

COURSE & SEED BOOKLET 2022



For a healthy future

Seeds **Fertilisers** Composts **Crop Protection Seed Potatoes Quality Tools**

Specialists in Organic Farm & Garden Supplies

WWW.FRUITHILLFARM.COM | 027 50710

O'Y f

WELCOME

Thanks for picking up our 2022 booklet!

It contains an extensive range of seeds, garden tools, and equipment, books, workshops and events for your information and enjoyment and we really hope there is something in it for everyone!

The course programme has been added to, and we have some great new courses and fantastic tutors to help you continue on your organic journey. We have expanded our selection of books and have a great range of seeds to colour your garden, polytunnel or window box. The booklet reflects the work we do and we have big plans for our community work and for the site at Rossinver, where we are busy increasing production, developing the woodland and supporting the biodiversity of North Leitrim.

In the last year, we have added to our onsite shop, and as well as garden products and seeds, there are loads of sweet treats, natural beauty products and a new arts and crafts section in the shop. We are also busy developing a children's area in the garden and would like to thank Leitrim County Council for funding a new climbing frame through Community Enhancement Funding. Our onsite groups will continue in 2022, and the Green Shoots Parent & Toddler group, as well as our Community Garden Group, have space for new members. We are also developing our group tours focusing on all things organic, biodiversity, climate change and composting, and in the Summer of 2022 we hope to open a new outdoor classroom. So, if you are looking for the perfect setting for your group or class, then get in touch, and we will create the perfect event for you, our onsite catering facilities offer vegeterian and vegan food for all tastes and budgets.

As well as our onsite shop, remember that you can shop online at www.theorganiccentre.ie

We are updating our online shop and we hope you find what you are looking for, if not our friendly staff are always on hand to help, and you can contact us via email or telephone. We hope that 2022 is a wonderful year for everyone, that we stay safe and make time to care for ourselves and the planet.

Thanks

To book or for more information visit www.theorganiccentre.ie or give us a call on +353 (0)71 985 4338

OPENING TIMES

MONDAY - SUNDAY 10.00AM - 5.00PM

Last entry to the gardens at 4.00pm.

Admisson to the Gardens during 2022 is Free / Donations accepted with thanks.

We provide bespoke tours for groups or individuals, call or email for more details.

MEMBERSHIP

Become a Member of The Organic Centre and support our work with communities and schools across the country.

MEMBERSHIP PERKS

- Free advice and information on request
- 4 Free Seed Packets (See website for info)
- 10% discount on courses and all purchases (excluding café)

FAMILY MEMBERSHIP	€75.00
INDIVIDUAL MEMBERSHIP	€40.00
LIFE MEMBERSHIP	€300.00
COMPANY MEMBERSHIP	€500.00

CONDITIONS

PRICES: may be subject to change. For mail order cost of postage and packing will be added at the current rate.

VAT: all prices quoted include VAT at the current rate.

PAYMENTS: We accept Bank Drafts or Postal Orders or Cheques (please make cheques payable to 'The Organic Centre'). We accept all payments by Debit or Credit Card, PayPal and online.

HOW TO ORDER: Please use the pull-out order form in the middle of this catalogue, shop online or telephone us.

DELIVERY: We deliver all across Ireland and Northen Ireland. We are committed to supplying goods as soon as possible. Check availability of stock online at www.theorganiccentre.ie

SERVICES

OUTREACH TALKS €150.00 per half day CLASSROOM HIRE €120.00 per day ONE-TO-ONE SESSIONS €50.00 per hr

We would love to host your wedding here at the Centre and are licensed for civil ceremonies.

COURSES & WORKSHOPS P8 - P29

SEEDS, TOOLS & BOOKS P30 - P52

HOW TO BOOK

www.theorganiccentre.ie info@theorganiccentre.ie & sales@theorganiccentre.ie +353 (0)71 985 4338 Booking slip in centrefold Payments must be made in full and in advance to secure a place. Your course fee does not include food. Extra cost for materials applies to some courses.

CANCELLATION & REFUNDS

For cancellations made at least 2 weeks prior to the course date you will be refunded the full amount (minus \notin 10.00 for administration), there will be no refunds for cancellations after that.

You can also receive a credit note or you may transfer to a later course if places are still available.

ADVERTISERS' DIRECTORY P54 - P67

COURSES, WORKSHOPS

WEEKLY ACTIVITIES

EVERY WEDNESDAY - *COMMUNITY GARDEN* EVERY FRIDAY - *GREEN SHOOTS*

JANUARY

SAT 29 & SUN 30 - WOOL CRAFT WEEKEND

FEBRUARY

SATURDAY 5 - WILLOW CRAFT SATURDAY 12 - ORGANIC GARDENING FOR EVERYONE SUNDAY 13 - WILLOW SCULPTURE FEDGES & DOMES SATURDAY 19 - THE ZEN OF DRAWING SUNDAY 20 - GARDEN PREPARATION SUNDAY 20 - GARDEN PREPARATION SUNDAY 20 - SOUL PLAN SATURDAY 26 - RENEWABLE ENERGY SATURDAY 26 - GRAFTING WORKSHOP SUNDAY 27 - PLAN A YEAR'S HARVEST SUNDAY 27 - RAINWATER HARVESTING

MARCH

SATURDAY 5 - GROWING FOR RESTAURANTS SATURDAY 5 - FRUIT GROWING WORKSHOP SUNDAY 6 - POTATO DAY - FREE SATURDAY 12 - SPRING IN THE TUNNEL SUNDAY 13 - GARDEN CONSTRUCTION SATURDAY 19 - RENEWABLE ENERGY & CLIMATE CHANGE SATURDAY 19 - WILLOW CRAFT SATURDAY 19 - BIODIVERSITY SUNDAY 20 - DIVINING THE LANDSCAPE SATURDAY 26 - QUIETING THE MIND SATURDAY 26 & SUNDAY 27 - WILLOW BASKET WEAVING SUNDAY 27 - HERBAL BALMS SUNDAY 27 - BEES BEAUTIFUL BEES

APRIL

SATURDAY 2 - SAFETY NESTS SUNDAY 3 - ORGANIC FOR LIFE SATURDAY 9 - MAKE GARDENS ANYWHERE SATURDAY 9 & SUNDAY 10 - THERAPEUTIC HORTICULTURE SUNDAY 10 - VEGANIC GROWING SATURDAY 16 - RATS! ITS PEST CONTROL SAT 16 & SUN 17 - WOOL CRAFT WEEKEND SUNDAY 17 - EASTER EVENTS SAT 23 & SUN 24 - DRY STONE WALL BUILDING SATURDAY 23 - BIODIVERSITY - ONSITE SUNDAY 24 - CHEESE MAKING WORKSHOP SATURDAY 30 - INTRO TO JEWELLERY MAKING SATURDAY 30 - WILD ABOUT HERBS

MAY

SUNDAY 1 - SUMMER IN THE TUNNEL SUNDAY 1 - LOVE YOUR SOIL SUNDAY 1 - BELTAINE FIRE CEREMONY SAT 7 & SUN 8 - DRY STONE WALL BUILDING SATURDAY 7 - BIODIVERSITY PART 2 SUNDAY 8 - TAPPING TO HAPPINESS SATURDAY 14 - WOODLAND MANAGEMENT SATURDAY 14 & SUNDAY 15 - THERAPEUTIC HORTICULTURE SUNDAY 15 - GARDEN CONSTRUCTION SATURDAY 21 - BOTANISTS WALK 'N' TALK SUNDAY 22 - BIODIVERSITY DAY - FREE SATURDAY 28 - HERBAL REMEDIES FOR FLUS & COLDS

JUNE

SATURDAY 4 & SUNDAY 5 - ECO-SHED SUNDAY 5 - DOMESTIC WASTEWATER SUNDAY 5 - PAINTING WORKSHOP SATURDAY 11 - BOTANY OF NORTH LEITRIM SUNDAY 12 - COB BUILDING SUNDAY 12 - VEGANIC GROWING SATURDAY 18 - YOUR ORGANIC LARDER SUNDAY 19 - WEED CONTROL SAT 25 - HERBAL TEAS & MACERATED OILS SATURDAY 25 - DRAWING WORKSHOP SUNDAY 26 - BOTANICAL JOURNALING SUNDAY 26 - CHEESE MAKING WORKSHOP SUNDAY 26 - LITHA CELEBRATIONS

AND EVENTS AT A GLANCE

JULY

SATURDAY 2 - PLAN YOUR SUMMER GARDEN SUNDAY 3 - REALIGN WITH MOTHER EARTH SATURDAY 9 - HERBAL BALMS SUNDAY 10 - GROW YOUR KIDS SATURDAY 9 & SUNDAY 10 - WILLOW BASKET WEAVING SATURDAY 16 & SUNDAY 17 - DRY STONE WALL BUILDING SATURDAY 23 - MID-SUMMER WORKSHOP SATURDAY 24 - GROW YOUR TEENS SUNDAY 24 - CHEESE MAKING WORKSHOP SATURDAY 30 & SUNDAY 31 - ECO-SHED SUNDAY 31 - INTRO TO JEWELLERY MAKING

AUGUST

SATURDAY 6 - WHAT THE EYES REVEAL SUNDAY 7 - NATURAL KOREAN FARMING SATURDAY 13 - COB BUILDING SUNDAY 14- WILD MUSHROOM FORAGING SATURDAY 20 - WILLOW CRAFT SATURDAY 20 - HOT WET TOMATO SUMMER SATURDAY 27 - SOUL PLAN SUNDAY 28 - WILD MUSHROOM FORAGING

SEPTEMBER

SATURDAY 3 & SUNDAY 4 - DRY STONE WALL BUILDING SATURDAY 3 - SEED SAVERS SATURDAY 3 - NATURAL KOREAN FARMING SUNDAY 4 - PLAN A YEAR'S HARVEST SATURDAY 10 - AUTUMN POLYTUNNEL SATURDAY 10 - PAINTING WORKSHOP SAT 10 & SUN 11 - BIODIVERSITY WEEKEND SUNDAY 11 - BIODIVERSITY WALK 'N' TALK SATURDAY 17 - ZEN OF DRAWING SAT 17 & SUN 18 - WOOL CRAFT WEEKEND SUNDAY 18 - WILD MUSHROOM FORAGING SATURDAY 24 - CHEESE MAKING WORKSHOP SATURDAY 24 - HERBAL BALMS SATURDAY 24 - DRAWING WORKSHOP SUNDAY 25 - APPLE DAY - FREE

OCTOBER

SATURDAY 1 - MAKE YOUR OWN PIZZA OVEN SUNDAY 2 - HOMEOPATHIC PLANTS SUNDAY 2 - AYURVEDA - SCIENCE OF LIFE SATURDAY 8 - WINTER GARDEN SATURDAY 8 - DIVINING THE LANDSCAPE SUNDAY 9 - WILD MUSHROOM FORAGING SATURDAY 15 - SEED SAVERS SATURDAY 15 & SUNDAY 16 - WILLOW BASKET WEAVING SATURDAY 22 - TAPPING TO HAPPINESS SATURDAY 22 - WILLOW CRAFT SUNDAY 23 - AQUAPONICS FOR BEGINNERS SATURDAY 29 - WINE & CIDER MAKING SUNDAY 30 - HALLOWEEN EVENTS

NOVEMBER

SATURDAY 5 - RENEWABLE ENERGY SUNDAY 6 - WINTER FRUIT & PRUNING 6 - 14 - SLIGO SCIENCE FESTIVAL - FREE SATURDAY 19 - REALIGN WITH MOTHER EARTH SATURDAY 19 & SUNDAY 20 - THERAPEUTIC HORTICULTURE SAT 19 & SUN 20 - WOOL CRAFT WEEKEND SATURDAY 26 - LOTIONS & POTIONS SUNDAY 27 - HOMEOPATHIC PLANTS

DECEMBER

SATURDAY 10 - CHRISTMAS MARKET

To book or for more information visit *www.theorganiccentre.ie* or give us a call on *+353 (0)71 985 4338* 7

GREEN SHOOTS PARENTS & TODDLERS

WITH FIONA WHEELDON EVERY FRIDAY 10:00AM - 12:00PM

Fun outdoors sessions for parents &

toddlers up to 4 years old. Come explore the safe and friendly environment of the Organic Centre, led by Fiona Wheeldon. Bring your wellies and waterproofs. Please register for each session and for more info please contact Fiona on 086 053 3700.

COMMUNITY GARDENS

EVERY WEDNESDAY 10.00AM -1.00PM Anyone who wants to learn more about organic growing and food can apply to join our community garden group. This is a hands-on experience, and joining the group will help you to grow your own vegetables using organic methods. The group takes place on Wednesday mornings at the site in Rossinver, and for a small membership fee, you will receive loads of information. Come for some produce, good craic and a cup of tea and cake.

WOOL CRAFT WFFKFND

WITH HELENA HUSINEC

SATURDAY 29 & SUNDAY 30 JAN 2022

10.00AM - 4.00PM

WCW1

€160.00 Learn the ancient craft of processing raw fleece. On this 2 day course you will be shown how to sort raw fleece from the sheep, select best fibre, wash the fleece using organic soaps. learn the method of washing and rinsing the fleece and drying, dyeing with natural locally sourced plant materials. Once the initial process is completed you will be introduced to picking and carding of the fibre, into finished product ready for use. With this product you are able to do felt crafts, needle felting and spinning into yarn. Limited to 6 places.

WILLOW CRAFT

WC1

OGFF

WITH HELENA HUSINEC SATURDAY 5 FEBRUARY 2022 10.00AM - 4.00PM

€80.00 The myth and lore of willow and Brigid are interwoven into the practical craft of basket making, you will weave Brigid's crosses of different forms: 3 legged, 4 legged, 48 rod

cross, God's eye and be introduced to frame basket making based on"gods eye" motif. Small gathering/foraging basket to fill with gifts from the land. The day will give you a deeper understanding and appreciation of this ancient craft. Limited 6 places.

ORGANIC GARDENING FOR **EVERYONE**

WITH INGRID FOLFY SATURDAY 12 FEBRUARY 2022 10.00AM - 4.00PM

€80.00

Learn how to plan and prepare your plot considering the 5 S's: Sun, soil, shelter, seeds and manure. We will help you decide what to sow and how to grow a wide range of highly nutritious organic vegetables. We will teach you the basics of successful growing on any scale. From building soil fertility to composting, sowing to plant care, watering and feeding to pest control. A tour of our gardens will show how we try to put theory into practice.

WILLOW SCULPTURE FEDGES & DOMES

WITH TOM O'BRIEN SUNDAY 13 FEBRUARY 2022 10.00AM - 4.00PM

€80.00

€80.00

Learn all about how to use our native willow to make a variety of low cost structures, from a living play area for children with willow domes to a fedge (fence/hedge) and a seating alcove and sculptures. Tom will demonstrate planting techniques, weaving and show how to make supports for climbing plants. This is a practical outdoors course.

THF ZEN OF DRAWING

WITH AOIFE VALLEY SATURDAY 19 FEBRUARY 2022 10.00AM - 4.00PM

70D

WSFD

By slowing down and really seeing we begin to bridge the gap between the eyes, heart, and hand, and can create nature studies that are true and beautiful. In this workshop we will explore the simple art of drawing plants in a meditative environment.

GARDEN PREPARATION

WITH STEPHEN CAMPBELL SUNDAY 20 FEBRUARY 2021

10.00AM - 4.00PM

GP

€80.00

For first-time or life-long gardeners, this is a practical, hands-on course on how to prepare your garden for the coming season. It includes correct preparation of both indoor and outdoor beds, planting techniques and how to look after the soil. It will also look at planning your sowing and planting schedule for the rest of the year.

SOUL PLAN

WITH OSCAR PHOFNIX SUNDAY 20 FEBRUARY 2022 10.00AM - 4.00PM SP1

€80.00

We are all spiritual beings in physical form incarnate on earth. Prior to this we were, at source pure Love energy. Our Soul's chose the experiences for this life and given the options the Soul chooses the Karma we, as indviduals, will experience. The Soul also chooses the talents to overcome these lessons and the goals to aspire to.

