



Courses and Events 2011

An Gáirdín
Organic & Ecology Centre.
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Early booking is advisable with a €20 deposit for all day courses.



An Gáirdín Organic & Ecology Centre
Welcome to our Spring/Summer Programme

2011 UNITED NATIONS INTERNATIONAL YEAR OF FORESTS

About half of Earth's species of plants, animals and micro-organisms live in Forests.
In 2011 The United Nations has called on all of us for a renewed commitment to the Ecological and Sustainable care of Forests.

**International Biodiversity
22nd May**
"The air we breathe, the food, water and medicines we need to survive, the variety of life on Earth, the climate that shapes our present and future – they all depend on Forests" IUCN

Good News Story:

Deforestation in Brazilian Rainforests has fallen to its lowest in 22 years.
Due to the awareness and commitment of its citizens the President of Brazil has vowed to cut deforestation by 80% by the year 2020.

Forests everywhere are under threat, locally and globally. We, the citizens of Ireland can take action to protect our forests – our own **Local Forests and Woodlands.**



Brazil holds about 1/3 of the world's Rainforests.
Rainforests are the richest eco-systems of the Planet.
The Amazon Rainforest produces about 20%
of the world's oxygen.

"Forests offer the quickest, most cost effective and largest means of curbing global emissions" IUCN

JUNE

Wed 8th

10am-4pm

**Salad
Production**

Dolores Keegan

Dolores will cover a large range of Salad Crops – seed varieties, propagation, spacing, tending, rotations, and diseases, outdoors and in the tunnel.

Cost €45



Sat 11th

10.30am-4pm

**Awakening to the
World of Nature**

John Feehan

Again we will be out and about with John as he leads us into the world of plants, insects, invertebrates and their habitats.

Today we will be focusing more on the Ecology of the local area.



We are guaranteed another day of exciting learning and marvelous discovery.

Cost: €40

Frí 17th

7.30-9pm

**Summer Solstice
Celebration**

Colette Baynes

We have been gradually moving through the season of Spring to midsummer. Again we invite you to join us in tuning into and celebrating the rhythm and energy of the longest day, the fullness of light, the magnificence of colour and the fertility of earth.

Cost: €20



Sat 25th

10am-2pm

**Preserving &
Storing
Your Produce**

Renée Strauss

This is day 2 of Renée's workshop on preserving and storing fresh produce.

She will cover freezing, drying and other methods.



Demo, sampling and something to bring home!

Cost: €30

MAY

Sat 7th

10.30am-1pm

**Celebrating
Bealtaine**

Colette Baynes

Spring is turning to Summer. Birdsong fills the air and growth is everywhere. Life is bursting with fertility. Colette will lead us in this celebration with time in nature, dance and meditation.

All are welcome

Cost: €20

Wed 11th

10am-4pm

**Growing in
Polytunnels**

Dolores Keegan

This day covers all aspects of tunnel growing including: choosing and erecting a tunnel, choosing suitable varieties of plants for tunnels, designing a yearly crop plan, maintaining healthy plants and irrigation

Cost €45



Sat 21st (& June 11th)

10am -4pm

**Awakening to the
World of Nature**

John Feehan



We will be out and about with John as he leads us into the world of plants, insects, invertebrates and their habitats. John's intimate knowledge, enthusiasm and vast experience will make this day one of exciting learning and marvelous discovery.

Cost €40

Day 2 in June John will be leading us in exploring and getting to know the Ecology of the local area.

Sat 28 & June 25

10am-2pm

**Preserving/Storing
Your Produce**

Renée Strauss

Renée will demonstrate how to capture the flavours as you store your fruit and vegetables fresh from your garden in jams, chutneys, relishes and pickles.

Demo, sampling and something to bring home!

Cost €25



Renée will continue with further methods on June 25th

JAN



Thurs 27th

7pm-9pm

Wholefood Cookery

Lynda McFarland

Class 1: Weight Loss Cookery

Lynda will demonstrate healthy cooking & nutrition, aimed at balancing blood sugar levels, thereby preventing cravings and supporting weight loss.

Cost: €20

Sat 29th

10.30am-1.00pm

Celebrating Imbolc & St Brigid

Colette Baynes

Spring is in the air! The signs of new life are everywhere. Brigid, patron of Land and Healing is associated with this time of year. Colette will lead us in reflecting and tuning into the energies and gifts of the Spring season.

Cost: €20



FEB

Thurs 17th 7-9pm

Wholefood Cookery - Lynda McFarland

Class 2: Brain Foods

Lynda will demonstrate healthy cooking & nutrition, aimed at feeding the brain the nutrients it needs for improved memory, concentration and good mood.

