



FEEDING OURSELVES

LOCAL FOOD SYMPOSIUM

THURSDAY 30TH OCTOBER

13.30 - 17.30 | REGENT HOUSE | TRINITY COLLEGE DUBLIN

HOW CAN WE BETTER SUPPORT LOCAL FOOD PRODUCERS AND NOURISH COMMUNITIES THROUGH STRONGER LOCAL FOOD ECONOMIES IN IRELAND?

Schedule

- 13.30 - Door Open
14.00 - **Opening and Introduction**
14.05 - **Welcoming Mistica**
Appreciating Local Food producers
14.15 - **Why We Need to Transform Our Food System**
- Panel discussion on the context, the vulnerability of our current system, the need to support farmers better and why we have to strengthen local food economies.
- 14.50 - **Voices from the Field**
- Introductions from innovative initiatives from across Ireland
- 15.15 - Networking Break
15.30 - **The Future We Can Taste**
- A small group conversation where participants are invited to imagine and describe a future where local food producers thrive and communities are nourished - followed by a harvest of ideas for action.
- 16.30 - **Community Wealth Building**
- What are the opportunities for local wellbeing through food?
- 16.45 - **From Vision to Action**
- Panel on the innovation, practice, and policy needed to build thriving, healthy, and sustainable local food systems.
- 17.20 - **Closing Reflection**
17.30 - Close

Contributors Include -

Rupa Marya - Physician, activist, writer and recently appointed Trinity School of Medicine Adjunct Professor of Land, Food and Medicine.
Fergal Anderson - Leaf and Root Farm and a founding member of Talamh Beo
Caroline Whyte - Ecological economist at Feasta, the Foundation for the Economics of Sustainability
John Gibbons - Journalist and author of 'The Lie Of The Land - A Game Plan for Ireland in the Climate Crisis'
Ruth Hegarty - Food systems specialist with Food Policy Ireland
Sean McCabe - Head of Climate Justice & Sustainability, Bohemian Football Club
Thomas O'Connor - Manna Organic Farm and a founding member of Talamh Beo
Beck Vining - Talamh Beo and PhD Researcher at Maynooth University
Colin Doherty - Head of School of Medicine, Trinity College Dublin.
Oliver Moore - Researcher at Centre for Co-operative Studies, University College Cork, CODECS and Cultivate

Facilitated by **Davie Philip**, EU4Advice Irish Living Lab coordinator, Cultivate, and **Eimear McNally**, illustrator and facilitator specialising in visual facilitation.

Plus voices from innovative initiatives that support producers and or help strengthen local food systems from - **Janet Power**, Gorse Farm Talamh Beo - **Siobhan Hubbard**, Newbard Farm - **Caitriona Scully**, Mid West Bio-District, **Martina Mullin**, Trinity College Dublin - **Evonne Boland**, Open Food Network - **John McKeon**, Kyrie Farm - **Maeve Foreman**, Community Gardens Ireland - **Roger Ahern**, Green Man's Garden - **Dee Sewell**, Carlow County Council - **Gareth Conlon**, Síolta Chroí - **Laura Shine**, Farmer Time - and others.

sustainable.ie

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FEEDING OURSELVES

FARMING IS MEDICINE

18.00 - 21.00 | REGENT HOUSE | TRINITY COLLEGE DUBLIN

FILM SCREENING | CONVERSATION WITH PROF. RUPA MARYA AND DR OLLIE MOORE
+ NETWORKING BUFFET MEAL



Following a screening of the short film 'Farming is Medicine', that features physician, activist, writer and recently appointed Trinity School of Medicine Adjunct Professor of Land, Food and Medicine, Rupa Marya, a conversation on **decolonising food systems** with Professor Marya and Researcher Dr. Ollie Moore

COMING SOON



FEEDING OURSELVES WEBINAR

COMMUNITY WEALTH BUILDING 15.30 - 16.30 | TUESDAY 2ND DECEMBER 2025

A EXPLORATION ON HOW A COMMUNITY WEALTH BUILDING
APPROACH COULD SUPPORT LOCAL PRODUCERS AND
STRENGTHEN THE LOCAL FOOD ECONOMY.



FEATURING SEAN MCCABE,

HEAD OF CLIMATE JUSTICE & SUSTAINABILITY, BOHEMIAN FOOTBALL CLUB

REGISTER HERE <https://us02web.zoom.us/join/zoom/register/gMAvfPeDTreUT2nPhKHAjg>

Join the Irish Local Food Producer Database



Why? There is no complete picture of how many local farmers & growers exist in Ireland — who you are, where you are, or what you produce. Without this knowledge, policies are being written without you.

Talamh Beo is gathering insights to shape policy. Our current research includes exploring a **Basic Income for Local Food Producers**.

Get involved! Scan below or visit talamhbeo.ie/producer to add your details



Farmers and citizens working for a better food system

This symposium is part of the **Strengthening Local Food Economies project** (2024–2026) and organised through the **Feeding Ourselves Community of Practice** — coordinated by Feasta, Talamh Beo, and Cultivate — in collaboration with Trinity Sustainability, the Open Food Network Ireland, Food Policy Ireland, Bohemian FC's SPARK Project, Deep Medicine Circle, EU4Advice, CODECS, Methane Matters, Mid-West Bio District, Carlow County Council, FoodCloud, Síolta Croí, and Community Gardens Ireland.

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THE EVENT ALSO FORMS PART OF
THE GOOD FOOD, GOOD FARMING
ACTION DAYS FOR FOOD JUSTICE.