GRAFTING WORKSHOP WITH PHIL WHFAL SATURDAY 26 FEBRUARY 2022 10.00AM - 4.00PM GWI

€80.00

Learn how to propagate your own fruit trees and greatly reduce the costs of creating your own orchard or starting a nursery. Phil will give you hands-on experience on techniques of grafting and budding apple, pear, plum and cherry trees. He will show you a variety of available rootstocks and explain the differences. Participants will take their own grafted trees home.

RENEWABLE ENERGY

WITH PETER SCHNEIDER SATURDAY 26 FEBRUARY 2022 10.00AM - 4.00PM €80.00

RFW1

In the course we will look at various forms of renewable energy which can be applied on a small scale - wind energy, hydro energy, solar heating, solar electricity, wood fuel and evaluate their pros and cons. We will then focus on solar electricity (PV), which has long been hampered by high cost, but has now become very competitive. Different systems will be introduced and discussed; grid connected with and without battery storage; off-grid; combination with other energy sources; quality, prices and maintenance of components: guidelines for appropriate system layout. We will also wire up a small PV system (off-grid), that may be permanently included in a structure at the Organic Centre.

PLAN A YFAR'S HARVEST

WITH INGRID FOLEY

SUNDAY 27 FEBRUARY 2022

10.00AM - 4.00PM

PYH1

€80.00

If you want to harvest vegetables all year round, you need a specific and detailed sow / plant / harvest / store plan and this is exactly what Ingrid will teach you. You will learn what space and other facilities you need. Including a polytunnel and best of all take home a monthly growing guide. This course is NOT for total beginners.

RAINWATER HARVESTING

WITH OLI AN HERR

SUNDAY 27 FEBRUARY 2022

10.00AM - 4.00PM

10

RWH €80.00 Rain water harvesting without using pumps in order to supply water for toilet flushing, clothes washing machines and gardening.

GROWING FOR RESTAURANTS

WITH INGRID FOLEY SATURDAY 5 MARCH 2022 10.00AM - 4.00PM GFR

€80.00

Most reputable restaurants now have their own kitchen garden, providing chefs with the ultimate fresh produce. Participants will learn how to plan production for the year, choose and grow varieties that work and are asked for by chefs, find out about successional sowing and be informed about soil requirements and building soil fertility. The course covers the essentials of successful salad growing, kitchen herbs and micro greens.

FRUIT GROWING WORKSHOP

WITH PHIL WHFAL SATURDAY 5 MARCH 2022 10.00AM - 4.00PM FGW

€80.00

This course will empower you to create an orchard in a day. Phil will teach you how to do the right things at the right time. Workshop covers: Best site location and preparing ground, layout of orchard, choosing rootstocks and sourcing the best varieties, proper planting techniques, feeding and protecting your plants.

FREE EVENT POTATO DAY

SUNDAY 6 MARCH 2022 12.00PM - 4.00PM

SPRING IN THE TUNNEL

WITH KLAUS LAITENBERGER SATURDAY 12 MARCH 2022 10.00AM - 4.00PM SITT €80.00

The first of our seasonal polytunnel workshops. designed to help you organise and make the best use of your polytunnel and enable you to harvest lots of produce throughout the year. This workshop will cover crop rotation, composting, sowing and planting, tips, pest and disease. Hands on experience with Klaus.

GARDEN CONSTRUCTION

SUNDAY 13 MARCH 2022

10.00AM - 4.00PM

GC1

Part of our Reuse. Recycle. Repair series of workshops.

€80.00

€80.00

Join the Organic Centre Team to learn about constructing raised beds, fences, wooden planters, bug hotels, benches, arbors etc. Feel free to bring items for recycling.

RENEWABLE ENERGY & CLIMATE CHANGE

WITH FDDIF MITCHELL SATURDAY 19 MARCH 2022

10.00AM - 4.00PM RFCC

In the course we will look at various forms of renewable energy which can be applied on a small scale - wind energy, hydro energy, solar heating, solar electricity, wood fuel - and evaluate their pros and cons. Different systems will be introduced and discussed & guidelines for appropriate systems given. Outside demonstrations will be included, weather permitting,

BIODIVERSITY MODULE 1

WITH INGRID FOLFY SATURDAY 19 MARCH 2022 10.00AM - 4.00PM BIO1

Part 1 of 4: During this first session, we will discuss the basics of Biodiversity. What is it? What is an ecosystem, what a Habitat is and how to create them in our own gardens. You will develop an understanding of the fundamentals of how to treat soil and encourage the biologically active medium that grows the plants that feeds us and helps the planet. This first part will include some classroom time, a tour of the Centre's gardens and a practical seed sowing workshop.

This 4 part module costs €300.00

WILLOW CRAFT

WITH HEI ENA HUSINEC

SATURDAY 19 MARCH 2022

10.00AM - 4.00PM

WC2

€80.00

Learn all about the myth and lore of Easter, Ostara and willow, as it is interwoven into family orientated course of making Easter egg basket/egg basket that you can use with your own hens...deepening the relationship with the family, seasons, festivals, ancestral skills and abundance from the land. Limited to 12 places.

DIVINING THE LANDSCAPE

WITH ALANNA MOORF

SUNDAY 20 MARCH 2022

10.00AM - 4.00PM

DI1

€80.00

Discover subtle influences at work in the landscape, through Earth energy Divining techniques (also known as Dowsing). How to find, avoid or neutralise problematic energies (such as underground water -'geopathic stress', plus electro-stresses in the home) and appreciate and protect the benefical ones.

QUIETING THE MIND

WITH AOIFE VALLEY SATURDAY 26 MARCH 2022

10.00AM - 4.00PM

QTM1

A day of simple mindfulness of breath, body awareness and compassion meditations in the garden and centre. Reconnect with yourself to boost health, inspiration and clarity.

WILLOW BASKET WEAVING MASTERCLASS

WITH TOM O'BRIEN

SATURDAY 26 & SUNDAY 27 MARCH 2022

10.00AM - 4.00PM

WBW1

€160.00

€80.00

You will make your own basket to take home! Tom will teach you how to master the technique and weave your first basket for breads, shopping or general use, with or without handle. Participants will also receive an instructional DVD!

HERBAL BALMS

WITH OSCAR PHOENIX

SUNDAY 27 MARCH 2022

10.00AM - 4.00PM

HB1

€80.00 In this workshop you will learn the difference between balms, ointments, salves and lotions. You will be introduced to the healing properties of different oils and plant butters. Materials will be provided for attendees to make their own skin healing moisturiser as well as a calendula balm.

BEES BEAUTIFUL BEES

WITH MARY HYLAND & MARY MCNUTT SUNDAY 27 MARCH 2022

10.00AM - 4.00PM

RRR

€80.00 Get up, close and personal with our fuzzy friends as we dive into the hive and learn all about wax,

cells, pollen, brood and of course honey. Our master beekeepers will also explore topics such as beekeeping equipment, hive placement, life inside the hive, pest and disease management, honey harvesting and over-wintering your hive.

CHILDREN'S ART WORKSHOP SAFETY NESTS

WITH ANNA MUI VIHII I

SATURDAY 2 APRIL 2022

10.00AM - 4.00PM

SNAT

OFI

€60.00

For children aged 5-7 and 8-10. Collecting natural materials in the outdoors and creating nests using these materials and clay. Reflecting on building our own resilience through safe spaces within, and in the natural world around us. Part of our Natural Arts series of workshops. Limited to 8 places

ORGANIC FOR LIFE

WITH STEPHEN CAMPBELL

SUNDAY 3 APRIL 2022

10.00AM - 4.00PM

€80.00

What are the benefits to choosing Organic products and how do these differ to conventional alternatives? And on a wider scale, what is the role of organics in helping biodiversity and the climate? This course will look to answer these questions and offer practical insights to how The Organic Centre works to improve food quality, food sovereignty and the environment.

MAKE A GARDEN ANYWHERE WITH INGRID FOLEY SATURDAY 9 APRIL 2022

10.00AM - 4.00PM MGA

€80.00

Urban gardening has very much come to the fore and Ingrid will teach you how to utilise even the smallest space to produce salads, herbs, potatoes, tomatoes, cucumbers, peppers, carrots and more. Starter Grow boxes are availble from the Organic Centre Shop.

VFGANIC GROWING

WITH GARETH BOYLE

SUNDAY 10 APRIL 2022

10.00AM - 4.00PM

VG1

€80.00 Ever wondered why someone would adopt a vegan lifestyle or what veganic growing is all about? This course will look at aspects of a vegan diet and lifestyle, from ethics to health. We will look at how organic farms and gardens can produce delicious nutritious food veganically, some of the resulting benefits (including better sustainability and environmental quality) and all without animal exploitation. This course will not be too heavy on the science and hopefully will dispel some myths along the way. All welcome.

THFRAPFUTIC HORTICULTURE

TH1

PC

WITH CAITRIONA KELLY

SATURDAY 9 & SUNDAY 10 APRIL 2022 10.00AM - 4.00PM

€260.00

This two-day course will investigate the myriad ways that a Nature-based intervention like social and therapeutic horticulture can benefit people. You will learn about research which supports the use of this discipline across a variety of settings. You will gain an insight into the role of a horticultural therapist and begin to design a client centred social and therapeutic horticulture programme to include assessment, planning and evaluation. There will be a practical element to this course on both days.

RATS! IT'S PEST CONTROL

WITH INGRID FOLFY SATURDAY 16 APRIL 2022

10.00AM - 4.00PM

€80.00

Your health starts in the garden and Ingrid will show you how to avoid toxic and dangerous chemicals. Learn how to deal with problems from slugs to wire worms, from blight to other fungal diseases. Get advice and help on how to prevent problems. All other mechanical and biological controls will be explored and various antifungal and antibacterial teas, brews and sprays will be introduced. The course we believe all gardeners need to do, but often shy away from!

FREE EVENT **EASTER EVENTS** SUNDAY 17 APRIL 2022

DETAILS ON THE WEBSITE

WOOL CRAFT WEEKEND

WITH HELENA HUSINEC SATURDAY 16 & SUNDAY 17 APRIL 2022 10.00AM - 4.00PM

WCW2 €160.00 Learn the ancient craft of processing raw fleece. On this 2 day course you will be shown how to sort raw fleece from the sheep, select best fibre, wash the fleece using organic soaps, learn the method of washing and rinsing the fleece and drying, dyeing with natural locally sourced plant materials. Once the initial process is completed you will be introduced to picking and carding of the fibre, into finished product ready for use. With this product you are able to do felt crafts, needle felting and spinning into yarn. Limited to 6 places.

DRY STONF WALL BUILDING MASTERCLASS

WITH MICHAEL FEARNHEAD

SATURDAY 23 & SUNDAY 24 APRIL 2022

10.00AM - 4.00PM

DSWB1 €160.00 After being introduced to principles and techniques in the classroom, participants will build a dry stone wall from foundation level to the finished capping stage. Learn about traditional dry stone methods of building garden features such as garden seats or raised beds. Suitable for both the beginner and the more experienced Go away with confidence and person. the skill to build your own dry stone wall at home. Limited to 6 places - book early!

BIODIVERSITY - ONSITE

WITH LEIF BARRY SATURDAY 23 APRIL 2022 10.00AM - 4.00PM

BI02

€80.00

The course will examine all aspects of Biodiversity; what is it? why we need it? and what it does for the planet/climate change. You will learn how to identify the trees, plants, birds and insects that are living in the hedgerows, fields and woods near you, and have a chance to learn about what you can do to support the natural enviornment.

CHEESE MAKING WORKSHOP

WITH SILKE CROPP

SUNDAY 24 APRIL 2022

10.00AM - 4.00PM

CMW1

€130.00

Make your own cheese with Silke Cropp. Spend the day learning the art of cheese making from Silke who has been making goat, cow and sheep milk cheeses for yonks. From the 10 litres of Raw Milk under Silke's instruction everybody will make 1kg of Hard Cows' milk cheese along with a soft cheese. Most of all take home the experience!

INTRO TO JEWELLERY MAKING

WITH OSCAR PHOENIX SATURDAY 30 APRIL 2022 10.00AM - 4.00PM

IIM1

€80.00

Designed for those of you who have never made jewellery before but always wanted to give it a try, this full day course will give you practical hands-on experience of the basics of jewellery making, you will learn about wiring, bead work and will design and create necklaces, bracelets and earrings using a variety of materials. You will leave with wearable completed pieces and Oscar will be offering online follow up classes, so you can continue to develop your skills. The cost of this course includes all the materials.

WILD ABOUT HERBS

WITH MARGARET PAI MER SATURDAY 30 APRIL 2022 10.00AM - 4.00PM

WAH1

Let's open our eyes to the magical world of the wild and cultivated herbs growing all around us; in this summer workshop we will go for a wild herb walk and focus on choosing herbs for a safe and gentle detox; plus we will make a wild herb soothing skin salve and a Mediterranean herbal vinegar. There will be a few more surprises depending on what we find on the day.

€80.00

SUMMER IN THE TUNNEL

WITH STEPHEN CAMPBELL

SUNDAY 1 MAY 2022

10.00AM - 4.00PM

SITT

€80.00 A tunnel based, practical session focusing on: Maintenance, plant care, ventilation, feeding and watering, preventing and dealing with pests and diseases. Designed to support your summer production.

LOVE YOUR SOIL

WITH INGRID FOLEY SUNDAY 1 MAY 2022 10.00AM - 4.00PM

SOIL

Having an intimate understanding of your soil and how it behaves is vital to growing healthy crops of fruit and vegetables. We will tap into a little bit of science exploring soil texture, soil structure, soil pH, soil biology and soil fertility management. Ingrid will explain the benefits of the four vital soil improvers: Farmyard manure, compost, seaweed and green manures. Bring soil samples and learn how to assess your soil texture, soil type & measure soil PH.

€80.00

BELTAINE FIRE CEREMONY & FORAGING BASKETS

WITH HELENA HUSINEC

SUNDAY 1 MAY 2022

10.00AM - 4.00PM

BFCFB

€80.00

Celebrate Betaine, it's myth and lore and deepen your connection to the land, seasons, festivals, through shared stories, celebration and the ancestral craft of basket making, Interwoven with myth and lore of willow and our connection to it. Limited to 6 places.

BIODIVERSITY MODULE 2

WITH INGRID FOLEY SATURDAY 7 MAY 2022 10.00AM - 4.00PM BIO2

Day 2 of 4 - June is one of the best times to observe wildflowers which we sometimes consider weeds. We will learn how to identify such plants and the aim is that everyone will be able to ID 10 plants. Such plants in the environs are incredibly important to Biodiversity. How can we incorporate this in our gardens if at all or how can we compensate? As well as a practical of sowing a tray of Wildflowers to take home.

DRY STONE WALL BUILDING MASTERCLASS

WITH MICHAEL FEARNHEAD SATURDAY 7 & SUNDAY 8 MAY 2022 10.00AM - 4.00PM

DSWB2

€160.00

Learn about traditional dry stone methods of building garden features such as garden seats or raised beds. Suitable for both the beginner and the more experienced person. Go away with confidence and the skill to build your own dry stone wall at home. 6 places - book early!

TAPPING TO HAPPINESS EMOTIONAL FREEDOM TECHNIQUES

WITH OSCAR PHOENIX SUNDAY 8 MAY 2022 10.00AM - 4.00PM

EFT1

In this workshop you will learn about EFT and how to use it as your own self help tool for a whole host of issues. EFT is based on a relatively new and revolutionary discovery that the cause of all negative emotions is a disruption in the body's energy system. It has often been called acupuncture without needles in that tapping on meridian points in the body allow for this unblocking to commence. No prior experience necessary.

WOODLAND MANAGEMENT WORKSHOP

WITH THOMAS MAGUIRE

SATURDAY 14 MAY 2022

10.00AM - 4.00PM

WMW

€80.00

€80.00

Spend a day in our Native Woodland with Local Tree Surgeon Thomas Maguire and learn how to identify trees and about their many uses. Thomas will teach you how to help trees deal with the challenges and various diseases they are faced with. Demonstrations of good planting practice and maintenance work including coppicing will be covered. Thomas will also introduce basic tools and health & safety measures and give you great insight into the life of trees.