Demo and Sampling **Cost: €20**

The 9-day Organic Horticulture course begins in mid to late February. Fetac certification is optional. Book early

Wed 23rd

10am-4pm

Growing in Polytunnels

Dolores Keegan

This day covers all aspects of tunnel growing including: choosing and erecting a tunnel, choosing suitable varieties of plants for tunnels, designing a yearly crop plan, maintaining healthy plants and irrigation



Cost €45

MAR



National Tree Week 6th - 12th March

Join us during the week and learn how to **plant Small Native Woodland** in the corner of your garden and how to plant a **Native Hedgerow**. Contact us for further details.

Sat 5th

10am-2.30pm

Medical Dowsing

Ciaran Graham

Medical Dowsing – the oldest form of medical diagnosis is carried out with the aid of a pendulum or other intuitive instrument to identify the likely cause of a given illness. You will learn to use your divining skills.

Cost: €30

Mon 21st

7pm-9pm

Collecting your Rainwater

Muriel Hayden
&

Michael O'Rourke

Muriel will demonstrate how she has devised her own inexpensive method of saving Rainwater for her small business. Michael has been equally creative in saving rainwater from his tunnel and other sources. Avoid water shortage!

Cost: €15

Thurs 24th

7pm-9pm

Wholefood Cookery

Lynda McFarland

Class 3: Cardio Cookery

Lynda will demonstrate healthy cookery and nutrition aimed at lowering LDL cholesterol and balancing blood pressure naturally through diet and lifestyle.

Demo & Sampling

Cost: €20

Sat 26th

10.30am-1pm

Spring Equinox

Colette Baynes

Celebrate this special season of balance, of equal day and night, of new life and hope, with song, dance and meditation. All are welcome.

Cost: €20

WORLD WATER DAY Tue 22nd

*See Mon. 21st
Rainwater
Harvesting*

APRIL

Sat 16th

10am-4pm

Herb Growing Made Easy

With Dolores Keegan

Learn how to have a wide variety of fresh, tasty herbs all year round.

During the course Dolores will share her thirty years experience of herb growing. We will cover seed sowing, taking cuttings, garden layout, getting your soil right, looking after your herbs to get the best from them and you will have some recipes to take

home.

Cost €45



21st April

10.30am-12.30

Composting : Morning Workshop

Kieran Hickland

(Marking International Earth Day)

Once and for all why not take this opportunity to learn the few basic and easy rules that will turn your organic/kitchen waste into rich garden fertiliser.

Kieran will take you practically through each step.

Save money! Save labour!

Do something really really worthwhile.



You'll feel great!! **Cost €10**

**INTERNATIONAL EARTH DAY
22ND**

Thurs 21st

7pm-9pm

Wholefood Cookery

Lynda McFarland

**Class 4: Energy
Boosting**



During this class Lynda will demonstrate healthy cookery aimed at boosting energy levels in the body and alleviating fatigue.

Demo & Sampling

Cost: €20

Organic Horticulture Courses

In mid February we will be resuming our 9-day Organic Horticulture Course. This one-day per month course takes participants right through the growing seasons. This is a popular course so please book early.

Celebrations

We celebrate the ever-changing seasons and cycles of nature – marked by the Spring and Autumn Equinoxes and Summer and Winter Solstices.

Tuning into nature's changing rhythms and energies brings harmony and balance in our own lives.

Green Fingers Project

Through the Green Fingers Project, 8 schools in Co. Galway are creating their own Organic Garden, with an emphasis on protecting Biodiversity. This year we are also open for school visits to participate in our exciting Ecology programme.

Be the Change Symposium

In a time of great change – economic, social, spiritual, cultural and political, the Symposium, through video offers some powerful insights into 'Where we are at, 'How we got here', and 'A possible future'. We will facilitate this symposium in your parish or club.

(Roisin O'Brien, Michael O'Rourke and Noreen Lyons are trained facilitators of the Symposium.)

Study/Reflection Group

We



meet every other Monday evening. We explore in a relaxed way writers and thinkers who express insight into this unique time in the history of the planet.

Iontas

Our new workshop 'Iontas' is an example of sustainable building. It has a special ambiance. Iontas is also available to groups for workshops and meetings.

Note from An Gáirdín

We hope that you find something in this programme that will interest you and that you will find our garden and Iontas wonderful venues in which to learn and grow.

We are grateful to our experienced tutors for their commitment and for helping us compile this diverse programme.

All day courses include a light organic vegetarian lunch. Early booking is advised, as numbers on courses are always limited. A deposit of €20 is required for all courses. Thank you.

