sea
Marie Power, author of 'The Sea Garden', will talk about the health benefits of seaweed and foraging for it. This will cover everything from eating, through to its' use for health and relaxation purposes.
Time: 1pm

Trish's Honey Products
A demonstration on how to make natural, organic skin care products from real Irish Honey, with Trish O'Neill, from Trish's Honey Products, a small but growing business based in Dunhill, Co. Waterford.
Time: 1:45pm

Seagull Bakery; The Good Bread
This artisan micro bakery, based by the seaside in Tramore, specialises in sourdough breads, the oldest and most original form of leavened bread. Meet the Baker, Sarah Richards, who trained and worked in Ballymaloe House Kitchens, who will let you get your hands sticky whilst preparing the perfect, healthy loaf.
Time: 2:30pm

Salads are not just for Summer
Meet Frances Walsh, raw food blogger and writer, from the Honest Project. People often think salads are just for summer, but Frances will show you a range of super easy Autumn and Winter salads, to show how eating salads and raw vegetables is appealing, even in cold weather.
Time: 3:15pm

Community Garden Competition, Final
Time: 4:15pm

'The Wisdom of Fionn'
Fergus Hogan is a writer, storyteller, lecturer and social worker, who's recently written 'The Wisdom of Fionn'. Fergus believes that wellness is closely associated with the foods we eat. Join him for a reading of an old Irish tale from his inspiring book.
Time: 4:30pm

The Power of Juice
Dr. Mark Rowe will bring raw ingredients and a juicer to the stage. He'll make the ultimate green juice and explain the health benefits of each and every ingredient that he uses drawing on his expert knowledge and passion for wellbeing.
Time: 4:50pm

Community Garden Competition

Three Waterford community groups have designed and planted their own micro garden! There's €250 for the winner, but more importantly the winning group also gets to create their own postcard garden at Bloom 2017. Judged by Gary Graham from Bloom and Cian Hawes, Super Garden Winner, the winner will be announced at 4:15pm on Saturday, on the Plaza. Kindly supported by Mount Congreve, The Granville Hotel and Ballybeg Greens.

Ballybeg Greens

Whether you have a big or a little space, Ballybeg Greens will show you how to grow your own, with a particular focus on late crops, as we approach Autumn. They will also do an 'everything you need to know' talk and demonstration, based around planting your berry bushes and trees, so they'll be ready for next year's Summer Harvest. Saturday and Sunday at 2pm and 3:30pm.



Sunday

House of Yoga
Join Karla from House of Yoga, Waterford, for an all levels, all ages yoga practice to kickstart your Harvest Heart! Karla has developed her own style of merging yoga movements with house and disco beats, bringing balance to body, breath, heart and mind. There's no need to bring a mat, just practice as you are.
Time: 12pm

Sports Nutrition Talk
Brought to you by Glanbia. A panel style discussion hosted by Kieran O'Connor, sports commentator. Kieran will interview some of the Waterford's finest athletes, delving into the fascinating world of sports nutrition. Panelists include Stephen Barrett, international cyclist turned exercise physiologist and Captain of the Waterford Senior Hurling Team, Kevin Moran.
Time: 1pm

Healing Herbs
Join Herbalist Gemma Hughes, who has studied at the College of Naturopathic Medicine of Ireland. Learn about the healing effects of native Irish herbs and how to make tinctures and teas to cure your ailments.
Time: 2:15pm

Family Zumba
An introduction to the fitness craze, Zumba. Join Adrianna Zarins from Zumba Fitness to get a flavour of this fantastic, high energy, dance fitness programme. It's an exhilarating, easy-to-follow, Latin-inspired, dance fitness-party. This one is for the whole family.
Time: 3pm

Fermented Drinks
Join local Waterford chef, Mark Lanagan, as he guides you through the world of fermented drinks and their benefits. Mark will discuss how you can put these probiotic drinks into your diet. He'll show you how to get started, making these probiotic rich drinks in your own kitchen.
Time: 3:45pm

Meditation Drumming
Clare Power and Vispi Shroff from Eight Oaks Holistic will lead a meditation drumming workshop, including a final ceremony to bring this Fit Food and Wellness area to a fitting finale.
Times: 4:30pm, 5pm