THERAPEUTIC HORTICULTURE

TH2

WITH CAITRIONA KELLY SATURDAY 14 & SUNDAY 15 MAY 2022 10.00AM - 4.00PM

€260.00

This two-day course will investigate the myriad ways that a Nature-based intervention like social and therapeutic horticulture can benefit people. You will learn about research which supports the use of this discipline across a variety of settings. You will gain an insight into the role of a horticultural therapist and begin to design a client centred social and therapeutic horticulture programme to include assessment, planning and evaluation. There will be a practical element to this course on both days.

GARDEN CONSTRUCTION

SUNDAY 15 MAY 2022

10.00AM - 4.00PM

GC2

€80.00

Part of our Reuse, Recycle, Repair series of workshops.

Join the Organic Centre Team to learn about constructing raised beds, fences, wooden planters, bug hotels, benches, arbors etc. Feel free to bring items to upcycle and take away your own garden item.

BIODIVERSITY WALK 'N' TALK

WITH MARIA CULLEN & HOWARD FOX SATURDAY 21 MAY 2022 10.00AM - 4.00PM

BW €80.00 The day will be packed full of information about biodiversity in all its glory, and you will learn how to create and promote biodiversity in your life & garden and/ or woodland. With ample opportunity to explore the Centre's wonderful gardens and woodland - you will learn all you need to know about Trees, Plants, Fungi, Mosses, Liverworts, Algae and Ferns, and Howard & Maria will be on hand to guide you through. The weekend will be outdoors , so bring your wellies and your raincoats just in case.

FREE EVENT BIODIVERSITY DAY

SUNDAY 22 MAY 2022 12.00PM - 4.00PM

HERBAL REMEDIES FOR COLDS & FLUS

WITH OSCAR PHOENIX SATURDAY 28 MAY 2022

10.00AM - 4.00PM

HRCF2

This talk and workshop will cover remedies found in most kitchens, and other useful plants to support and protect ourselves from the common cold and flu viruses. In the practical (afternoon) session we will be making cold and flu treating infusions and syrups. Again, all recipes, ingredients and necessary sundries will be supplied.

€80.00

ECO SHED

WITH PETER COWMAN SATURDAY 4 & SUNDAY 5 JUNE 2022

10.00AM - 4.00PM

FSC

PW1

€160.00

The part 1 of this 2 part workshop will focus on design - turning ideas into reality, while part 2 will concentrate on construction. These workshops will be presented by architect, eco-builder, writer and teacher Peter Cowman who has a special interest in the creation of affordable, healthy, low-impact, mortgage-free buildings and has developed a unique timber framingsystem for cost-conscious self-builders.

PAINTING WORKSHOP

WITH GARETH BOYLE SUNDAY 5 JUNE 2022 10.00AM - 4.00PM

11001

€80.00

Suitable for both seasoned artists and complete beginners, all may benefit from the inspiring locations within the grounds of The Organic Centre. Over the course of this season participants will paint scenes of nature on canvas with the gentle guidance of an experienced artist. The emphasis is on fun within a small group of fellow artists of differing styles and abilities. There will be no grading, just encouragement and support. All materials will be supplied on the day.

Spring/Summer Courses

DOMESTIC WASTEWATER

WITH OLLAN HERR SATURDAY 5 JUNE 2022 10.00AM - 4.00PM

€80.00

DW Using vertical and horizontal flow reed beds to treat domestic wastewater and also to treat separated grey water for recycling for toilet flushing.

BOTANY OF NORTH LEITRIM

WITH HOWARD FOX

SATURDAY 11 JUNE 2022

10.00AM - 4.00PM

RONI

€80.00 Immerse yourself in the Botany and Biodiversity of North Leitrim. This one-day course is packed full of nature and will give you an insight to what makes North Leitrim such a special place. You will enjoy learning about flora and fauna, explore habitats, delve into rivers and generally have a super time getting to know our wonderfully biodiverse environment.

VEGANIC GROWING

WITH GARETH BOYLE

SUNDAY 12 JUNE 2022

10.00AM - 4.00PM

VG2

Ever wondered why someone would adopt a vegan lifestyle or what veganic growing is all about? This course will look at aspects of a vegan diet and lifestyle, from ethics to health. We will look at how organic farms and gardens can produce delicious nutritious food veganically, some of the resulting benefits (including better sustainability and environmental quality) and all without animal exploitation. This course will not be too heavy on the science and hopefully will dispel some myths along the way. All are welcome.

€80.00

COB BUILDING

WITH RYAN HARKIN SUNDAY 12 JUNE 2022 10.00AM - 4.00PM CB1

Cob building uses hands and feet to form lumps of earth mixed with sand and straw. Cob is easy to learn and inexpensive to build. In this course we will give a brief insight into testing for clay in soil before diving into work groups to sift, mix and prepare a mix of cob and use it to build a oven that may be used to cook perfect pizza.

€80.00

YOUR ORGANIC LARDER

WITH STEPHEN CAMPBELL SATURDAY 18 JUNE 2022 10.00AM - 4.00PM

€80.00

Knowing how to grow plants from a range of different methods is a great way to increase the number of plants in your garden cheaply. Organic Centre gardener Stephen Campbell will teach you the practical techniques of cuttings, division, layering and much much more. A great day for anyone interested in growing their own food.

WEED CONTROL

OL

WC

WITH INGRID FOLEY

SUNDAY 19 JUNE 2022

10.00AM - 4.00PM

€80.00

Weeds are a fascinating topic and are also the excuse for a lot of environmental damage done through spraying of chemicals. This workshop will introduce you to a comprehensive approach to weed management. We will discuss weed ecology and learn why they are so successful in comparison to cultivated crops.

Summer Courses

DRAWING WORKSHOP

WITH GARFTH BOYLE SATURDAY 25 JUNE 2022 10.00AM - 4.00PM DW1€80.00 Suitable for both seasoned artists and

complete beginners, all may benefit from the inspiring locations within the grounds of The Organic Centre. Over the course of this season, participants will draw scenes of nature with, oil pastel, graphite or charcoal on paper with the gentle guidance of an experienced artist. The emphasis is on fun within a small group of fellow artists of differing styles and abilities.

HERBAL TEAS & MACERATED OILS

WITH OSCAR PHOENIX

SATURDAY 25 JUNE 2022

10.00AM - 4.00PM

HTMO2

From growing your own herbs to tasting teas ,this workshop will provide you with all you need to know to properly make herbal infusions and macerated oils for use in improving your health and wellbeing. We will start with a walk to forage for the abundant healing herbs in our vicinity. All materials provided.

€80.00

€80.00

BOTANICAL JOURNALING

WITH JANETTE LAMB

SUNDAY 26 JUNE 2022

10.00AM - 4.00PM

BO.I

The best way to learn about herbal medicine is to allow the herbs to guide and teach us! In this workshop we will be learning how to create a unique personal herbal journal, a special record of plant observations, research, journaling, and botanical sketching. Keep the journal just for your own eyes or maybe even as an heirloom to pass on to the next generation of budding herbalists. No experience necessary, just an openness to learning what the plants can teach us.

LITHA CELEBRATIONS

WITH HELENA HUSINEC

SUNDAY 26 JUNE 2022

10.00AM - 4.00PM

1C2

€80.00

Celebration of Litha/Midsummer where you can explore the myth and lore of this ancient festival. The course will be practical and mythological, you will make a traditional willow wreath and small foraging basket based on god's eve motif and deepen your connection to the land and our environment, through the ancestral craft of willow weaving and sharing stories. Limited to 6 places.

CHEFSF MAKING WORKSHOP

WITH SILKE CROPP SUNDAY 26 JUNE 2022

10.00AM - 4.00PM

CMW2

€130.00

Make your own cheese with Silke Cropp. Spend the day learning the art of cheese making from Silke who has been making goat, cow and sheep milk cheeses for vonks. From the 10 litres of Raw Milk under Silke's instruction everybody will make 1kg of Hard Cows' milk cheese along with a soft cheese.

PLAN YOUR SUMMER GARDEN

WITH INGRID FOI FY SATURDAY 2 JULY 2022

10.00AM - 4.00PM PYSG

€80.00

Learn how to keep your garden in good shape throughout the summer and reap the benefits of your earlier sowings. Ingrid will show tips and tricks and advise on best practice of maintaining soil fertility and healthy plants. She will demonstrate the best harvesting techniques. You will be introduced to successive sowings and sowings for winter harvesting. The best follow-up to the "Organic gardening for beginners" course. 19

REALIGN WITH MOTHER EARTH

WITH AOIFE VALLEY

SUNDAY 3 JULY 2022

10.00AM - 4.00PM

RWMF1

€80.00

A day of simple nature-based spiritual practices to focus and clarify the mind, awaken wisdom and cultivate compassion for all species. Working inside and out in the garden, this day is dedicated to awakening the heart.

HERBAL BALMS

WITH OSCAR PHOENIX

SATURDAY 9 JULY 2022

10.00AM - 4.00PM

HB2

€80.00

In this workshop you will learn the difference between balms, ointments, salves and lotions. You will be introduced to the healing properties of different oils and plant butters. Materials will be provided for attendees to make their own skin healing moisturiser as well as a calendula balm.

WILLOW BASKET WEAVING MASTERCLASS

WITH TOM O'BRIEN

SATURDAY 9 & SUNDAY 10 JULY 2022

10.00AM - 4.00PM

WBW2

€160.00

You will make your own basket to take home! Tom will teach you how to master the technique and weave your first basket for breads, shopping or general use, with or without handle. Participants will also receive an instructional DVD!

GROW YOUR KIDS

WITH RYAN HARKIN SUNDAY 10 JULY 2022 10.00AM - 4.00PM GYK

Let us show the steps from where a seed creates that carrot your kid loves. Learners will get stuck into making paper pots, sowing seeds, transplanting seedlings and helping with activities around the farm such as watering and weeding. A focus on mindfulness will be embraced to connect the learner to the pleasure of being a support to happy and healthy vegetable growth which will one day support them back. Learners will bring home sowed seed trays and paper pot seedlings.

€80.00

DRY STONE WALL BUILDING MASTERCLASS

WITH MICHAEL FEARNHEAD

SATURDAY 16 & SUNDAY 17 JULY 2022

10.00AM - 4.00PM

DSWB3 €160.00 After being introduced to principles and techniques in the classroom, participants will build a dry stone wall from foundation level to the finished capping stage. Learn about traditional dry stone methods of building garden features such as garden seats or raised beds. Suitable for both the beginner and the more experienced person. Go away with confidence and the skill to build your own dry stone wall at home. Limited to 6 places - book early!

MID-SUMMER WORKSHOP

WITH STEPHEN CAMPBELL

SATURDAY 23 JULY 2022

10.00AM - 4.00PM

MSW

€80.00

Knowing how to grow plants from a range of different methods is a great way to increase the number of plants in your garden cheaply. Organic Centre gardener Stephen Campbell will teach you the practical techniques of cuttings, division, layering and more. As well as the correct watering techniqueandthedifferent growing media to use.

GROW YOUR TEENS

WITH RYAN HARKIN SUNDAY 24 JULY 2022 10.00AM - 4.00PM

GYT

This lesson will facilitate learners to understand all that is required to grow vegetables at home. From sowing seeds to transplanting seedlings and caring for a plant's needs. Upon completion you will be skilled to start a plot in your back garden to grow and connect with their food. Learners will bring home sowed seedling trays and a simple raised bed frame to place at home to transplant them into.

€80.00

€130.00

CHEESE MAKING WORKSHOP

WITH SILKE CROPP

SUNDAY 24 JULY 2022

10.00AM - 4.00PM

CMW3

Make your own cheese with Silke Cropp. Spend the day learning the art of cheese making from Silke who has been making goat, cow and sheep milk cheeses for yonks. From the 10 litres of Raw Milk under Silke's instruction everybody will make 1kg of Hard Cows' milk cheese along with a soft cheese.

INTRO TO JEWELLERY MAKING

WITH OSCAR PHOENIX

SUNDAY 31 JULY 2022

10.00AM - 4.00PM

IJM2 Designed for these

Designed for those of you who have never made jewellery before but always wanted to give it a try, this full day course will give you practical hands on experience of the basics of jewellery making, you will learn about wiring, bead work and will design and create necklaces, bracelets and earrings using a variety of materials. You will leave with wearable completed pieces and Oscar will be offering online follow up classes, so you can continue to develop your skills.

ECO SHED

WITH PETER COWMAN SATURDAY 30 & SUNDAY 31 JULY 2022 10.00AM - 4.00PM

10.00AM - 4.00PN ESC

€160.00

This two day workshop will get you started on your Eco build journey. It will be followed by another course later in the year. We hope to build an eco-shed from scratch. This is a two part course but it is up to yourself if you'd like to participate in both. You will learn the skills to get started on either course.

WHAT THE EYES REVEAL

WITH MARGARET PALMER

SATURDAY 6 AUGUST 2022

10.00AM - 4.00PM

WAH1

€80.00

Iridology is fascinating! In this beginner's workshop we will learn that the iris is a window to understanding your individual path to health, healing and wellbeing. Each participant will discover how their own iris reading can help make optimal choices when it comes to food, lifestyle and herbal remedies. Iridology is a path to empowerment to taking care of your own health.

NATURAL KOREAN FARMING

WITH RYAN HARKIN SUNDAY 7 SEPTEMBER 2022 10.00AM - 4.00PM

NKF1

€80.00

Korean natural farming is a self-sufficient farming system that involves the culturing of indigenous micro-organisms (IMO) – bacteria, fungi, nematodes, and protozoa – in place of inorganic fertilisers to produce fertile soil. This workshop will demonstrate and facilitate learners to create their own water soluble calcium, lactic acid bacteria and fermented plant juice. These are all pro and prebiotics for the soil and soil bacteria.

PROENTX ILY 2022 OPM €80.00 pse of you who have never m

Summer Courses

COB BUILDING

WITH RYAN HARKIN SATURDAY 13 AUGUST 2022 10.00AM - 4.00PM

CR2

€80.00

€80.00

Cob building uses hands and feet to form lumps of earth mixed with sand and straw. Cob is easy to learn and inexpensive to build. In this course we will give a brief insight into testing for clay in soil before diving into work groups to sift, mix and prepare a mix of cob and use it to build a oven that may be used to cook perfect pizza.

WILD MUSHROOM FORAGING

WITH FINN MELIA

SUNDAY 14 AUGUST 2022

10.00AM - 4.00PM

WMF1

Wild mushrooms are a treasure hidden in our woods and forests, so why not pick a few for your dinner table. In the morning there will be an introduction to mushrooms. Learn how they grow, identification techniques and the things to watch when gathering mushrooms. This will be followed by a hunt for mushrooms in a nearby forest. Participants are asked to bring rainproof gear, a small sharp knife and a basket for collecting mushrooms (no plastic bags).

HERITAGE WEEK FRIDAY 12 - 19 AUGUST 2022

WILLOW CRAFT

WC3

WITH HELENA HUSINEC SATURDAY 20 AUGUST 2022 10.00AM - 4.00PM

€80.00

Myth and lore of willow interwoven into ancestral craft of willow making. Deepening our connection to the land and our environment. Make a traditional irish Log Basket, used in Ireland for centuries, and will last for generations. Limited to 6 places.

FREE EVENT THE ORGANIC CENTRE'S HOT WET TOMATO SUMMER SATURDAY 20 AUGUST 2022

12.00PM - 4.00PM

SOUL PLAN

SP2

WITH OSCAR PHOENIX SATURDAY 27 AUGUST 2022 10.00AM - 4.00PM

€80.00

We are all spiritual beings in physical form incarnate on earth. Prior to this we were, at source pure Love energy. Our Soul's chose the experiences for this life and given the options the Soul chooses the Karma we as indviduals will experience. The Soul also chooses the talents to overcome these lessons and the goals to aspire to. The purpose of life is to experience earth and to incrementally access a higher state of consciousness.

WILD MUSHROOM FORAGING

WITH FINN MELIA SUNDAY 28 AUGUST 2022 10.00AM - 4.00PM

WMF2

€80.00

Wild mushrooms are a treasure hidden in our woods and forests, so why not pick a few for your dinner table. In the morning there will be an introduction to mushrooms. Learn how they grow, identification techniques and the things to watch when gathering mushrooms. Participants are asked to bring rainproof gear, a small sharp knife and a basket for collecting mushrooms (no plastic bags).

