

IMMA EARTH RISING FOR FOODIES

Friday 20 September 2024

A Taste of the African Diaspora

Friday 6:00 – 8.30pm

Join us for an evening of celebration, conversation and culinary delights as we mark Culture Night and the launch of IMMA's Earth Rising festival. This vibrant event will showcase the rich food heritage and customs of conviviality from the African diaspora. Explore how food can serve as a powerful vehicle of care for both our communities and the earth. The evening will feature engaging discussions with Mamashee, Habesha Ethiopian Restaurant (Belfast), and HiSpirits Wine Club, expertly guided by Victory Nwabu-Ekeoma of Bia Zine. Together, they will delve into the diverse food and drink traditions of Africa and their role in fostering care and connection. Following the conversation, enjoy a light tasting session, lively chats, and music by Blkcns DJing.

Saturday 21 September 2024

Soil is Not Dirt / Family Friendly Workshop / Dr Agnieszka Piwowarczyk

Saturday 10:00 -11:30am

This magic workshop with Dr Aga Soil Scientist invites children and their parents to step into the realm of hidden life under our feet – soil. Soil is alive. It breaths like us humans and is full of gorgeous microorganisms that we cannot see with the naked eye. In this workshop you will get to meet some of these very tiny, but important creatures who help to sustain life on planet earth. They have different functions in soil, they look and move (or not) in their own unique way, they have their own dietary requirements and have special ways of communicating with each other and the world above ground. You will encounter the different soil characters, Bacti, Proti, Funky and Gracie who come to visit us inside the belly of the earthworm to tell us about life underground in the soil ecosystem. Come along to hear their stories, see them *LIVE* under a microscope and get to make your own portraits of these tiny heroes.

Anthony and the Bees, Talk with Anthony Freeman O'Brien

Saturday 12:00 – 12:45pm

In the area surrounding IMMA, you will find the most densely populated region in Dublin, and also the neighbourhood with the least amount of green space. Here you will also find several community gardens and unexpected beehives, scattered throughout corners, yards and rooftops of Dublin 8. Anthony Freeman O'Brien is the artist and beekeeper responsible for much of this poetic cultivation. Come and hear the story of how this relationship with nature has been defiantly reclaimed in inner city Dublin; the insight gained from the positive effects of

opening these precious urban green spaces, how this connection with nature offers tools for living better in cities and how bees make great teachers.

Food citizenship: the creation of food policy for people and planet

Keynote Speaker / Colin Sage

Saturday 1:30 – 2:30pm

We increasingly recognise that the food system is a major cause of ecological destruction as well as avoidable ill-health. Yet trying to get people interested in this is difficult when our food environment is saturated with messages to eat more unhealthy and unsustainable foods. Meanwhile government seems more fixated on agricultural export growth than on lowering diet related disease.

Creating a food policy for people and planet consequently requires civil society to act. There are now a host of tried and trusted activities that create communities and demonstrate a capacity to bring about change. Moreover, we now have evidence that when we do so, local government shows interest and becomes a useful partner. In this talk we'll explore options for action drawing on some of the recent achievements and current activities in Cork.

Food and Empathy

Panel Discussion / Joshna Maheraj, Conor Spacey, Niamh Condon chaired by Dorothy Cashman

Saturday 2.45 – 3.45pm

“The more mouths there are, the more that need to be fed. The more mouths there are, however, the more that also want to speak and be understood” (Michael Cronin)

This conversation reminds us that, in order to feed people well we must have an understanding of who they are and what they might need. We all eat to survive but what and how we eat is the poetry of our survival. It is an act imbued with pride and humanity. Food is never just food. There is enormous trust and generosity involved in cooking for others. In this panel discussion we will hear from three inspiring chefs who are using food as a vehicle for kindness in wonderfully diverse ways.

Food and Storytelling

With Ahmad Salah from Bethlehem Palestinian Restaurant in conversation with Aoife Carrigy

Saturday 4:00 – 4.45pm

Sometimes, when words don't work, we look to food as language. It tells our story. It carries our past, our connections, our identity. We eat the food of a places we wish we could visit. When far away from home we yearn for tastes that will bring us comfort and familiarity. Meals can be love letters. They can also be a medium for empathy and solidarity. In this session we

will hear about the relationships that have formed between a Dublin based Palestinian restaurant and its customers and how eating out can be political and emotional. We will learn more about shared food culture between Ireland and Palestine.

