



*Ukraine Wheat. Photo: Anton Petrus via Getty*

**Press Release 09/08/2022**

### **Could YOU live on foods only grown in Ireland for one month?**

Each September, artist, food activist and Kerry smallholder Lisa Fingleton holds the 30-day Local Food Challenge: for the past seven years, Lisa has eaten only foods grown in Ireland for an entire month.

No sugar, no lemons, no olive oil, no coffee: the challenge is designed to highlight issues with Irish food security, but it can be hard going!

This is why Lisa is inviting people to take part in whatever way they can in 2022: could you eat just one all-Irish meal per day, or even one all-Irish meal per week? This would make a fantastic lifestyle feature in the month of September.

### **Climate targets and Ukraine make the challenge more relevant than ever**

In the seven years since Lisa founded the 30-Day Local Food Challenge, food supply chains have been hit by a succession of market shocks highlighting Lisa's concerns with increasing urgency.

From seed shortages caused by Brexit to the global market shock of Covid to potential shortages caused by the ongoing war in Ukraine, to the recent conversation about the need to reduce the Irish National Herd in line with carbon emissions targets, Lisa says there has never been a more important time to talk about Irish food security.

"This year in particular, in Europe we are seeing the impact of war on food and the global reliance on Ukraine as an important wheat producer," Lisa says.

"This has shown us more than ever just how fragile our food systems are. We need to focus on building sustainable and resilient food systems on the island of Ireland."

Join Lisa and panellists from the Irish Farmer's Association and Talamh Beo, the Irish Smallholders' Union, on August 25 in the Crawford Art Gallery in Cork for a talk about Irish Food Security in advance of this year's 30-Day Local Food Challenge.

***EVENT DETAILS: LOCAVORE: BREXIT, COVID, UKRAINE AND IRISH FOOD SECURITY is on Thursday the 25 of August at 6pm. All welcome.***

*Join Lisa Fingleton and reps from Talamh Beo and the IFA for a lively discussion on Irish food security and the market shocks that are impacting it.*

**ENDS**

**Notes for Editors:**

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**Notes to Editor:**

The Gallery will present an extensive programme of food and art related events to accompany the exhibition. Further details online as released.

<https://crawfordartgallery.ie/meat-and-potatoes/>

If you would like an interview with **Lisa Fingleton** , please contact **[marketing@crawfordartgallery.ie](mailto:marketing@crawfordartgallery.ie)**

**For more imagery, please click [here](#).**

## **About Crawford Art Gallery's Meat and Potatoes Project Space**

*Meat and Potatoes is Crawford Art Gallery's food-themed art exhibition, running from July 16<sup>th</sup> to November 4<sup>th</sup>. While the downstairs gallery is showing artworks with food as a theme, upstairs, the project space is holding a big, ambitious programme of food events, from live baking workshops to a crop of gallery spuds which will be harvested and cooked in the gallery, to talks and workshops exploring the serious food issues of the day. Full programme of events [here](#).*

## **About Lisa Fingleton**

*Lisa Fingleton's artwork, The Sandwich Project, live drawn on the wall of Crawford Art Gallery as part of the ongoing food-themed Meat and Potatoes exhibition, demonstrates the provenance of over 40 ingredients found in a standard garage forecourt BLT sandwich and raises vital questions about food miles, carbon costs, labour rights, animal welfare and much more. Lisa's website is [here](#).*

## **About Talamh Beo**

*Talamh Beo is a national organisation that represents Irish smallholders, advocating for a grassroots approach to developing agricultural policy. They are governed by principles of agroecology, regenerative farming and food sovereignty. Read more [here](#).*

## **More about Crawford Art Gallery**

Crawford Art Gallery is an Irish national cultural institution, dedicated to contemporary and historic visual art, located in a significant heritage building in the heart of Cork city. Offering a vibrant and dynamic programme of temporary exhibitions, it also houses a collection of national importance which tells a compelling story of Cork and Ireland over the last three centuries.

Originally built in 1724 as the city's Customs House, the Gallery is home to the famous Canova Casts, gifted to Cork two centuries ago. Featured in the gallery's collection of over 3,000 objects are contemporary artists Aideen Barry, Gerard Byrne, Maud Cotter, Dorothy Cross, Tacita Dean, and Sean Scully as well as much-loved works by Irish artists James Barry, Harry Clarke, Mainie Jellett, Seán Keating, Daniel Maclise, Norah McGuinness, Edith Somerville, and Jack B. Yeats.

An oasis of calm and tranquillity, Crawford Art Gallery is open seven days a week, free to enter, and a must-see for locals and tourists alike. Welcoming over 265,000 visitors annually, the Gallery boasts an award-winning Café in stunning surroundings, serving fresh local produce for which Cork is famous.