NATURAL KOREAN FARMING

WITH RYAN HARKIN

SATURDAY 3 SEPTEMBER 2022

10.00AM - 4.00PM

NKF2 €80.00 Korean natural farming is a self-sufficient farming system that involves the culturing of indigenous micro-organisms (IMO) bacteria, fungi, nematodes, and protozoa - in place of inorganic fertilizers to produce fertile soil. This workshop will demonstrate and facilitate learners to create their own water soluble calcium, lactic acid bacteria and fermented plant juice. These are all pro and prebiotics for the soil and soil bacteria.

DRY STONE WALL BUILDING MASTERCLASS

WITH MICHAEL FEARNHEAD

SATURDAY 3 & 4 SEPTEMBER 2022

10.00AM - 4.00PM

DSWB4 After being introduced to principles and techniques in the classroom, participants will build a dry stone wall from foundation level to the finished capping stage. Learn about traditional dry stone methods of building garden features such as garden seats or raised beds. Suitable for both the beginner and the more experienced person. Limited to 6 places - book early!

SEED SAVER WORKSHOP

WITH WAYNF FRANKHAM SATURDAY 3 SEPTEMBER 2022 10.00AM - 4.00PM

SSW

PAH

€80.00

While many gardeners are happy to save seeds from both common and unusual ornamental flowers, the confidence to save vegetable seeds has drastically faded as a common and traditional practice. Drawing on experience from organic growing and community seed groups, Wayne will present the essential background of seed saving along with handson demonstrations of selecting, harvesting, processing, drying and storing your favourite crops. Seed saving has many benefits: It saves money, builds our knowledge and appreciation of the beautiful full life cycles of our plants, helps biodiversity and living conservation, and provides abundant resilience for ourselves and our communities. Seed saving is a powerful skill that every gardener should have! Participants will take home samples of saved seeds.

PLAN A YEAR'S HARVEST

WITH INGRID FOLEY SUNDAY 4 SEPTEMBER 2022 10.00AM - 4.00PM

€80.00

This time of year we are often asked about how to grow organic vegetables, where to start, how to prepare the ground, how to fertilize, what to do about weeds, where to source seeds, what equipment to buy etc. There will be plenty of opportunity to answer all those questions and you will learn all the basic organic principles in a handson course. Prepare now in time and reap the benefits next year.

€160.00

AUTUMN IN THE POLYTUNNEL

WITH KLAUS LAITENBERGER SATURDAY 10 SEPTEMBER 2022

10.00AM - 4.00PM

AIPT

€80.00

Get your tunnel ready for Autumn & Winter, learn about winter production, salad and herb plants that thrive during the winter. Plan your rotation, revise your layout and get loads of ideas to get you through the winter months.

PAINTING WORKSHOP

WITH GARETH BOYLE

SATURDAY 10 SEPTEMBER 2022

10.00AM - 4.00PM

PW1

€80.00

Suitable for both seasoned artists and complete beginners, all may benefit from the inspiring locations within the grounds of The Organic Centre. Over the course of this season participants will paint scenes of nature on canvas with the gentle guidance of an experienced artist, the emphasis is on fun within a small group of fellow artists of differing styles and abilities.

BIODIVERSITY WEEKEND

WITH INGRID FOLEY SATURDAY 10 & SUNDAY 11 SEPT 2022

10.00AM - 4.00PM BIO3 Day 3 & 4 – In this final instalment of Biodiversity we will celebrate with an end of season Harvest. Observing and discussing the changes we have witnessed over the year through the seasons. We will look at the garden through the months see how it changes and how we need to prep our beds for the winter months. With a practical hedgerow survey as well as some autumn sowing. On the Sunday we will have a trip to Fowley's Falls for a walk. We will conduct a River and Tree survey to understand and appreciate the broader scale of Biodiversity & enjoy a nice little picnic. 24

BIODIVERSITY WALK 'N' TALK

WITH MARIA CULLEN & HOWARD FOX SUNDAY 11 SEPTEMBER 2022 10.00AM - 4.00PM BW

€80.00

The day will be packed full of information about biodiversity in all its glory, and you will learn how to create and promote biodiversity in your life & garden and/or woodland. With ample opportunity to explore the Centre's wonderful gardens and woodland - you will learn all you need to know about Trees, Plants, Fungi, Mosses, Liverworts, Algae and Ferns, and Howard & Maria will be on hand to guide you through.

WOOL CRAFT WEEKEND

WITH HELENA HUSINEC

SATURDAY 17 & SUNDAY 18 SEPT 2022 10.00AM - 4.00PM

WCW3

Learn the ancient craft of processing raw fleece. On this 2 day course you will be shown how to sort raw fleece from the sheep, select best fibre, wash the fleece using organic soaps, learn the method of washing and rinsing the fleece and drying, dyeing with natural locally sourced plant materials. Once the initial process is completed you will be introduced to picking and carding of the fibre, into finished product ready for use. With this product you are able to do felt crafts, needle felting and spinning into yarn. Limited to 6 places.

THE ZEN OF DRAWING

WITH AOIFF VALLEY

SATURDAY 17 SEPTEMBER 2022

10.00AM - 4.00PM

70D

€80.00

€160.00

By slowing down and really seeing we begin to bridge the gap between the eyes, heart, and hand, and can create nature studies that are true and beautiful. In this workshop we will explore the simple art of drawing plants in a meditative environment.

WILD MUSHROOM FORAGING

WITH FINN MELIA SUNDAY 18 SEPTEMBER 2022 10.00AM - 4.00PM WMF3

€80.00

Wild mushrooms are a treasure hidden in our woods and forests, so why not pick a few for your dinner table. In the morning there will be an introduction to mushrooms. Learn how they grow, identification techniques and the things to watch when gathering mushrooms. This will be followed after lunch by a hunt for mushrooms in a nearby forest. Participants are asked to bring rainproof gear, a small sharp knife and a basket for collecting mushrooms (no plastic bags).

CHEESE MAKING WORKSHOP

WITH SILKE CROPP SATURDAY 24 SEPTEMBER 2022

10.00AM - 4.00PM

CMW4

Make your own cheese with Silke Cropp. Spend the day learning the art of cheese making from Silke who has been making goat, cow and sheep milk cheeses for yonks. From the 10 litres of Raw Milk under Silke's instruction everybody will make 1kg of Hard Cows' milk cheese along with a soft cheese. Most of all take home the experience!

€130.00

HERBAL BALMS

WITH OSCAR PHOENIX SATURDAY 24 SEPTEMBER 2022

10.00AM - 4.00PM

HR2 €80.00 In this workshop you will learn the difference between balms, ointments, salves and lotions. You will be introduced to the healing properties of different oils and plant butters. Materials will be provided for attendees to make their own skin healing moisturiser as well as a calendula balm.

DRAWING WORKSHOP

WITH GARETH BOYLE SATURDAY 24 SEPTEMBER 2022 10.00AM - 4.00PM

DW2

€80.00

Suitable for both seasoned artists and complete beginners, all may benefit from the inspiring locations within the grounds of The Organic Centre. Over the course of this season participants will draw scenes of nature with oil pastel, graphite or charcoal on paper with the gentle guidance of an experienced artist. The emphasis is on fun within a small group of fellow artists of differing styles and abilities.

FREE EVENT ORGANIC CENTRE'S APPLE DAY SUNDAY 25 SEPTEMBER 2022 12.00PM - 4.00PM

MAKE YOUR OWN PIZZA OVEN

WITH STEVE HOEY SATURDAY 1 OCTOBER 2022 10.00AM - 4.00PM

MYOPO

€80.00

For great outdoor fun and the real Italian taste a wood fired Bread and Pizza Oven built with Cob is hard to beat. Learn how to build your very own oven using firebricks, clay, sand, earth and straw. After this course you'll be equipped with the skills to go home and build your own in the garden and cook in it.

Autumn Courses

HOMEOPATHIC PLANTS

WITH DR JAN MELIA SUNDAY 2 OCTOBER 2022 10.00AM - 4.00PM HFA €80.00

A focus on plant remedies to support physical and emotional well-being. This workshop will provide you with everything you need to use homoeopathy for yourself/family.

AYURVEDA - SCIENCE OF LIFE

WITH MARGARET PALMER

SUNDAY 2 OCTOBER 2022

10.00AM - 4.00PM

ASI €80.00 Ayurveda is believed to be the oldest system of medicine in the world. Dating back 3000 years the Ayurvedic understanding of the human body is just as relevant today as it was then. Learn about your own constitution and how to make the best dietary, lifestyle and herbal remedy choices to optimise your health and wellbeing. The workshop goes beyond just charts and guizzes, it takes a deeper look at understanding the five elements and how they work together to create the Doshas.

DIVINING THE LANDSCAPE

WITH ALANNA MOORE

SATURDAY 8 OCTOBER 2022

10.00AM - 4.00PM

DL2

€80.00 Discover subtle influences at work in the

landscape, through Earth energy Divining techniques (also known as Dowsing). How to find, avoid or neutralise problematic energies (such as underground water -'geopathic stress', plus electro-stresses in the home) and appreciate and protect the benefical ones.

WINTER GARDENING

WITH INGRID FOLEY SATURDAY 8 OCTOBER 2022 10.00AM - 4.00PM WGP

€80.00

This time of year we are often asked about how to grow organic vegetables, where to start, how to prepare the ground, how to fertilise, what to do about weeds, where to source seeds, what equipment to buy etc. There will be plenty of opportunity to answer all those questions and you will learn all the basic organic principles in a hands-on course. Prepare now in time and reap the benefits next year.

WILD MUSHROOM FORAGING

WITH FINN MELIA

SUNDAY 9 OCTOBER 2022

10.00AM - 4.00PM

WMF4

€80.00

Wild mushrooms are a treasure hidden in our woods and forests, so why not pick a few for your dinner table. In the morning there will be an introduction to mushrooms. Learn how they grow, identification techniques and the things to watch when gathering mushrooms. This will be followed after lunch by a hunt for mushrooms in a nearby forest. Participants are asked to bring rainproof gear, a small sharp knife and a basket for collecting mushrooms (no plastic bags).

WILLOW BASKET WEAVING MASTERCLASS

WITH TOM O'BRIEN

WBW

SATURDAY 15 & SUNDAY 16 OCT 2022 10.00AM - 4.00PM

€160.00

You will make your own basket to take home! Tom will teach you how to master the technique and weave your first basket for breads, shopping or general use, with or without handle. Participants will also receive an instructional DVD!

Winter Courses

SEED SAVER WORKSHOP

WITH WAYNE FRANKHAM SATURDAY 15 OCTOBER 2022 10.00AM - 4.00PM

SSW

€80.00

While many gardeners are happy to save seeds from both common and unusual ornamental flowers, the confidence to save vegetable seeds has drastically faded as a common and traditional practice. Drawing on experience from organic growing and community seed groups, Wayne will present the essential background of seed saving along with hands-on demonstrations of selecting, harvesting, processing, drying and storing your favourite crops. Seed saving has many benefits: It saves money, builds our knowledge and appreciation of the beautiful full life cycles of our plants, helps biodiversity and living conservation, and provides abundant resilience for ourselves and our communities. Seed saving is a powerful skill that every gardener should have! Participants will take home samples of saved seeds.

WILLOW CRAFT

WITH HELENA HUSINEC SATURDAY 22 OCTOBER 2022

10.00AM - 4.00PM

WC2

€80.00

Myth and lore of willow interwoven into ancestral craft of willow making. Deepening our connection to the land and our environment. Make a traditional irish Log Basket, used in Ireland for centuries, and will SATURDAY 29 OCTOBER 2022 last for generations. Limited to 6 places.

TAPPING TO HAPPINESS EMOTIONAL FREEDOM TECHNIQUES

WITH OSCAR PHOENIX SATURDAY 22 OCTOBER 2022 10.00AM - 4.00PM EFT2

€80.00

In this workshop you will learn about EFT emotional freedom technique - and how to use it as your own self help tool for a whole host of issues. EFT is based on a relatively new and revolutionary discovery that the cause of all negative emotions is a disruption in the body's energy system. It has often been called acupuncture without needles in that tapping on meridian points in the body allow for this unblocking to commence. This will be a fun and yet liberating workshop. No prior experience necessary.

AQUAPONICS FOR **BEGINNERS**

WITH TONY MELLOR SUNDAY 23 OCTOBER 2022 10.00AM - 4.00PM

€80.00

Learn how to build and nurture an aquaponic system to grow vegetables and raise fish in your own back garden.

WINE & CIDER MAKING

WITH PHIL WHEAL

10.00AM - 4.00PM

AFB

€80.00

WCM Phil will demonstrate and show all the steps involved in producing good quality wines. Learn how to make your own country wines and how to keep an interesting wine cellar on the go all year round. All equipment needed will be shown and you will be tasting a selection of homemade wines. The day includes a short session on how to make your own cider.

RENEWABLE ENERGY

WITH PETER SCHNEIDER SATURDAY 5 NOVEMBER 2022 10.00AM - 4.00PM RFW

€80.00

In the course we will look at various forms of renewable energy which can be applied on a small scale - wind energy, hydro energy, solar heating, solar electricity, wood fuel and evaluate their pros and cons. We will then focus on solar electricity (PV), which has long been hampered by high cost, but has now become very competitive. Different systems will be introduced and discussed; grid connected with and without battery storage; off-grid; combination with other energy sources; quality, prices and maintenance of components; guidelines for appropriate system layout.

FREE EVENT THE ORGANIC CENTRE'S HALLOWEEN EVENT

SUNDAY 30 OCTOBER 2022 12.00PM - 4.00PM

WINTER FRUIT & PRUNING

WITH PHIL WHEAL SUNDAY 6 NOVEMBER 2022 10.00AM - 4.00PM WFP €80.00

Learn how to prune your fruit trees during the Winter and propagate your own stock.

the Winter and propagate your own stock. By the end of the day you will have the skills to make informed pruning decisions on a wide range of trees. Get introduced to unusual fruiting plants like Sea Buckthorn, nuts and hybrids like loganberries. Learn how to plant a forest garden and landscape with fruiting plants. Our orchard & forest garden is your classroom for the day! SCIENCE WEEK AT THE OC 6 - 14 NOVEMBER 2022 DETAILS WILL BE ON THE WEBSITE.

REALIGN WITH MOTHER EARTH

WITH AOIFE VALLEY SATURDAY 19 NOVEMBER 2022 10.00AM - 4.00PM

RWME

A day of simple nature-based spiritual practices to focus and clarify the mind, awaken wisdom and cultivate compassion for all species.

€80.00

THERAPEUTIC HORTICULTURE

WITH CAITRIONA KELLY SATURDAY 19 & SUNDAY 20 NOV 2022 10.00AM - 4.00PM

TH3 €260.00 This two-day course will investigate the myriad ways that a Nature-based intervention like social and therapeutic horticulture can benefit people. You will learn about research which supports the use of this discipline across a variety of settings. You will gain an insight into the role of a horticultural therapist and begin to design a client centred social and therapeutic horticulture programme to include assessment, planning and evaluation. There will be a practical element to this course on both days.

WOOL CRAFT WEEKEND

WITH HELENA HUSINEC SATURDAY 19 & SUNDAY 20 NOV 2022 10.00AM - 4.00PM

WCW4

€160.00

Learn the ancient craft of processing raw fleece. On this 2 day course you will be shown how to sort raw fleece from the sheep, select best fibre, wash the fleece using organic soaps, learn the method of washing and rinsing the fleece and drying, dyeing with natural locally sourced plant materials. Once the initial process is completed you will be introduced to picking and carding of the fibre, into finished product ready for use. With this product you are able to do felt crafts, needle felting and spinning into yarn. **Limited to 6 places.**

POTIONS & LOTIONS

WITH OSCAR PHOENIX SATURDAY 26 NOVEMBER 2022

10.00AM - 4.00PM HRCF2

This talk and workshop will cover remedies found in most kitchens, and other useful plants to support and protect ourselves from the common cold and flu viruses. In the practical (afternoon) session we will be making cold and flu treating infusions and syrups. Again, all recipes, ingredients and necessary sundries will be supplied.

