

All demonstrations will be held in the Healthy Horticulture Marquee, Trade H section on Visitor Map

**HEALTHY
HORTICULTURE**

**BALMORAL
SHOW 2023**
10TH - 13TH MAY

 Ulster Bank

Cookery Demonstrations by Joy Rollston.

Each day at 11am, 1.30pm & 3.00pm



I'm Auntie Joy from Killylea, County Armagh. I'm a dairy/poultry farmer who decided to reskill as a Chef. My PASSION is to create DELICIOUS recipes and to see the expression on faces who try them. But mainly encouraging everyone to have a go, and shake off the cooking nerves.

Wednesday 11.45am & 4.00pm

Local, Seasonal and Sustainable Flowers with One Small Seed Flower Farm

Connect with the seasons and enjoy learning more about truly local and seasonal flowers, grown in a sustainable way in the heart of County Antrim. Susanna from One Small Seed Flower Farm will talk you through what is blooming on the farm and demonstrate a hand tied bouquet.



Wednesday 12.30pm & 2.15pm

Sustainable floristry techniques for seasonal cut flowers by Sow Grateful



Sow Grateful grew out of a passion for horticulture and for environmental issues. We saw the need for more NI grown produce and in 2019 decided to turn our hobby into a business. With help from East Belfast Enterprise we were able to access start-up support and launched Sow Grateful in 2020.

Our growing methodology is with nature in mind so we grow naturally (no chemicals) with no-dig principles and with soil health at the forefront. We design with diversity in mind so as to encourage and support a broad range of wildlife.

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Thursday 11.45am

Esker Farm Daffodils

Delightfully Different Daffodils

Demonstrating the variation within different daffodil divisions; what makes a good show flower and how to stage a bloom for a competition.

Dave and Jules Hardy, based in West Tyrone – growing and showing exhibition daffodils since 2015, selling award winning blooms across the world.



Thursday 12.30pm & 4.00pm

Hummingbird Meadow & Design



Seasonal Hand-tie

Carly will show you how to do a seasonal hand-tie, discussing what's in season now and put the arrangement together discussing about how the flowers started off...

Sustainable Arrangement

Carly will demonstrate a sustainable arrangement and discuss the benefits of this, not using old fashioned styles and again using seasonal flowers and discussion around that.

Thursday 2.15pm

Gardening the Royal Way – tips and hints from Claire Woods Garden Manager at Hillsborough Castle and Gardens , sustainable gardening ,improving biodiversity whilst creating interest in your garden all year round to make your garden fit for a King .

Claire Woods is the Garden Manager at Hillsborough Castle and Gardens previously she taught horticulture at CAFRE – Greenmount Campus , her special interests are in sustainability , biodiversity and growing fruit and vegetables. As a regular contributor to BBC Gardeners Corner and the Irish Garden magazine Claire shares her lifelong experience with gardeners throughout Ireland and beyond.



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Friday 11.45am & Saturday 12.30pm

Island Flowers By Sarah

Edible Kitchen Wreath Making

Sarah will be demonstrating how to make a Aromatic Culinary Wreath decorated with herbs and other edible materials.



Sarah McQuaid is a Fermanagh Studio based Florist at Island Flowers by Sarah in Enniskillen.

Friday 12.30pm & 2.15pm

Garden with Mary

Grow your Own Vegetables for Beginners

Learn the basics on how to grow your own vegetables.

Mary has been gardening for almost 25 years and running gardening workshops and classes for over ten years. I am also a regular contributor on BBC Radio Ulster's Gardeners Corner and I have passion for growing edibles and working in harmony with nature and wildlife.



Friday 4.00pm & Saturday 2.15pm

Rural Support

Social Farming – Caring for our Communities



Our demonstration will tell the story and impact of Social Farming across Northern Ireland. Social Farming is a service delivered by farmers, providing the opportunity for individuals with support needs to get involved in farming in a supportive way. Social Farming participants are supported in the farm environment to learn, to connect, and to achieve their potential.

Bio detail: Rural Support deliver the Social Farming Support Service for Northern Ireland through funding from DAERA.

Aoibheann Walsh (Head of Social Farming and Innovation) and Elaine Conlon (Social Farming Support Service Co-ordinator) will lead the demonstration with input from active Social Farmers.

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Saturday 11.45am

Growing at Home for Health and Biodiversity

Staff from TCV will talk about the benefits of growing fruit and vegetables at home and how to make your garden and veg patch wildlife friendly. Tips will be given on varieties of vegetables to grow, containers to grow in, when to sow and how. There will be a demonstration on how to make a small planter for food growing. The session will end with a Q and A session with experienced staff.

TCV works to give everyone access to a good quality natural environment where biodiversity is enhanced, and environmental inequalities, along with the social and economic consequences, are minimised.

We also believe that the quality of our natural environment is a powerful driver of health and well-being. Our Green Gyms, a social alternative to conventional gyms, promote better health and well-being.

