

Cookery & Gardening Demonstration Timetable

	Wednesday	Thursday	Friday	Saturday
11.00am	Cookery Demo by Joy Rollston	Cookery Demo by Joy Rollston	Cookery Demo by Joy Rollston	Cookery Demo by Joy Rollston
11.45am	Local, Seasonal and Sustainable Flowers with One Small Seed Flower Farm	Esker Farm Daffodils – Delightfully Different Daffodils	Island Flowers – Edible Kitchen Wreath Making	The Conservation Volunteers - Growing for Health & Biodiversity
12.30pm	Sustainable floristry techniques for seasonal cut flowers by Sow Grateful	Hummingbird Meadow & Design - Seasonal Hand-tie	Garden With Mary - Grow your own vegetables for beginners	Island Flowers – Edible Kitchen Wreath Making
1.30pm	Cookery Demo by Joy Rollston	Cookery Demo by Joy Rollston	Cookery Demo by Joy Rollston	Cookery Demo by Joy Rollston
2.15pm	Sustainable floristry techniques for seasonal cut flowers by Sow Grateful	Gardening the Royal Way by Claire Woods	Garden With Mary - Grow your own vegetables for beginners	Rural Support - Social Farming caring for our communities
3.00pm	Cookery Demo by Joy Rollston	Cookery Demo by Joy Rollston	Cookery Demo by Joy Rollston	Cookery Demo by Joy Rollston
4.00pm	Local, Seasonal and Sustainable Flowers with One Small Seed Flower Farm	Hummingbird Meadow & Design - Sustainable arrangement	Rural Support - Social Farming caring for our communities	


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

 Ulster Bank