HOMEOPATHIC PLANTS

WITH DR JAN MELIA

SUNDAY 27 NOVEMBER 2022

10.00AM - 4.00PM

HFA

€80.00

€80.00

A focus on plant remedies to support physical and emotional well-being. This workshop will provide you with everything you need to use homoeopathy for yourself/family.

CHRISTMAS MARKET

SATURDAY 10 DECEMBER 2022 12 - 4PM

Seeds Listings

AUBERGINE

VIOLETTA LUNGA 3(50) AUBB €2.75

Quite early variety with relative slender, deep purple fruits with a green handle. Be careful with thorns.

BEETROOT

CHIOGGIA (200)

BECH

€2.75 An old variety, originally bred in the Italian village Chioggia. The fruit flesh has beautiful

red-white rings and a soft sweet taste.

DETROIT 2 (200)

BEDG

A variety for cultivation in summer and autumn, and is very suited for preservation.

FGYPTISCHE PLATRONDE (200)

BFGD

An early variety, suited for preservation. This beetroot has a sweet taste. Do not replant the beetroots.

BEANS, BROAD

ELEONORA (35)	BBE	€2.75
A selection from 'Express	' which	stays sh

selection from 'Express' which stays short, so the crop is not prone to falling over.

RATIO (35) BBRO €2.75

New, high-yielding, tasty, white seeded bean. It has a multi-branched slightly short habit so is high yielding and resistant to falling over.

BROCCOLI

BELSTAR F1 (50)

BRGC

€2.75

€2.75

BRB €3.75 Suitable for growing in summer and autumn. These are compact, very productive plants.

GREEN CALABRESE (250)

€2.75

Closely related to cauliflower, although the leaves are more narrow and waved. Both the head, side shoots and sprouts can be eaten.

PURPLE SPROUTING RIOJA F1 (35) RRPR €2.75 Rioia is an F1 hybrid with compact and dense florets. One of the earliest to mature

PURPLE SPROUTING SANTEE F1 (35) BRPS €3.75 A dual purpose variety for summer, autumn or

spring harvesting. bushy plants produce large, tasty purple spears over a long picking period.

BRUSSELS SPROUTS

NAUTIC F1 (25) BSNA €2 75 Harvest early October to late November from a May transplant. Tasty round button sprouts.

DORIC F1 (25) BSDO €2.75 Excellent sprout for Christmas. Does not grow too tall so good for exposed sites. Round buttons with fine flavour. Crops Nov-February.

GRONINGER (50) BSG €2.75 An old landrace with a high variation. It is an ideal vegetable for autumn and winter.

IRENE F1 (25) BSIR €3.75

An early variety. Productive with a mild flavour. Round sprouts with good keeping quality.

BEANS, CLIMBING

NECKAR QUEEN (60) BFNQ €2.75 An absolute winner on both taste and yield. The 20 cm long legumes are very fleshy and stay succulent for an extraordinary long time.

€2.75 COBRA (60) BFCO Professional quality bean with long round pods which remain very straight. Long cropping period. Vigorous, stringless and resistant to BMV 1.

€2.75 GOLDEN GATE (60) **BCGG** Beautiful, yellow flat bean with a rather open habit.

HFI DA (60) **BCHF** €2.75 The legumes are long, quite broad and flattened. Flat-podded bean varieties are very productive.

POLE LAPWING BEAN (60)

€2.75 BPLB

A robust crop with beans that look like plover's eggs. Both the legumes as well as the seeds are lovely red-dotted.

BEANS, RUNNER

LADY DI (30)

Vigorous, string-less runner bean, has green pods and red & black seeds looks beautiful in full flower.

FMFRGO (30) BRFM €2.75

A strong and productive crop with white flowers and very long, thick and dark green legumes.

BRLD

BEANS, FRENCH DWARF

COMPASS (60) BFCP €2.75 Extra-refined French bean. 'haricot vert' type. It is stringless and has a good flavour.

FARADAY (60) BFFD €2.75

Very fine French bean, 'haricot vert' type, which is stringless and has a very good flayour. This variety has a long picking period

DIOR (60) BFDR €2.75 Homogeneous fruiting. The straight, yellow pods are neatly distributed on the outside of the plant, making them easy to pick.

CABBAGE. SAVOY

€3.25 CANTASA (35) CAVC Fantastic dark green, flattish round heads on a short stem with dark green, finely blistered outer leaves.

DEADON (50) CAVD €3.50

Cold-hardy with striking sage-purple wrapper leaves and lime green interiors.

BLOEMENDAAL YELLOW (200)

CAVBY €2.75 Hardiest breed of all savoy cabbage varieties. The green-yellow (turning gold-green) slightly curled cabbage has a very good and tender taste.

For more information and products visit: www.theorganiccentre.ie/shop or give us a call on +353 (0)71 985 4338

€2.75

CABBAGE

CARAFLEX F1 (35) CACX €3.75

Fast growing pointed cabbage. Professional standard, high quality cabbages can be produced throughout the summer and into autumn.

FARAO F1 (35) CAFO €3.75

Delicious early cabbage. Attractive deep green, heads are filled with tender, thin, crisp, peppery-sweet leaves.

LENNOX F1 (35) CALX €3.25

The standard for quality winter cabbage. Very productive with vigorous, uniform growth.

€2.75 FILDERKRAUT (35) CAFT The tastiest one of the white cabbages. This variety is smoother and somewhat sweeter in comparison to other varieties.

CHINESE CABBAGE

GRANAAT (100) ORGN €2.75

Long green heads with crisp leaves. Valuable salad crop which can mature in 7 weeks, or be cut early for cut and come again.

RED CABBAGE

KLIMARO (50)

CARK

32

The interior of this Bejo hybrid is brilliant red with a dense structure.

CARROTS

AUTUMN KING 2 (800) €2.75 CRAK2

Big, orange-red carrots and forms a big crop. The carrots are nice and sweet and this variety has excellent storage properties.

MIAMI F1 (500) CRMI

A mid-late season Nantes hybrid for cropping late summer and autumn. Smooth, slender blunt ended carrots with strong tops

AMSTERDAM 2 (800)

€2.75 CRBF An attractive, slender, cylindrical bunching carrot with a delicious flavour.

YELLOWSTONE (500) CRYE

€2.75 Remarkable vellow main crop carrot with

an excellent flavour both raw and cooked. Slightly tapered with smooth skin and crunchy texture.

NANTES 2 (800) CRNA

€2.75

€2.75

Tastes sweet and has pretty, cylindrical carrots with a blunt ending. Decreasing plant density will result in somewhat larger carrots.

CAPE GOOSEBERRY

DWARF CAPE (15) CPG0 €2.75

Produces small yellow fruits with a pineapple-like flavour. The fruits are ripe once their balloon- like coverings are dry and transparent.

CAULIFLOWER

ROMANESCO 'FLAMENCO F1' (25) €4.00 CFFL

High, bright white, domed heads with dense curds.

GOODMAN F1 (50) CFGO €3.25 Crop in June from a mid March transplant this is an excellent summer cauliflower. It has solid curds and upright dark green leaves.

LIRIA F1 (25) CFLI €3 75

Suitable for early autumn cultivation. Good self-covering which keeps the head nice and white. A strong crop.

MEDALLION F1 (25) CFSM

Excellent professional standard cauliflower for over-wintering. Large, well-protected curds of top quality. Matures in February and March.

€3.50

€3.75

BREMEO F1 (25) CFBR

Suitable for early summer cultivation. This cauliflower has a flattened, round head and good firmness.

ROMANESCO 'VERONICA F1' (15) CFRV €3.50

Suitable for late summer cultivation. This unusual and attractive cauliflower consists of many little yellow-green 'towers'. Very uniform crop.

CELERIAC

FAME OF ZWIJNDRECHT (250) *CEFZ* €2.75

Forms a turnip with a diameter of about 10 cm and is smaller than the most common celeriac. Cover during frost.

CELERY

TALL UTAH 52/70 (300) CITU €2.75

Green stalks with no earthing required. High vielding with juicy firm stems. Crop September.

CHARD

PERPETUAL SPINACH (250) CHPS €2 75

An easy to grow leaf vegetable on all types of soil. This variety has thin veins with a lot of green leaves and can be prepared in multiple ways.

FIVE COLOURS (200) CHFC

A lovely mixture of various coloured stems and leaves. Can be used as baby leaves for salads or cooked when fully grown.

SUNSET SELECTION (200) €2.75 CHSS

A variety with stunning yellow-orange stems and green leaves. This chard will also grow well in autumn and winter in a frost-free greenhouse.

CHICORY

PAIN DE SUCRE (200) CCPA

€2.50

€2.75

The oblong crops can, just like endive, be eaten both raw as cooked. It grows in every soil type and a little fertilisation is sufficient.

€3 25

CORN SALAD

VIT (500) CSVT €2.75

Vigorous variety for spring and autumn crops as well as overwintering. Deliciously tender glossy leaves. Also has mildew resistance.

COURGETTE

BLACK BEAUTY (15) COBB

A dark green variety that will grow on every well-fertilized soil. Do not make the ground too wet after sowing.

€2.75

€2.75

€2.75

€2.75

OLA GABRIELLA F1 (15) COOG

Productive yellow courgette with a mild, sweet taste. This plant has a parthenocarpic habit so the fruits set early in the season without the presence of male flowers.

ZUCCHINI (15)

COZI

Summer Squash Zucchini is a light green courgette that will grow on every wellfertilized soil.

CUCUMBER

TELEGRAPH IMPROVED (20) CUTI €2.75

An old English variety. These plants need support in order to produce long, straight fruits.

HOKUS, GHERKIN (20) €2.75 CUHO

Open-pollinated gherkin best picked at about 10 cm long. Plants are vigorous and early fruiting giving very high yields of excellent fruits.

MARKETMORE (20) CUMA

Dark-green, spiny, fruits produced on very prolific vines. Widely grown variety around the world it tolerates cool weather and is resistant to virus and diseases.

KALE

CURLY RED KALE (50) KARG €2.75 Beautiful purplish-red leaves. The colder the nights, the more purple the leaves become.

WESTLAND WINTER (50) €2.75 KAWF

Large plant type with blue green, well curled leaves. Very high yielding and has proven to be very winter hardy. Cut October to March.

NERO DI TOSCANA (100) KANT €2.75

Dark, heavily blistered strap-like leaves which grow abundantly from the centre of the plant. Hardy and tasty. Also called Black Cabbage.

FENNEL

FINO (150) FFFO £275 Early and high quality fennel with resistance to bolting. Thick, tasty, round bulbs with fine anise flavour to braise or grate raw.

GARDEN ORACHE

GRFFN (250) GOGR €2.75 Can be prepared in a similar way as spinach. It can be grown on all types of soil. In order to harvest young leaves continuously you should sow frequently.

€2.75 RED (250) GORD Has a high decorative value. It can be prepared in a similar way as spinach. In order to harvest young leaves continuously you should sow frequently.

GARDEN CRESS

CRESSIDA (700) GCCA

Germinates and grows fast, therefore it should be sown with regular intervals. It can also be grown as a sprout in a bowl on the windowsill throughout the year.

€2.75

KOHL RABI

DELIKATESS BLUE (120) €2.75 KRDB

Gives nice blue purple tubers with white fruit flesh. Kohlrabi is a fast growing crop with a lovely taste and can be eaten both cooked and raw.

SUPERSCHMELZ (100)

€2.75 KRSS

Traditional variety with pale green skin and white flesh. Can grow to a good size without going woody and will store well.

DELIKATESS WHITE (120) KRDW

€2.75 Gives nice light green tubers with white fruit flesh. Kohlrabi is a fast growing crop with a lovely taste and can be eaten both cooked and raw.

LEAF MUSTARD

GOLDEN FRILLS (400) I MGF €2.75 A mustard variety with fine incised, fresh green leaves and a spicy taste.

PURPLE FRILLS (400) €2.75 I MPF Purple Frills is a mustard variety with fine incised, deep purple leaves and a spicy taste.

RED GIANT (500) IMRG

An Asian leaf vegetable from the mustard family. This variety forms a loose crop with nicely red-green, somewhat ribbed, round leaves and a spicy taste.

€2.75

LEEKS

AUTUMN GIANT 2 (350) IKAG

An outstanding variety for autumn cultivation. It is a robust variety with a thick stem and very vigorous.

BLUE GREEN AUTUMN (350) €2.75 IKBG

Leek 'Blauwgroene Herfst' is quite strong and does not suffer wear and tear in the late autumn/winter.

BANDIT (250) I KBA

€2.75

€2.75

Heavy yielding and uniform variety with long shanks and blue-green, upright foliage. Crops from Mid-March through May.

LETTUCE, BUTTERHEAD

MARVEL OF FOUR SEASONS (200) I TMS €2.75

A very reliable spring, summer and autumn variety. This lettuce has a beautifully shaped head, is fairly resistant to fungal diseases, and has a nice tender bite.

LETTUCE, BATAVIA

BLONDE DE PARIS (600) I TRP

€2.75

Bright green heading Batavian lettuce with attractive crinkled leaves that look great in a salad. Sow March through July.

LETTUCE. ROMAINE

LITTLE LEPRECHAUN (200) I TI N €2.75

Lovely small cos type with striking red leaves and crisp, tasty hearts. Leaves are slightly savoyed.

For more information and products visit: www.theorganiccentre.ie/shop or give us a call on +353 (0)71 985 4338

LETTUCE, LOOSE LEAF

RED SALAD BOWL (800) €2.75 LTRS

Large loose Oak Leaf lettuce with red leaves, which can be cut whole or used as cut and come again. Said to be less attractive to slugs.

GREEN SALAD BOWL (700) €2.75 LTGS

Excellent cut and come again lettuce to add interest to salads. Masses of tender long light green leaves form a large sprawling head.

LETTUCE, CURLY

LOLLO BIONDA (200) I TI R

Green, very fringed, Loose Leaf type to cut whole or for cut and come again.

€2.75

€2.75

€2.75

€2.75

LOLLO ROSSA (200) ITIR

Similar to Lollo Biondi but with a lovely deep red tinge to the outside of its leaves. Gives better colour if grown outside rather than in tunnels.

MESCLUN

SALAD LEAVES (800) LTMX

Economical mix of Butterhead, Cos, Crisphead and Loose Leaf types giving variety of texture and taste right through the season.

ORIENTAL MIX (400) I TOM

A delightful mixture of vegetable varieties that can be grown as 'baby leaf' vegetables: Pak Choi, Turnip Greens, Chard, Chinese Cabbage and Leaf Mustard.

ONION, SCALLION

WHITE LISBON (500) €2.75 ONWI

Very quick growing spring onion and one of the most popular gardeners seeds ever produced. Can be sown successionally from Feb through to late summer. NIAB Rec.

ISHIKURA LONG WHITE (500) ONIS €2.75

Select version of the Japanese bunching onion, Ishikura. It does not bulb but forms long, thick, white stems which are both tasty and quite frost hardy.

PARADE (500) ONPA

Attractive, modern variety which does not bulb. Lovely, green, upright foliage. Fast and strong growing with great taste.

€2.75

€2.75

€2.75

ONION

STUTTGARTER (250) ONSR

A storable yellow, flat round onion, which can be used for the cultivation of scallions as well.

HYLANDER F1 (200) ONHR

A top quality Rijnsburger hybrid with valuable resistance to downy mildew. Vigorous grower and high yielding giving high quality onions that store well. Sow in good organic compost Jan-March at a temp of at least 14 degrees.

RED BARON (250)

ONRE €2.75 Round, slightly flat, red onion. Tasty firm bulbs which have a mild flavour. Pick young or allow to mature for good storage onions.

RIJNSBURGER 4 (250) €2.75 ONRB

Has beautiful round, straw yellow onions, which have an excellent storage capacity. When the leafage starts to die, the onions should be harvested.

PAK CHOI

TAISAI (250) PCTI

€2.75 Pakchoi Taisai is a fast growing leaf vegetable from Eastern Asia with grev-green leaves like a loose rosette.

PARSNIP

TENDER AND TRUE (500) PSTF €2.75 This is an excellent exhibition variety with large long roots. Good flavour canker resistance.

