

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

**HEALTHY  
HORTICULTURE**



## 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

## Foraging Home Decor by Sarah McQuaid, Island Flowers

Demonstrating how to use foraged materials for home decoration to bring different elements and inspiration to your spaces.

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



Wednesday 12.30pm and Saturday 11.45am

## Esker Farm Daffodils

### Partners in Crime – companion planting for daffodils.

Demonstrating what plants that can be used to compliment daffodils in the garden.

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



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

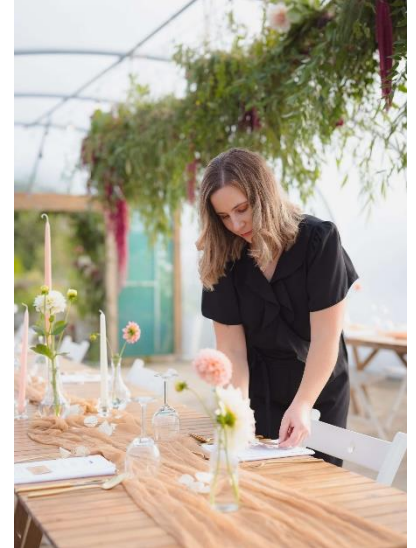
**HEALTHY  
HORTICULTURE**

**BALMORAL  
SHOW 2024  
15<sup>TH</sup> – 18<sup>TH</sup> MAY**  
Ulster Bank

### Wednesday 2.15pm

#### Embracing local, seasonal and sustainable floristry by Victoria Baird, Origin Flowers.

What started with a tiny polytunnel and a couple of raised beds has blossomed into a beautiful flower farm, vegetable growing collective and events space. Victoria started growing wild flowers to help with biodiversity on the vegetable plot and caught the floral bug! Since 2018 Origin flowers has continually expanded, each year finding another space for more flowers. Our weddings and workshops have increased and we now have a fabulous full diary each year. The story is still being told and each year brings another challenge and opportunity to grow.



### Thursday 11.45am & Friday 2.15pm

#### Rural Support

#### Social Farming Growing Together



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.

Rural Support deliver the Social Farming Support Service for Northern Ireland through funding from DAERA. Aoibéann

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.

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

**HEALTHY  
HORTICULTURE**



**Thursday 12.30pm**



### **Alex Lyttle, Manager Roy Lyttle Ltd**

Around the shores of Strangford Lough on the Ards Peninsula, the air is a little warmer. That creates good conditions for growing vegetables, which is what the Lyttle family has been doing for over thirty-five years. Son, Alexander, has recently joined the business and extended the range of crops grown.

The primary crop in the summer is Spring Onions (Scallions) and for ten months of the year, is Leeks. These are grown, harvested, prepared and packed and finally delivered to client specification. Parsley and Herb Celery, (or Soup Celery) are also grown for processors who produce washed and chopped soup vegetables and ready-made soups supplied to the major multiples across the UK. They have recently extended this range to include Beetroot and coleslaw Cabbage.

They also grow a range of organic vegetables, including Cabbages and Leeks, as well as Purple Sprouting Broccoli. Since 2017 they have been growing Organic Potatoes for independent retailers and box schemes. They are working to extend the season of availability of supply in order to reduce imports because consumers are becoming increasingly supportive of local producers.

**Thursday 2.15pm**

### **Sustainability in a Royal Garden by Claire Woods**

Tips and hints from Claire Woods Garden Manager at Hillsborough Castle and Gardens about sustainable gardening, improving biodiversity whilst creating interest in your garden all year round.

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.



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

**HEALTHY  
HORTICULTURE**



**Thursday 4.00pm & Saturday 2.15pm**

### **Fantastic Five – five mini projects for the Garden by The Conservation Volunteers**

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.



**Friday 11.45am**

### **Growing a cut flower business from the ground up by Andy McCormick, 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.

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

**HEALTHY  
HORTICULTURE**



**Friday 12.30pm**

### **Grow a garden full of flowers for cutting by Angharad Maxwell, Hilltop Flowers**

I will be chatting through how everyone can grow their own cut flowers and demonstrating how to make a seasonal hand tie.

Set in a beautiful location in the hills above Belfast and overlooking Stragford Lough, Hilltop Flowers prides itself on producing premium quality seasonal flowers which are grown organically. These luxury blooms are sold both directly to customers and to florists. Offering unrivalled variety, Angharad provides flowers that cannot be sourced elsewhere and are all chemical free.



**Friday 4.00pm**

### **Community Farming at Jubilee Farm by Tim Davies**

#### **Jubilee is a Christian creation care organisation**

We define 'creation care' as environmental and agricultural stewardship that incorporates fairness and flourishing, welfare and wellbeing.

We practice and promote care farming, community-supported agriculture (CSA), and conservation education and engagement, with people of all backgrounds and beliefs at Jubilee Farm, Northern Ireland's first community-owned farm.

You can donate to support our award-winning agricultural and environmental work with volunteers, refugees and asylum seekers, adults with learning difficulties, churches, and communities.

You can book a private farm tour or shop in online farm shop for our pork & vegetable products. Every year we have a 26 week Vegetable Box scheme from our farm market garden, which you can join.



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

HEALTHY  
HORTICULTURE



Saturday 12.30pm

### True Harvest Seeds

At True Harvest Seeds we collect seeds from native origin growing in the wild. We preserve the collection in the seed bank at Kilclief, Co Down. The seed is available for the restoration of plants back into the wild. Through the science of seed conservation we can safeguard our native species for future generations. We access plant populations, work with land owners and appropriate government bodies to make seed collections from plant populations of native origin.