### **Current Event Programme:**

#### **From 15 July**

**Spuds growing** in the Upper Gallery  
in partnership with **Cork Rooftop Farm (Brian McCarthy)**

#### **5 August**

##### **Soil and the City**

Evening Panel Discussion/Live Podcast: How much of our food could we grow in the city? And what would we need to make that happen? Join Cork Urban Soil Project, Brian McCarthy of Cork Rooftop Farms and Maria Young of Cork Food Policy Council, who co-ordinates community growing projects including Togher Community Gardens, for a lively discussion. Allotment-growers and others with an interest particularly welcome!

#### **13 August – Heritage week**

##### **Seeds are Stories**

**1pm Seed Workshop, 2pm–4pm Seed Swap/Sowing**

A lunchtime workshop on seed saving with Irish Seed Savers Association's seed curator Deirdre Morrissey, and then a "seed show and tell" where people can bring, swap and sow food crop seeds and explain the origins of their saved seed. Sow a seed to bring home.

#### **14 August – Heritage week**

##### **Art Picnic at the Gallery**

Come join us in the Gallery for an artistic feast. A picnic themed drop-in workshop where you can have a try at still life painting, drawing and basic block printing. All ages welcome. No art experience necessary.

#### **25 August**

##### **Locavore: Brexit, Covid, Ukraine and Irish food security**

**Thursday 25 August 6pm**

Artist and food activist Lisa Fingleton is the founder of the annual "30 day local food challenge," in which, each year she and others eat only foods grown in Ireland for the month of September. Lisa has been warning about imbalances in Irish food production for years, and recent crises including the invasion of Ukraine have highlighted how fragile our global food supply



chains can be. Join Lisa and a panel of fellow experts to explore and debate the current state of Irish food security. Details of contributors to follow.

### **10 September**

#### **Cork Rooftop Farm: Morning Tour**

##### **Saturday 10am Cornmarket, outside Cork Rooftop Farm**

Join Brian McCarthy for a tour of the Rooftop farm that's less than 500m from the door of Crawford Art Gallery. Brian has been the brains behind the crop of spuds growing in the Crawford and if you want to see how it's possible to grow food in the city, there's no better place to start. A free but ticketed event with limited places; pre-booking is essential. Keep an eye on our events page for when tickets will become available.

### **10 September**

**The Animal Connection**: walking tours in the city with Food historian Regina Sexton. Free but with registration on Eventbrite.

### **16 September**

#### **Irish Heritage Potatoes and the Lost Crops of the Andes Friday 16 September 1:15pm**

Purple Sweet Potatoes, Yacon, Oca: come to a lunchtime talk and meet the food crops Ireland could be growing to diversify and provide sustainable food sources into the future. Join horticultural innovator Pat Fitzgerald, whose company, Beotanics, specialises in developing and breeding rare plant crops whose true potential remains untapped in Ireland.

### **17 September**

#### **Walking Cork's Food Culture: Past and Present Saturday 17 September 10:30am–2pm**

For a period in the eighteenth and early nineteenth centuries, Cork was known as 'The Slaughter House of Ireland' due to its role in supplying salted beef to the provisioning industry. Discover how the production of salted beef and butter shaped a lot of the character of the city and join food and culinary historian Regina Sexton for a walking tour of this fascinating and sometimes bloody history. A free but ticketed event, with limited numbers. Suitable for adults. Please note this is an active walking tour over several hours. Tour starts on the ground floor of Crawford Art Gallery and ends at the Old English Market. Keep an eye on our events page for when tickets will become available.

### **22 September**

#### **Ancient Grain**

Wheat is the dominant crop on which most of the developed world's bread traditions is based. But what can we learn from our ancestors about diversifying our use of grains in response to climate challenges and food supply chain disruptions? Three grain growers – Donal Creedon of Macroom Oatmeal, Leonie Workman from Dunany Farm, and Fanny Leenhardt of Real Bread Ireland – join UCD ancient food and farming expert and archaeologist Meriel McClatchie for a lively discussion and some tastings and samples.

## **23 September – Culture night**

### **Puppet Tours**

Puppets will take on the role of tour guides, showing Children around the gallery. Exploring the Meat and Potatoes exhibition, the puppets will talk about some of the artworks, engage the children with stories and create an interactive fun experience for all. Keep an eye on our events page for when tickets will become available.

### **Interactive Workshop In Meat and Potatoes Project Space**

Connecting colour and food this interactive workshop will focus on the ways we can create ecologically friendly art and highlight the role of food in creating a circular economy. Using dyes created by Ashleigh Elis from different foods, spices and herbs, participants paint, stamp and print artworks. A family friendly event, this workshop will be open to all ages.