PEAS

BLUE SHOCKER (200)

PEBS €2.75

Purple field pea Blauwschokkers is a firm crop and a dwarf type. Both the flowers and legumes are purple. Suited for fresh use and conservation.

KELVEDON WONDER (200) PFKW €2.75

Productive, early, wrinkle seeded pea. Ideal for successional sowing from spring through summer. Large dark green pods. Ht. 45 cm.

FIRST EARLY MAY (200)

PFFM

Climbing pea First Early May is an early and productive variety, suited for every type of soil. The seeds are rather fine and round.

SENATOR (200)

PFSR

A vigorous and very productive variety. It is a firm, wrinkled pea, which tastes a bit sweet.

SNOW PEA

GREY RED FLOWERING (75) SPGF

€2.75

Has beautiful red flowers. The legumes are somewhat sweeter in a more mature stadium (when the seeds are just visible).

HENDRICKS (75) SPHK

€2.75

Has a very long grow period. The legumes are somewhat sweeter in a more mature stadium (when the seeds are just visible).

PEPPER, CHILLI

WESTLANDSE LANGE RODE (30) PPWI €2.75

Has relatively small hot fruits. The pepper is oblong and pointy shaped. The young fruits are green, while maturing they become red.

PEPPER, SWEET

JUBILANDSKA (30) PPJA

€2.75

A sweet pepper with oblong fruits. The young fruits are green, while maturing they become red.

For more information and products visit: www.theorganiccentre.ie/shop or give us a call on +353 (0)71 985 4338

€2.75

€2.75

RADISH

FRENCH BREAKFAST 2 (400) RAFR €2.75

Popular half-long, white tipped variety. Attractive and tasty. Quick growing and slow to go pithy.

€2.75

€2.75

€2.75

€2.75

RUDOLF (400) RARI

Professional quality radish ideal for the earliest crops under cover and throughout the season outside. Round scarlet roots of uniform size slow to go woody and taste great.

BLACK SPANISH ROUND (200) RARS €275 Very suited for crudités in autumn and winter. It grows on every type of soil.

ROCKET

SELVATICA (500) ROSC

A more intense flavour that is sharp and clean, unlike salad rocket, which can become bitter with age in hot weather. They have so much flavour, they hardly need a dressing.

ESMEE (1000) ROES

Attractive highly lobed rocket gives a new shape to leafy salads. Vigorous grower and a good taste.

ROOT PARSLEY

HALFLANGE (300) PAHL

A variety of parsley of which, besides the flat, dark green leaves, the thickened root can be used as well. Parsley is a biannual crop, which is commonly grown as an annual plant.

PURSLANE

SUMMER PURSLANE (2000) PUSP €2.75

Succulent leaves make an excellent addition to summer salads or can be stir-fried or boiled.

WINTER PURSLANE (2000) PUWP €2.75

Also known as Clavtonia or miners lettuce. it tastes quite like spinach and is full of vitamin C.

SCORZONERA

VRN ENORMA (150) SCI B

Heavy yielding with long, smooth, black roots. Excellent flavour and good resistance to bolting. Interesting root crop which is easy to grow.

€2.75

€2.75

€2.75

SPINACH

GIANT WINTER (500) SPGW

Large leaved winter variety which is sown from Aug to the end of Oct. For late winter use. Can also be sown in March for a summer crop.

NEW ZEALAND (250) SPNZ

Belongs to the family of purslane (Portulacaceae) and looks completely different than regular spinach. The leaves and stems can be picked regularly.

EARLY GIANT LEAF (500) €2.75 SPFG

Fast growing, sharp seeded variety. Especially suited to early and late cultivations. Good cold tolerance. Large tender leaves that are very tasty.

SQUASHES. PUMPKIN TYPES

JACK'O'LANTERN (10) SQJO

The perfect Halloween pumpkin and certainly one of our most popular. Medium sized golden fruits ready in about 4 months.

€2.50

€2.75

€2.75

€2.75

€2.75

€2.75

SQUASHES. NON-PUMPKIN TYPES

WINTER FICTOR (10) SQWF

Dark orange/red winter squash with attractive, uniform fruits. 'Fictor' is a trailing 'family intercross' (FIC; crossing result between two genera of different families)

BUTTERNUT (10) SQBN

Productive large butternut which grows up to 30 cm long. Dense flesh and stores well.

GREEN HOKKAIDO (10) SQGH

Our favourite squash thanks to its dry and nutty flavour, orange-yellow flesh. Stores well, up to February from a September harvest.

RFD UCHIKI KURI (10) SQRK

Onion shaped squash with bright, orange skin and lovely, nutty flavour. High yielding and easy to grow.

SWEDE

YELLOW FRIESIAN (300) SWYF

A tuberous plant which is easy to cultivate and easy to combine as successive crop for an early crop. This turnip is frost proof.

SWEETCORN

GOLDEN BANTAM (50) SCGB

€2.75

Good quality cobs, early and sweet non hybrid which is used as a basis for many of the newer varieties. Larger kernel size than most modern types too. Heirloom variety.

MY FAIR LADY F1 (50)

SCFL €2.75 High-vielding two-colour hybrid. 'My Fair Lady' produces slim cobs 18-20 cm long.

TOMATO, CHERRY

BARTELLY F1 (5) TOBT

€3.75

A modern hybrid cherry tomato with very long trusses and a good taste balance between sweet and sour. Good disease resistance. Ideal for the unheated greenhouse.

YELLOW CLEMENTINE (25)

€2.75 TOYC Cherry tomato Clementine has very big trusses with round, yellow tomatoes. The fruits weigh around 8-15 grams.

SUGAR GRAPE (25) TOSG

€2.75

Very popular cherry type mainly for use under cover, though can be grown outside in sheltered areas. Large trusses laden with tasty fruits which will crop right through the summer.

For more information and products visit: www.theorganiccentre.ie/shop or give us a call on +353 (0)71 985 4338

39

TOMATO, ROUND

GREEN ZEBRA (25) TOGZ

Gives very special fruits with a weight of around 100 grams. When unripe, the fruits are light green and have dark green stripes.

€2.75

€2.75

MARMANDE (25)

ТОММ

Quite a big beef tomato that is slightly ribbed. The stem needs support and the suckers need to be removed regularly.

MATINA (25)

ТОМА

€2.75 greenhouse or outdoo

Early tomato for greenhouse or outdoor use. Medium sized bright red fruits with good resistance to splitting and to cold weather.

TOMATO, PLUM

BOLSTAR SENSATICA F1 (25) TOBS €4.00

Deliciously sweet, semi-long life plum tomato, suitable for polytunnel production and slightly heated greenhouses.

TURNIP

FLAT WHITE MAY (500) TUFL

€2.75

Fast growing flat white roots for harvesting in May and June from a spring sowing or in the autumn from an August sowing. Tasty tender flesh of good quality.

MILAN WHITE RED TOP (500) TUMI €2.75

An old vegetable with a beautiful bicoloured turnip that tastes very good when raw.

MIZUNA (500)

TUMZ €2.75 Turnip Top Mizuna is a fine Japanese cabbage leaf and has a loose crop with pinnate, light-green leaves with a little vein.

WATERMELON

SUGAR BABY (10)

WMSB $\notin 2.75$ A beautiful small watermelon weighing about 1.8 kg. Growing on flat fields in a greenhouse or in flat trays is recommended.

HERB SEEDS

ANISE (200) (A)

HBAE €2.75Anise is a perennial herb with an explicit taste. Usually, the seeds of this herb are used as a medicine or in the kitchen.

BASIL, CINNAMON (600) (A) HBCI €2.75 Cinnamon flavour basil from Mexico. Ht. 45cm.

Red basil is an annual herb with a nice, strong smell. This variety is deep purple with medium sized leaves.

BASIL, GENOVESE (600) (A) HBGE $\in 2.75$ This variety needs plenty of water, light, warmth and nutrients. The herb is very aromatic and ideal for making pesto.

BASIL, THAI (600) (A) HBTH $\in 2.75$ Used in Thai cooking, attractive purple

flowers and stems. Unique scent and taste.

BORAGE (100) (A) HBOR $\in 2.75$ Beautiful blue bee plant with edible flowers. Easy to grow.

CARAWAY (250) (B) HCAR €2.75 Leaves and seeds used as garnish and flavouring. Ht. 60cm.

 $\begin{array}{l} \textit{CELERY PLAIN CUT (500) (A)} \\ \textit{HCPC} & \notin 2.75 \\ \textit{An annual herb and can be cut multiple} \end{array}$

times. The freshly cut leaves can be used in different dishes, such as salads and soup.

CHAMOMILE (4000) (A) HCHA €2.75

Daisy-like flowers for teas and skin/hair wash. Ht. 60cm.

CHERVIL (500) (B) HCHR

€2.75

Delicate. Curled. fern-like leaves. Look similar to parsley and can be used in the same way.

CHIVES (850) (P) HCCV

€2.75

Mild onion flavour, medium sized leaves to be cut for salads and sandwiches.

CORIANDER (500) (A) HCFI

€2.75

Improved coriander. High yielding slow bolt variety for leaf production. Ht. 1m.

DILL (900) (A) HDIL

€2.75

Tetra variety with a sweet taste. Ingredient in sauces and pickles. Ht. 90cm.

ECHINACEA (200) (P) HECH

HECH €2.75 Purple coneflower. Attractive border and cut flower. Medicinal properties. (Ech.

Purpurea)
FENNEL. COMMON (230) (P)

HFEC €2.75 Green leaved with distinctive scent and flavour.

FENUGREEK (500) (A)

HFEG $\notin 2.75$ Often used in veterinary medicine and its seeds are an important ingredient in curries.
 HYSSOP (300) (P)

 HHYS
 €2.75

Fine blue bee plant. Ht. 45cm.

 LAVENDER
 (500)
 (P)

 HLAE
 €2.75

Scented lilac flowers. Tricky to germinate but well worth the effort. Tall type for hedges. 90cm.

LEMON BALM (200) (P) HBAL €2.75

Strong lemon scented bushy herb. Makes a delightful tasty tea. Ht. 75cm.

LOVAGE (100) (P) HLOV €2.75

Large shrub with celery like taste to leaves and stems. Ht. up to 2m.

OREGANO (1300) (P) HORG

Special variety with fine flavour. The best for culinary use and a must for pizza. Ht. 60cm.

€2.75

PARSLEY, COMUN 3 (500) (A) HPC3 €2.75

Usually, this variety can be cut three times per season. Parsley is used in a lot of different dishes, such as soup and dishes with carrots.

PARSLEY, GIANT OF ITALY (500) (P) HPGI $\pounds 2.75$

This herb stimulates the digestion and is used in a lot of different dishes, such as soup and dishes with carrots.

PARSLEY, MOSS CURLED 2 (500) (P) HSOF €2.75

The leaves are suited for garnishing and can be best picked just before dinner. Parsley is an annual crop and the plant regrows continuously. ROSEMARY (60) (P) HROS €2.75 Evergreen shrub with needle shaped leaves. Culinary favourite. Ht.1m. Slow to

germinate. SAGE (100) (P)

HSAG

€2.75

Perennial bush providing tasty aromatic leaves. Old plants get woody - replace every three years.

SAVORY, SUMMER (1200) (A) HSUS $\in 2.75$ Plant and eat with beans. Attractive pale pink flowers. Ht.45cm.

THYME (1500) (P) HTHM

€2.75

Perennial culinary herb which forms a decorative low shrub with flowers that bees love.

FLOWER VARIETIES

KEY: P= PERENNIAL, HP = HARDY PERENNIAL, A= ANNUAL, B= BIENNIAL HA = HARDY ANNUAL, HHA = HALF-HARDY ANNUAL, GP = GREENHOUSE PERENNIAL.

CORNCOCKLE (40) (A) OCCO

AGGORESTEMMA GITHAGO. Bee plant with purple and pink flowers from June to August. Ht 1m.

€2.75

SNAPDRAGON (1000)

(*HHP*) OFSD €2.75 Popular bedding/border annual. Mixed colours. Treat as annual. Ht. 35 cm.

POT MARIGOLD (100)

(A) OFPM €2.75 Traditional, single, cottage garden flower with bright orange blooms. A Bee's favourite

CHINA ASTER, SINGLE MIX (300) (A) OFCH $\notin 2.75$

The single-petalled China Aster is a wonderful cut flower. It produces long stems with beautiful pink and blue flowers.

CORNFLOWER (100)

(A) OCCF €2.75
 Mixed version of the traditional cornflower.
 Red, rose, maroon, blue & white. Ht 90 cm.

GARDEN COSMOS (75)

 $\begin{array}{c|c} (HHA) & OFGC & \notin 2.75 \\ \mbox{Mixed Cosmos is sensitive to frost. It} \\ \mbox{produces large white, light and dark pink} \\ \mbox{flowers. This plant is suitable as a cut} \\ \mbox{flower.} \end{array}$

SULPHUR COSMOS (75) (HHA) OFCS €2.75

As the name suggests, the semi-double flowers have a bright orange-red color. This plant is sensitive to frost. SIBERIAN LARKSPUR (200) (A) $OSLP \in 2.75$

It forms clusters of large, bright blue, single flowers. It is a low-growing plant that reaches about 50 cm.

PURPLE VIPER'S BUGLOSS

(*HHA*) OPVB $\notin 2.75$ It attracts bees and butterflies. The flowers come in different shades of white, pink, and blue. Toward the end of flowering they turn crimson.

FOOTHILL POPPY (500)

(A)

OFFP €2.75

The yellow Foothill Poppy has heavily incised leaves and a lemon yellow color. Attractive to bees and butterflies. Sow directly in April or May.

CALIFORNIA POPPY (500) (A) OFFS

(A) OFES $\notin 2.75$ Shades of orange. Easy to grow and very pretty lacy foliage. Ht.40 cm.

 $\begin{array}{c} \textit{SUNFLOWER} \textit{ GIANT YELLOW (20)} \\ \textit{(A)} & \textit{OSGY} \quad \textbf{ \in 2.75} \end{array}$

Old favourite. Tall, single, large, yellow-flowered.

VELVET QUEEN (20)

(A) $OSVQ \in 2.75$ A medium- high, branched sunflower with warm bronze flowers. Very attractive.

COMMON MORNING GLORY (50) (A) OCMG $\notin 2.75$ A climbing plant that flowers in shades of blue, purple and pink. This plant will wrap its tendrils easily around a pole or trellis and

SWEET PEA (20) (A) OFSP

opens new flowers every morning.

The flowers have a wonderful scent and short stems. Regularly pick the flowers to discourage seed formation and extend the blossoming period.

€2.75

ANNUAL MALLOW ()

€2.75 (B) OFAM

The plant bears large, pink flowers with dark veins. This richly-branched cut flower is also an excellent plant for bees.

FLAX BLUE ()

OFFB €2.75 (HHA)

Flax' upright stems are only branched at the top. This blue flowering plant is ideal as a cut flower.

COMMON MALLOW ()

(HHA) OFCM €2.75 The seeds are shaped like a cheese wheel. High mallow is a firm, branching plant with big, pink, dark nerved flowers.

CHAMOMILE ()

(HHA) OFCH €2.50

Bears white flowers with a yellow center under which is a hollow space. This plant is used for medicinal purposes and for chamomile tea.

LOVE IN A MIST (400) OFLM (A)

Blue pink and white flowers which bloom in June. Ht 40-60 cm.

€2.75

COMMON POPPY (2000) (A) OFCP €2.75

Grows best in sunny spots in poor, sandy soil. Common Poppy is a stunning spring flower that produces highly valuable pollen for, among others, honey bees.

OPIUM POPPY 'BLACK PAEONY' (2000)€2.75

(HA)OFOP

After flowering, opium poppy 'Black Paeony' forms wonderful seed heads that can be dried. It is a robust, grey-green plant with deep, double-petalled flowers.

ANNUAL CLARY SAGE 'PURPLE' (100) (HHA) OACSP €2.75 It produces striking, showy purple bracts at the top that enclose small flowers.

WILD FRENCH MARIGOLD (350)

(HHA) OWFM €2.75 Has a bushy habit and is ideal as a companion crop in the vegetable plot. The plant has lots of bright green leaves with single red flowers that turn orange.

NASTURTIUM. TRAILING MIX (50) (A) OFNA €2.50

Edible leaves, flowers and seeds. Mixed colours, trailing habit.

