

Press release | 26 June 2023

Sonairte's Courses & Events: Summer/Autumn 2023

Sonairte is delighted to announce a very exciting line-up of upcoming courses and events this season. From biodiversity-friendly gardening to wild foraging to climate-aware cooking, it's all happening at Sonairte!

Check out the diversity of fun, educational and family-friendly days out that we are offering below:

July

July 2 @ 11:00 - 13:00: [Gardening Workshop 2023](#)

Learn how to grow your own produce in Sonairte's 250-year-old walled garden with Robert Miller. Robert studied horticulture at the National Botanic Gardens and now works for Beechpark Eco Farm in Clonsilla. He has also received a Permaculture Design Certificate from Cultivate in Cloughjordan Ecovillage. This practical hands-on workshop will teach you the value of soil composition and biodiversity in growing a successful garden.

July 15 @ 10:00 - 13:00: [Introduction to making country wine With Zaneta Wright](#)

Join us for this 3-hour workshop we will cover the fundamentals of making wines using wild ingredients. You will learn the basics of fermentation, Zaneta from Rerooting the Future will share with you how she makes sulphite-free wines. The aim of this workshop will be to provide you with the information and skills you need to brew wine and successfully avoid common pitfalls. There will be samples, a bottle to take home and recipes.

July 15 @ 14:00 - 17:00: [Wild Tea Workshop](#)

Join us for this Wild Tea workshop with Zaneta Wright, where we will go for a walk around the garden identifying good tea plants. Zaneta will show you how to make fermented tea, and we will have a bit of a tea party followed by the opportunity to make your own teas to take away with you!

July 16 @ 11:00 - 13:00: [Summer Foraging Walk](#)

Join Zaneta for a fun and informative foraging walk! This walk will focus on seasonal, local, wild edible plants. Zaneta has been teaching foraging for a number of years and her passion and enthusiasm for the subject shine through on these walks.

July 22 @ 10:30 - 12:30: [Woodland Workshop](#)

Tadeusz, a technician specialising in forest management, will lead a forestry workshop to teach us about the forest environment. He has spent many years studying and working within forests in Ireland and Poland and brings a wealth of information on forests and how their ecosystems work. Join this interesting monthly forestry class to explore how we can conserve, use, and arrange forests.

July 29 @ 10:00: [CASK Climate Aware Seasonal Kitchen – Tasting event](#)

CASK Climate Aware Seasonal Kitchen - Tasting event. Taste all the possibilities of climate-aware international cuisine made with local ingredients! All the taste but a fraction of the emissions – this food is bursting with guilt-free flavour and nutrition from our excellent chefs in the CASK programme.

August

August 6 @ 11:00 - 13:00: [Gardening Workshop](#)

Monthly continuation of the gardening course on how to grow your own produce in Sonairte's 250-year-old walled garden with our own Robert Miller.

August 12 @ 10:30 - 11:30: [Introduction to Foraging with Jenny Boylan](#)

Foraging for food is our heritage and is one of the best ways we can engage with nature. But why forage now? Research shows that wild plants are far higher in nutrients than commercially grown plants and are far better for our micro-biome, so our immune systems benefit too. Beyond this, foraging is a truly enjoyable way to spend time in nature.

August 19 @ 10:00 - 12:00: [Herb Walk – Free event](#)

Connect with nature by joining Isabel Fanning for a free herb walk and talk on the 19th of August. Isabel will talk about the herbs encountered in the Sonairte garden and Nature Trail and about the role of plants and herbs in promoting and maintaining health.

August 26 @ 10:30 - 12:30: [Woodland Workshop](#)

Monthly continuation of the Woodlands Workshop with forest technician, Tadeusz, teaching us about the forest ecosystem.

September

September 3 @ 11:00 - 13:00: [September Gardening Workshop 2023](#)

Monthly continuation of the gardening course on how to grow your own produce in Sonairte's 250-year-old walled garden with our own Robert Miller.

September 10 @ 10:30 - 11:30: [Introduction to Foraging with Jenny Boylan](#)

Monthly continuation of the Foraging workshop with brilliant Jenny Boylan.

Please see <https://sonairte.ie/events> for more information. To book your tickets now visit <https://www.eventbrite.ie/o/sonairte-the-national-ecology-centre-30594291340> or if you're in the area, drop into our on-site eco-shop to inquire further and book in-person.

We look forward to welcoming you to Sonairte this summer!



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