## **Saturday 24 September – Friday 7 October**

### **Milling Saturday 24 September – Friday 7 October**

Gallery-goers can try their hand at milling flour from organic Irish-grown spelt berries when they visit the Meat and Potatoes project space between Saturday 24 September – Friday 7 October. The flour will be stored for use in our bread-making workshop on the 8 Of October.

## **1 October**

### **Green Towers at Crawford Saturday 1 October – Sunday 6 November**

Green Towers are an aeroponic growing system; they may look like sci-fi, but they're capable of growing a lot of vegetables in just one square metre, and with up to 90% less water consumption. To complement our gallery spuds and to prepare for a harvest feast of Colcannon, Crawford will be growing a crop of curly kale in a Green Tower.

## **6 October**

### **Take the Cake Thursday 6 October 5:30 pm**

An ongoing project of artist April Gertler, TAKE THE CAKE is a hybrid lecture performance / baking show with the intention of examining the historical trajectory of common ingredients in a cake using a feminist and post-colonial perspective. As part of her research project, Terms of Consumption, curator Julia Gelezova commissioned Gertler to develop an Irish edition of

TAKE THE CAKE, with the performances taking place in Cork and Dublin this October.

### **8 October**

#### **Our Daily Bread: A Sourdough Bread-baking Workshop with the Experts Saturday 8 October 11am–3pm**

Eight lucky members of the public can sign up for a full halfday bread baking workshop in the Project Space. Join Fanny Leenhardt of Well Bread and Ben Le Bon of the Natural Foods Bakery to learn traditional sourdough baking methods with Irish-grown spelt flour. This workshop is free but ticketed and will be dispensed on a firstcome, first-served basis to adult participants (over 18s) only. Please ensure that you have the time to be present for the entire four hours before booking a ticket. Even if you can't get a ticket, the workshop is open to all for viewing; there's still a lot to learn by stopping by to watch the baking happen. Keep an eye on our events page for when tickets will become available.

### **9 October**

#### **All About Cake Decoration Sunday 9 October 1–4pm**

Cork Sugar-craft Association is a big mix of people - young, old, hobbyists and professional cake decorators – who are passionate about cake decorating and all things sugar craft. Join members to be wowed with a display of their work and then try your hand at some of their cake decorating techniques. Suitable for adults and children.

### **13 October**

#### **Breads of the World Thursday 13 October 5:30pm**

Bread is the cornerstone of many cultures; join home bakers for live baking demonstrations in the Meat and Potatoes Project Space.

### **20 October**

#### **Artist talk : Deirdre O'Mahony**

Deidre will talk about *The Persistent Return and Trial* and errors, her 2 works featuring in Meat and Potatoes, in the wider context of her artistic practice. Deirdre O'Mahony, *The Persistent Return* Two-screen moving-image installation, 2018.

### **27 October**

#### **Food Price Crisis Thursday 27 October 5pm**

In the midst of plenty, a large, silent minority are experiencing hunger. Food inflation has pushed the price of foods up by over 5% in the past two years. Meanwhile, one in five Irish people is living in poverty after housing costs have been accounted for, according to Social Inclusion Ireland. Join UCC public health nutritionist Janas Harrington and others for an evening discussion on the impacts of food poverty in Ireland.

### **31 October**

#### **Samhain: The Origins of an Irish Halloween and The Festive Foods of Humans and Fairies Monday 31 October 3–5:30pm**

After a whole growing season, it's time for the Crawford to dig their spuds and pick their kale! Join food and culinary historian Regina Sexton and UCC folklorist Dr Jenny Butler for a hands-on afternoon in which we will dig spuds and cook up a batch of colcannon while discovering the traditional dishes of the festival. Jenny will explain the pre-Christian and folk dimensions of an Irish Halloween and Regina will outline the role of food in the festival. Suitable for all ages, and if you're going trick-or-treating straight afterwards, fancy dress is welcome too

### **4 November**

#### **Food Futures Friday 4 November 6–8pm**

Say farewell to Meat and Potatoes with an exciting closing evening of bite-size, TED-style talks on the future of food, accompanied by some surprising nibbles. Introduced and moderated by sustainable food systems advocate Ruth Hegarty. Others speakers to be confirmed.

### **Opening Hours**

Monday–Saturday 10.00am–5.00pm

Late opening Thursdays until 8.00pm

Sundays and Bank Holidays

Gallery: 11am - 4pm

Entry Free

### **Upcoming Exhibitions**

#### **Meat and Potatoes**

16 July – 6 November

#### **DRAWING ROOM**

16 September – 4 December

#### **As They Must Have Been: Men of the South, 1922-2022**

30 July – 18 September 2022

### **TOURS**

**Free Tours Sundays and Bank Holiday Mondays 2pm**

**Free Tours on Thursday 6.30 pm .**



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**An Roinn Turasóireachta, Cultúir,  
Ealaíon, Gaeltachta, Spóirt agus Meán**  
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