Sunday 22 September 2024

Growing Food and Celebrating Sustainability

With the Louth Urban Food Sanctuary

Sunday 10:00 - 11:15am

Meet the Louth Urban Food Sanctuary (LUFS), an innovative project aimed at enhancing sustainability and local food resilience in Louth. This event will explore how LUFS is tackling climate change, biodiversity loss, and the rising cost of living by empowering the community with essential skills.

The collective will also host two interactive workshops: a session on seed saving and planting garlic with Roisin Cotter and a demonstration on creating natural dyes from plants with Grainne Murphy.

A Game of Farming

Interactive panel discussion with Farming for Nature members Bruce Thompson, Kate Egan and Andrew Bergin

Sunday 11:30am – 13:00pm

What is it like to be a farmer at the cold face of climate change? Well, step into the shoes of a Farming for Nature farmer and find out. Through our interactive board game, A Game of Farming, you will gain insight into the day-to-day challenges of contemporary farming in Ireland.

“Your oldest child begins college. You are proud as punch, but this development brings uncertainty about the future as you question the likelihood of them returning to farm. Go back 4 spaces”

This will be followed by a panel discussion with farmers Bruce Thompson, Kate Egan and Andrew Bergin chaired by Sarah Coonan.

Care of Our Oceans / Panel Discussion

Sarah Browne, Aishling Moore, Marie Power chaired by Ken Whelan

Sunday 13:45 – 14:45pm

Caring for our oceans is essential if they are to continue providing food for humans, but also to be healthy ecosystems for marine life. Oceans affect climate, so what happens at sea (or not)

ultimately will impact what happens on the land too. But it's not just oceans and seas - our inland waterways provide an important connection between land and sea. Healthy coasts are essential for thriving communities and are an accessible route to educate about how bountiful, beautiful, vital and delicate these environments and ecosystems are. This is a panel of four wonderful champions of the sea & its amazing produce, Sarah Browne of Oysome, Aisling Moore author of Whole, Marie Power founder of The Sea Gardener and chaired by independent fisheries consultant, Ken Whelan. Curated by Kate Ryan @flavour.ie

No Need for Green Fingers

Biruk Sahle in conversation with Jenny Lyons

Sunday 3.15 – 4:00pm

The climate crisis, as an idea, is very big. Unfathomably so. It's easy to get disheartened and feel powerless. Let us interrupt the existential dilemma with inspiring stories of proactive doers. Meet Biruk Sahle, an Ethiopian no-dig gardening and regenerative agriculture advocate with sustainable development in mind. Biruk runs a Belfast based organic no-dig Community Supported Agriculture (CSA) project called Hahu Organics. He has created a small no-dig "Backyard Garden" to show the possibilities and rewards of growing your own food both on a personal level and for the environment at large. Joined by Jenny Lyons, the discussion aims to democratise gardening and welcome people into the possibilities around growing food on any scale.

Extreme Hospitality / Panel Discussion / Oein DeBhairduin, writer and activist; Lorraine O'Connor of Muslim Sisters of Eire and Tadhg and Aileen from Dublin Food Not Bombs

Sunday 4:00 – 5:00pm

Hospitality is not an industry, but a beautiful system that humans everywhere have created for welcoming strangers. It is the heartfelt YES to our fellow earthlings. This stunning suspension of suspicion has appeared in every culture on earth for as long as we have been walking. There has never been a more urgent moment to reflect on the practice of welcome. Mass migration of communities uprooting as a direct result of the climate crisis has already begun and is set to increase.

Let's all brush up on our céad mile fáilte, celebrate this gorgeous custom and take pride in our roles of hosts, and indeed guests because they can easily flip, and we are all guests on earth after all.

We will hear from Dublin Food Not Bombs about food as a form of resistance against violence and marginalisation; Muslim Sisters of Eire about giving back to the community and Oein DeBhairduin on the folklore and heritage around hospitality.