WILD PANSY (300) OFWP (HHA)

Tricolored wild pansy reseeds freely. It is ideal for pots and planters. The purplevellow-white flowers continue to emerge over a very long period.

€2.75

ANISE HYSSOP (300)

(HHA) OFAH €2.75 Anise Hyssop is a robust branched plant with four-sided stems topped with tall bluish-purple flower spikes.

SWEET WILLIAM MIX (500) OFSW €2.75 (B)

Popular biennial, early flowering in lovely mix of colours. Ht 40 cm.

WILD TEASEL

OFWT €2.75 (B) This sturdy, prickly plant bears lilac flowers that surround the flower head like a crown.

BIENNIAL CLARY SAGE (100)

(B) OBCS €2.75 A striking plant that has light blue flowers surrounded by large violet bracts. This aromatic plant with large, hairy leaves is loved by bees.

PURPLE CONEFLOWER OFPC €2.75 (B)

Large purplish-red petals surrounding a domed center. It is suitable as a cut flower and besides having medicinal properties, it is also very attractive.

SEED POTATOES

ON SALE FROM MID FEBRUARY 2022. First earlies are usually ready to harvest after approx 80 - 100 days, second earlies after 110 days and main crop after 130 days. Most years earlies remain blight free. Blight resistant potatoes are marked *. Certified organic and packed in convenient 2kg bag, (approx. 40 tubers, enough to cover approx. 6m²).

EARLY VARIETIES

CASABI ANCA €7.00 CASA

A new 1st early potato producing a tasty crop of attractive, creamy, smooth white tubers that are perfect for boiling and a good all-rounder. The larger tubers make excellent chips. Excellent resistance to common scab, blackleg and golden eelworm.

ORI A

Our most popular 1st early creamy potato with good resistance to blight, virus, scab and blackleg. A high vielding multi purpose potato with good flavour. Stores well. Can be grown on to maincrop.

ORLA

€7.00

€7.00

CHARI OTTE

resistance to blight, virus and scab. High yielding, French salad type with a superb taste. Fries and stores well.

COLL COLLEEN

Has very good resistance to tuber blight, potato virus and scab. Oval tuber, light vellow skin, vellow flesh. Very good eating quality. Fries well - just the spud you long for after the long winter. About 12 weeks from planting to harvest.

ALOUETTE ALOU €7.00 Alouette is a second early variety with a red skin and yellow flesh colour that

is growing in popularity. It has excellent resistance to both foliage and tuber blight.

MAIN CROP VARIETIES

€7.00 SANTE SANT

Early main crop, floury potato, with very good resistance to blight, virus and eelworm, Very tasty multi-purpose potato.

CARA CARA €7.00

Oval-round, pinkish, red-eved tubers with soft moist flesh that is excellent for baking and chipping. Maincrop potato 'Cara' has excellent disease resistance, including golden eelworm and blight, and withstands drought well. An allotment favourite! Height and spread: 60cm (24").

CAROLUS * CARO €7.00

Blight resistant variety with yellow skin and flesh and an attractive pink eye. The flesh is fairly mealy with an excellent flavour. Its ideal for mash, roast and chipped potatoes. This variety has resitance to foliage blight and tuber blight.

GOI DEN WONDER GOLD €7.00

Late Maincrop, unbeatable baking/roasting potato. Best after maturing in storage. Medium blight, potato virus and scab resistance. Red/Brown long oval tubers. cream coloured flesh, high dry matter content - therefore dry and floury. The potato exhibits excellent dormancy making it very suitable to store for long periods.

SARPO MIRA * MIRA €7.00

Late main crop. Perhaps the most blight resistant of all potatoes producing high vields of tasty, pink skinned tubers. It can develop very large tubers if allowed to grow on which have a very high dry matter making them a very floury potato. Stores very well.

SFTA €7.00

Late main crop, red Irish potato with very good blight and scab resistance. A real floury potato, suitable for roasting, baking and mashing. Delicious taste and high vields.

SETANTA

CHAR

€7.00 2nd early waxy potato with medium

ORGANIC GREEN MANURE SEEDS AVAILABLE FOR OVERWINTERING:

Why use Green Manures

- To feed the soil
- To protect & improve soil structure
- To stimulate micro-organisms
- To prevent weed invasion
- To attract beneficial insects
- To improve appearance of beds
- To rest soil

Where to use Green Manures

- On soil awaiting planting
- On empty, resting beds
- On poor soil with low fertility
- On soil with poor structure
- Between widely spaced plants

AVAILABLE FOR SPRING / SUMMER:

ALFALFA	€3.50	
It is used for grazing.	hay, and silage, a	

is used for grazing, hay, and silage, as well as a green manure and cover crop.

BUCKWHEAT

BUC010RGDIS €3.00 Weed suppressor, attracts bees, 250g. Covers 40m²

CRIMSON CLOVER

€3.50 CCI 010RGSIDIS Quick maturing N-fixer, 250g. Covers 70m²

LUPIN SWEET

€3.00 I UP010RGDIS Fast growing N-fixer, 200g, Covers 50m²

MUSTARD

MUS010RGDIS €3.50 Fast growing and robust, 250g. Covers 80m²

PHACFI IA

PHA010RGDIS €4.00 Attracts bees, weed suppressor, 200g. Covers 100m²

RED CLOVER

RCL010RGDIS €4.00 N-fixer, deep rooting, 200g. Covers 100m²

VETCH. SUMMER *VETO10RGDIS* N-fixer, adds org. matter, 250g. Covers 40m²

PHACELIA/WINTER VETCH MIX040RGDIS €4.00 Quick, weed suppressing, N-fixer 250g. Covers 60m²

€3.00

€3.50

RYE/PHACELIA

MIX050RGDIS	€3.50
Deep rooting, weed suppressing, Covers 40m ²	300g.

RYE SEED	
RYEO1ORGDIS	€2.50
Deep rooting, hardy, 400g. Covers	20m ²

RYE/WINTER VETCH

MIX030RGDIS	€3.50
N-fixer, for late sowing, 300g.	Covers 50m ²

VETCH. WINTER VET03ORGDIS N-fixer, 250g. Covers 40m²

COMFREY ROOT CUTTINGS

COMFREY Variety Bocking 14 is an excellent plant with many uses including as a fertiliser. It will do best in good soil but will grow well on most soils. Leaves can be harvested up to 5 times per year.

6 Root Cuttings COMF 12 Root Cuttings COMF	
---	--

POSTAGE	
6 Cuttings	€3.50
12 Cuttings	€4.00

Available in dormant season November to March. *NOTE: on receipt of the roots, please store*

in pots with sand, in a cool, frost-free place until planting.

SPROUTING SEEDS

The natural vitamin and mineral boost! They are inexpensive, easy to grow and very nutritious. Eating a variety of sprouts can provide you with the right amount of all 8 essential amino acids. They are ideal for winter greens and are easily digestible. Sprout in a "Mini Greenhouse (germinator), a jar (with a muslin type of cloth, as a lid) or grow the seedlings in punnets for tasty greens. Rinse the sprouts twice daily under the tap and drain again. Enjoy them.

ALFALFA 80g SPAA €4.00 Ready in 4-6 days. Vitamins A, B, C, E & K. Rich in minerals and trace elements. Use in juice, salads, sandwiches, soups, sprout loaves.

BROCCOLI 75g SPBR €4.00 High in anti-oxidants and vitamins make this a healthy choice as well as being a great tasting sprout for salads and sandwiches.

€4.00 CRESS 75g SPCR Ready in 4-5 days. Vitamins A & C. minerals. Use: breads, garnishes, salads, sandwiches.

MUNG BEAN 75g SPMU €4.00 Ready in 3-6 days. High quality protein, iron, potassium, vitamin C. Use: juices, Oriental dishes, salads, sandwiches, soups.

GARDEN PEAS 80g SPGP €4.00 Ready in 3-4 days. Pea sprouts are high in antioxidants and carotene.

RED CLOVER 80g SPCL €4.00

Ready in 4-5 days. Vitamins A & C, trace elements. Use: breads, salads, sandwiches, soups.

SPRA RADISH 50g €4.00 Ready in 4-5 days. Potassium and Vitamin C. Use: dressing, juices, Mexican-style food, salads, sandwiches, soups.

SUNFLOWER 50g SPSU €4.00 Sown in shallow compost to give tasty greens at 3-5cm tall.

WHEATGRASS

WHEATGRASS GRAIN 1kg WHEA €3.50

Grow top quality organic wheatgrass to juice at home. 25g of wheatgrass juice contain the same amount of nutrients as 1kg of green vegetables.

SEED TRAY

€2.50 SFFDTR Rigid, strong seed tray with holes. Ideal for growing wheatgrass. A sowing of 150g of wheatgrass in each trav will vield 6-8 shots. Size 37x23x5c.

WILLOW CUTTINGS

BUNDLE OF 5 €5.00 POSTAGE €10.00

Available November to March only. On receipt plant cuttings as soon as possible.

BIOMASS WILLOW WRIO Very fast growing hybrid willow for fuel production.

BROWN MAUL WTBM An osier type willow which grows from 4ft to 7ft (1.2m to 2.1m) per year. Good resistance to rust.

BRITTANY BI UF WPBB It is very pliable and lovely to weave with. Grows with a slight wave, not so good for uprights.

Good quality rods drying to a reddish brown.

IRISH BLACK

HARRISON

Possibly a hybrid with a bit of Viminalis in it. It is more vigorous than Packing Twine, so is suitable for uprights. It dries green. 40

WRHA

WPIR

WAVI

€4.50

WPID LANCASHIRE DICKS

Excellent for fine work as it produces small slender rods. Not very high yielding. Very high class rod suitable for peeling.

PACKING TWINE WPPT

A good tough variety. Not as straight as others. Dries to a dark colour.

VITTELINA

Straight yellow branches. Also available are long willow rods suitable for domes, 'fedges' and other willow structures. Please call us for a quote. Collection only.

PEST & DISEASE CONTROL

AGRALAN COLLARS €7.50 CBCO

Copper impregnated brassica collars which will deter cabbage root fly and repel slugs. In addition the collars will prevent weed germination around the plant and conserve moisture. 20 re-usable collars.

BRASSICA COLLARS BRCO

Fit around the base of cabbages and other brassicas to protect against cabbage root fly. (pack of 30 collars)

BUZZLINE BIRD SCARERS BUZZ €7.50

Humming tape gives off sound that birds will not tolerate. Keep birds from damaging crops without harming them.

WINTER TREE WASH TRWA

€14.00 Natural product containing biological enzymes which dissolve insect eggs present on dormant fruit trees and bushes. Suitable for apples, plums, pears and cherries as well as blackcurrants. raspberries, gooseberries and blackberries. 450ml

2 IN 1 PLANT INVIGORATOR OTIO €13.50

A blend of natural plant and fish oils effective against a wide variety of insects. mites, scales as well as powdery mildew and black spot on roses. 250ml dilutes to approx 17 litres spray. 50

SLUGGO 800GR SIUG

€11.50

Replaces derrex/ferramol slug pellets. Slug pellets which can be used throughout the growing season, whenever slug and snail attack threatens garden plants. Approved for use in organic vegetable gardens and where children, pets, or garden wildlife are present.

PI ANT PROTECTION NET PPN€11.00

Ideal for strawberries, apple trees and other soft fruits and vegetables. Easily trimmed, rot proof and reusable. Size: 8 x 4 Meters Mesh size: 10mm x 10mm

PROPAGATION

SOIL THERMOMETER €11.50 SOIL

Check the soil temperature before sowing precious seeds and do not be fooled by the first warm days of spring!

GARDEN TOOLS

When ordering, please note that hand tools and tools without handles carry a lower postage rate of €6.00 For all other tools please add €10.00 for delivery.

ASH HANDLE

HAN17 €9.00 1.7m ash handles suitable for most tools.

GARDEN FORK

€34 90 GFM Flat tines make it easier to turn the soil and divide plants. Perfect for digging potatoes.

NURSERY SPADE

€83.21 SPA1810 Heavy duty professional Nursery Spade. Forged steel, 95cm T handle.

RAKE

€18.50 RAK14 Standard garden rake 350mm width. Includes handle.

OSCILLATING HOE

The double action Oscillating Hoe has an outstanding reputation for being fast and effective. Weeds are cut by pushing/pulling the sharp blade through the top layer of the soil. loosening the soil and improving air/water penetration. Blades are self sharpening. Without handle. Ideal for use with 1.7m handles.

HOE WIDTH 85MM OSC85 €35.00 HOF WIDTH 125MM OSC125 €36.00 HOE WIDTH 175MM OSC175 €37.00

HAND TOOLS

DIBBER DIR425 €7.00 Our standard dibber. Wooden knob handle with steel tip. 27cm long.

HAND TROWEL TROW €5.50

Heavy duty hand trowel by Draper. Epoxy coated carbon steel hardened and tempered with plated ferrule, leather wrist strap and plastic handle.

WEEDING FORK FORK €5.50

Heavy duty weeding fork by Draper made from epoxy coated carbon steel hardened and tempered with plated ferrule with comfortable plastic handle and leather wrist strap.

Alongside these items we stock a wide range of fertilisers, composts, polytunnel accesories & much more! For more information see the Website or give us a call!

For more information and products visit: www.theorganiccentre.ie/shop or give us a call on +353 (0)71 985 4338 49

GARDEN SUNDRIES

BARLEY STRAW BAGS ABSB €5.50

Completely harmless to plants, fish and wildlife and biodegradable. The bags contain barley straw and cotton and they are used to clear algae and suppress weeds in ponds. Each bag will treat a 10 m2 area of pond. These bags work perfectly in ponds and in water features, and they can also be used to clear harvested rainwater in a water butt. Each pack contains 2 bags.

CITROX 500ml CITR €10.00

Powerful garden disinfectant, based on extracts of citrus fruit. Effective against a wide range of diseases. Use to clean greenhouses, tools, pots, etc. Not harmful to plant material, so can be used to disinfect bulbs and cuttings. No insecticide effect, won't harm beneficial insects. Dilute 50ml to 1L.

GARDENING GLOVES

Showa Floreo 370. Second skin protection with amazing tactile touch. Ideal for weeding, potting, seedling work, pricking out, tying up plants, hosing and raking. One of the most lightweight and comfortable gloves available. Machine washable up to 40 degrees. Assorted colours.

SMALL SIZE 6	0.1.0	€7.50
MEDIUM SIZE 7 I ARGE SIZE 8	GLVM GLVI	€7.50 €7.50
LINGL OILL O	GLVL	07.00

LE LAC BALSAM

Lac Balsam creates a weatherproof elastic bandage which helps to heal tree wounds quickly. Made from natural materials. Highly recommended by our Fruit tree specialist at the Organic Centre.

385gm tube LAB1 €17.00 For direct application covers 10 trees.

1 kg tub LAB2 €26.00 Covers 30 trees. Injuries to trees – by pruning or other damage, need to be treated to avoid infection.

MAXICROP TAKE ROOT 500ml MTR €8.00

A natural blend of seaweed extracts, specifically selected for their positive effects on rooting - for use in propagating and with all transplanted plants. After watering into the soil, Take Root significantly increases root mass for better survival, establishment and strong, healthy plants.

MERCURY THERMOMETER THER02 €8.50

Two columns display the present temperature-while markers show the previous lowest/highest temperature. Important information particular for greenhouses and propagation areas.

PH METER (RAPITEST) PHME €21.50

Instant and precise pH tester separate probe connected to accurate meter. Complete with pH correction guide and table of suitable plants. No batteries required.

PH MINI METER (RAPITEST) PHMM €15.00

Smaller version of the above. Integrated probe and meter with pH correction guide and table of suitable plants. No batteries required.

PH SOIL TESTER (RAPITEST) PHST €7.00

Test the acidity of your soil and see how well it is suited to various plants. Sufficient for 5 tests.

POLYTUNNEL REPAIR TAPE RPT33 €15.00 100mm x 25m repair tape for PE/PVC film

WATERING CAN ROSES ROS €5.00

Popular, rubber backed, round watering can roses. High quality brass faces which are removable for cleaning. They will fit most popular makes of watering can. Coarse ROSC / Medium ROSM / Fine ROSF.

