



Food for Thought Marquee

Saturday, June 20

10:00	Field of Dreams Cookery*	Chef Hugo & Students (Down Syndrome Ireland)
10:30	From Research to Reality	VistaMilk and UCC
11:00	Creating your own Recipe for Wellness*	Kara O'Donnell (East Cork Nutrition)
11:30	The Story of Kinisla	Kinisla
12:00	Nourish to Flourish*	Cathy Fitzgibbon (The Culinary Celt)
12:30	All Things Pigs	Truly Irish
13:00	Irish Produce meets Indian Flavours*	Chef Gareth Carberry (The Imperial Hotel)
13:30	Enriching Irish Grasslands	DLF, Grassland Agro & Liffey Mills
14:00	Eat Well, Feel Well*	Lorna O'Regan (Feel Good Health & Fitness)
14:30	Breeding Better Herds	Munster Bovine & ICBF
15:00	Quick, Easy, Saucy Summer*	Padraig Murphy (Taste of Goodness)
15:30	Agri-careers with Sarah McIntosh	Irish Farmers Journal

**Cookery Demonstrations*
& Panel Discussions**

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