THE ORGANIC CENTRE SHOP

Our shop stocks an excellent range of organic food and drink, and we are working with local suppliers to ensure that we have loads of locally grown, hand-made sustainable products. We continue to develop the shop trying out new food and drink lines and increasing the number of products available every month.

Depending on the time of year, you will find produce from our gardens including **fruit**, **vegetables** and our **famous organic apple juice**. We also have a zero waste range, so you can buy organic pantry staples without all the plastic and packaging.

We have recently started selling a variety of items from the *Opinel range* including **knives**, **secateurs**, **pruning knives** and **folding saws**. These are excellent for use in the garden and the range of sizes are perfect for all your pruning needs. In addition, we have a range of **flasks** and **mugs** from **Stanley** for all of your outdoor adventures be it hiking, camping or just sitting on a bench by a river and enjoying a hot cup of tea.

We have also added the bestselling **Ball Mason jars** and **fermenting crocks** to our shop, ideal for pickling, fermenting and making sauerkraut or kimchi. There is an excellent range of **Irish-made beauty & skincare prod-ucts** from a variety of makers across Ireland. Along with this, we stock a variety of eco-friendly products for use around your home.

We also have lots of locally made arts and crafts on sale, and are working with local artists and crafters to develop this range which includes beautiful paintings, wildlife photographs, ceramics, wooden crafts and sustainably made baby clothes. So you really can shop local, support small businesses and buy the perfect gift knowing that every cent you spend supports the Centre, local employment and local communities.

All items in our onsite shop can also be found in our online store: https://www.theorganiccentre.ie/shop/ecostore

THE BOOK STOP SHOP

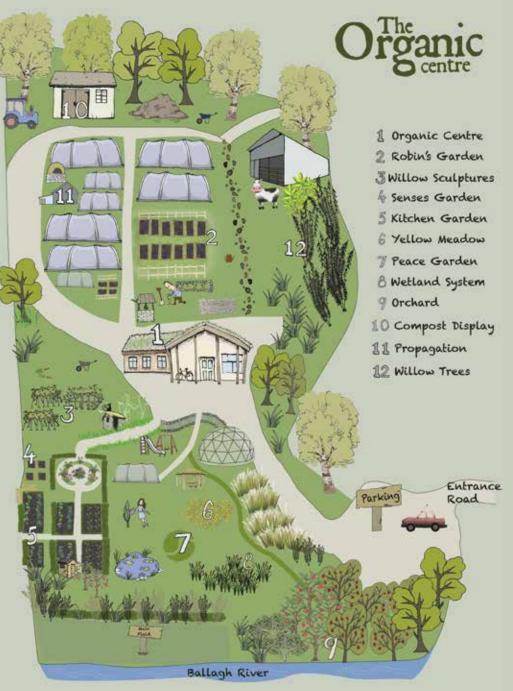
Due to popular demand, we have increased our range of books, and now stock a great selection of books on **gardening**, **organic growing**, **permaculture**, **forest gardening**, **garden design** and the numerous ways of growing abundant harvests. We have the most recent titles from gardening experts including **Klaus Leitenberger** and **Charles Dowding** and our books are for beginners as well as the more seasoned organic grower.

The children's section is constantly growing and our range includes books for young and older children, reading books, colouring and activity books. We have titles in the excellent '*Little people, BIG DREAMS*' biography series, which includes books about environmental pioneers **David Attenborough, Jane Goodall** and **Greta Thunberg.**

Our natural history and nature writing section takes in classic non-fiction and novels along with current best sellers. Subjects include the **fauna and flora of Ireland, the climate crisis, environmental concerns, farming** and books that focus on the natural world and our human relationship with it.

We also have a great range of **guidebooks**, **cooking**, **preservation** and **fold out guides** covering topics as diverse as fermentation, seaweed, butterflies, mushrooms and clouds!

Everything on our bookshelf can be found at the following link: https://www.theorganiccentre.ie/shop/books



ADVERTISERS'

ACCOMODATION



Holiday Homes

Garrison, Co. Fermanagh,

1 mile from the Organic

Centre. Self-catering

Accommodation from £30 p.p.p.n.

Contact Peter on

07729 178273 or

(048) 686 58743

www.devenishvilla.co.uk

peterandpam78@yahoo.com

The Benwiskin Centre Hostel Ballintrillick, Co. Sligo, F91 A389 Tel/Fax 071 9176721 Eco Friendly Self Catering Accommodation located in beautiful north Sligo, 30 minutes from The Organic Centre. Email: info@benwiskincentre.com

If you are contacting any of our advertisers, please mention that you saw their advert here! If you are contacting any of our advertisers, please mention that you saw their advert here!



FOOD & DRINK / HEALTH & BODY / EDUCATION & TRAINING

msletb



Phone/Fax 066 915 9857 www.harebellherbs.com email rosemarie@harebellherbs.com

www.theplantmedicineschool.com



M Natures Go

Our work with Nature's Wisdom deepens, we invite you to join us

Together we are finding our way to our indigenous selves

We are now located in a place of great beauty. Grá Nádúr, Grovemill, Hollyfort, Gorey, Co Wexford, Y25C6N1 Ireland

Mantic Aromatic Pure Essential Oils AVAILABLE IN GOOD HEALTHFOOD SHOPS NATIONWIDE Atlantic Aromatics is an independent Irish company, established in 1984 www.atlanticaromatics.com



Introduction to Herbal Medicine at Home Apprenticeship in Community Herbalism

Networking resources online & in person

Tel 053 942 8481 10-5 Mon-Fri

email: team@theplantmedicineschool.com

Facilitating holistic plant medicine

Herbal Practitioner Training Practitioner Support Seminars

Sharing our herbal heritage

QQI Level 5 Certificate in Organic Horticulture



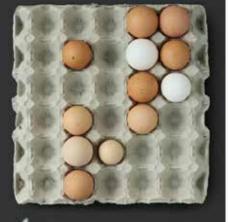




- · Join our expert horticulturalists and learn how to grow organically on our thriving 19 acre site including a woodland, forest garden, orchard, 8 polytunnels & kitchen garden
- Fully funded (weekly allowance + accommodation/travel) year long course starting February

BALLYMALOE COOKERY SCHOOL

+353 (0)21 464 6785 www.ballymaloecookeryschool.ie





We have a rich heritage of food business and innovation in Ireland, never has it been more important to support our local & Irish producers. The SuperValu Food Academy programme supports over 300 local & regional food and drink producers 52 weeks a year.

We have a large range of healthy, organic, gluten free, vegetarian, plant based products available to the consumer.

If you are a passionate producer with exciting new great tasting, high quality products and would like to be a part of the **SuperValu Food Academy**, please contact your Local Enterprise Office for application details.





Suppliers of Natural Organic Garden Products

 • Topsoil • Veggie Mix • • Compost • • Bark Mulch • • Coloured Chip • • Surface Covering Chip • Phone: +353 (0) 7198 61772 Email: info@envirogrindltd.com Web: www.envirogrindltd.com





Conservation & Preservation of Ireland's Rare Heritage Seeds & Apple Trees

Join Irish Seed Savers Today FREE organic Irish grown seeds; FREE bi-annual newsletters; FREE entry to events & gardens; Discounts on apple trees; Discounts on workshops.



Contribute to Ireland's food heritage & security by planting our seeds & trees & supporting our work.

www.irishseedsavers.ie . info@irishseedsavers.ie 061-921866 . Capparoe, Scariff, Co. Clare



Homevalue

GARDEN CENTRE NOW OPEN ALL YEAR ROUND STOCKING A WIDE RANGE OF INDOOR & OUTDOOR PLANTS EVERYTHING YOU NEED FOR YOUR HOME & GARDEN

FREE DELIVERY WITHIN 25 MILES

BULK BAGS OF TOPSOIL AND ENVIROGRIND, TIMBER FOR RAISED BEDS, RAINWATER HARVESTING, ORGANIC COMPOST & FERTILISERS

Finner Road Roundabout, East End, Bundoran, Co Donegal Tel: 071 98 41455 | www.bmghardware.com f bmghardware

LOCAL ACTIVITIES / PLACES TO EAT

A visitor's paradise and home to some of Ireland's

Fermanagh is a county of open

Fermanagh Lakelands

natural wonders.

who love the outdoor life.

5 f b 0

GARDENING / GREEN BUILDING



Corder online or visit us in West Cork

Future Forests, Kealkil, Bantry, West Cork. Tel.: 027 66176 Email: info@futureforests.ie f @futureforestsireland www.futureforests.ie



Passive houses built to your dimensions Super high performance, lasting generations

- Ventilated with heat recovery systems
- Traditional or modern look, plaster or timber
- Made in Sweden with natural materials



Tel: 091 555 808 • info@scanhome.ie • www.scanhome.ie Showhouse open every Wednesday between 3pm and 6pm in Moyculien, Co, Galway







fermanaghlakelands.com

Carrick-on-Sh Co.Ro Mon - Sun

Discover and Experience... the fascinating life of a coal miner.

A Unique Underground Tour of what was Ireland's last working coal mine at Arigna, Co. Roscommon.

Tours are guided by ex-miners

Arigna

Aining







(tripadvisor* The No.1 Attraction in Roscommon

TopAdvisor Traveller Pating



The Bilbern

The Bilberry Restaurant

MAIN STREET, GARRISON,

COUNTY FERMANAGH, BT93 4ER





071 9842391

www.thecourthouserest.com

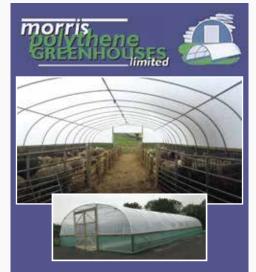




HIGH QUALITY POLYTUNNELS & POLYCARBONATE GREENHOUSES Tel: 087 366 8692



Visit: polytunnelsdirect.ie | polycarbonategreenhouses.ie



OMAGH, CO TYRONE From ROI 048 816 48205 Telephone / Fax: 028 8164 8205 www.morrispolytunnels.co.uk info@morrispolytunnels.co.uk. POLYTHENE AND STEEL AVAILABLE TO TRADE

Sligo Office Stationery, School Stationery, Printers, Ink Toners and Cartridges at excellent prices OPENING HOURS: Monday-Friday 8am-5.30pm FREE CUSTOMER PARKING Sligo Office Supplies, Finisklin Road, Sligo Telephone: 071-9146226 Email: scalos@scigoofficescupplies io

Email: sales@sligoofficesupplies.ie www.sligoofficesupplies.ie The Building with the Coloured Pencils next door to the new Lidl

The Organic Centre Shop

We stock a wide range of: ORGANIC AND HEALTH FOODS AND DRINKS ECO HOUSEHOLD AND BEAUTY GOODS GARDEN TOOLS AND SUPPLIES BOOKS

Visit us in The Organic Centre https://www.theorganiccentre.ie/shop/

Delivery service available: 0719854338

Polytunnels and Glasshouses for Organic Growers



Photo courtesy of Christophe Mouze, Clare Island



Polydome Ltd Birr, County Offaly Tel: 057 912 0424 www.polydome.ie Drumshanbo, Co. Leitrim

SUSTAINABLE LIVING / SHOPPING / SERVICES

MILL LANE BEEKEEPING

		3
Full Range of Quality Bee-		32-county Postal/courier
keeping Equipment and Sup-		Service. Free delivery on
plies Including Irish Cedar /		orders of €500+
Irish-made National Hives: Flatpack or Assembled		Help / advice for beginners
Mill Lane Beekeeping	Mobiles:	086-8599833 and 086-2403152
Drumcroman	E-mail: onmillla	ne@yahoo.ie

Website: www.milllanebeekeeping.ie





SERVICES

French Patiability Furniture Restoration PHILIP O'LEARY - CABINET MAKER I 0871671755 phil3404@gmail.com I Killargue, Co. Leitrim

If you are contacting any of our advertisers, please mention that you saw their advert here!



Cut the cost, not the Quality.

For a free no obligation quotation please contact Jimmy Gilheany on 071 9671652.

Gilheany & Co. Chartered Accountants for all your Accounting, Taxation & Auditing needs.

Gilheany & Co. Chartered Accountants 1 Landmark Ct., Carrick on Shannon, Co. Leitrim

IMAGINE AWARMER GREENE HOME

Support from start to finish for all your home energy upgrades

Get a quick quote today at cugreenerhomes.ie



Energia 2Home the result of t

neet the repayments on your loan, your account will go into arrears. Th may affect your credit rating which may limit your ability to access creo n the future. Manorhamilton and District Credit Union Limited is regulate by the Central Bank of Ireland.

WALTER P. TOOLAN & SONS SOLICITORS Estd.1901

The Law Office, High Street, Ballinamore, Co. Leitrim TEL: 071 9681000 FAX: 071 9644788 Email: law@wptoolan.com www.wptoolan.com

SOLICITORS

Gabriel A. Toolan B.A. Hons, LLM (Advocacy) LLM (Environmental & Natural Resources Law) Accredited Mediator

Dónal Ó Néill, B.A., M.Sc.

OUR AREAS OF PRACTICE INCLUDE -

Alternative Dispute Resolution, Mediation & Litigation
Property Law & Conveyancing,
Wills, Estates, Probate, Tax Planning & Enduring Power of Attorney
Employment Law
This firm has expertise in Environmental Law and considerable experience in environmental issues.



BIOFA IRELAND





Natural Varnishes

Indoor & Outdoor Wood Protection Wood Varnishes - Clear & Coloured Wood Paints - Opaque Finish

Natural Paint

Indoor & Outdoor Wall Paint Natural Mineral Paints (<u>MI free</u>) Natural Primers





Natural Oils

Natural Oils for all Applications Satin & Matt Finishes Cleaning & Care Products

Biofa Ireland's Philosophy: The most environmentally friendly products are those that are beautiful, durable and produced in a responsible and sustainable manner.

A healthy lifestyle is not possible without a healthy indoor environment. This is why Biofa only uses natural and non-toxic ingredients.

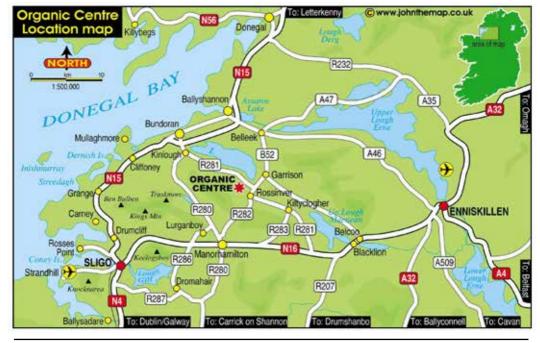
Biofa products do not create toxic emissions and are pleasant-smelling, gentle on the skin and are of the highest quality.

For more information visit www.biofaireland.ie Interested in being a stockist? Get in touch via email

Website: www.biofaireland.ie Em

Email: info@biofaireland.ie

A Green Paint That Comes in All Colours!



What is The Organic Centre?

As a charity & social enterprise, the Organic Centre works to support people of all ages who want to learn more about organic growing, biodiversity and climate change. Our work is supported by a number of funders including POBAL CSP, MSLETB and the Irish Environmental Network, and we would like to thank these core funders for their ongoing support. Our work is growing and we have big plans for the site and the work we do in schools and community groups/organisations, we are also developing our work around health and wellbeing and hope that we continue to grow our membership and our mission to support as many people as we can to get involved in gardening for fun, health and the planet. There are lots of ways for you to get involved in our work, you can find us on google, explore the website or join our community gardening group, become a member, volunteer in the gardens, make a donation so please feel free to get in touch. We appreciate your input and support and would like to thank YOU for supporting us.

The Organic Centre Rossinver Co. Leitrim, Ireland F91 H978. 54°23'34.4"N 8°07'06.0"W



+353 (071) 985 4338 © organiccentreie @the_organic_centre @TheOrganicCentre www.organiccentre.ie info@theorganiccentre.ie

Access: Please call or email if you have any special requirments or would like large type information.

The Organic Centre Irish Charity No: CHY 11547 Company No: 233736



The Organic Centre is currently supported by MSLETB, Leitrim Intergrated Development Company, Pobal (Community Services Programme) and certified by The Organice Trusts.