

Crawford Art Gallery



Fanny Leenhardt photo by Roland Feuillas

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Crawford Art Gallery presents *OUR DAILY BREAD*, a way to bring back the nourishing properties of real bread

Eight lucky budding bakers will get a free half-day sourdough workshop with Fanny Leenhardt and Ben Lebon in the Crawford Art Gallery as part of the Project Space for their current food-themed exhibition, *Meat and Potatoes*, on Saturday October 8th. Booking is essential to take part, but members of the public are free to watch and learn too.

And for two weeks leading up to the big bake, gallery-goers can try their hand at milling some flour themselves: the project space will be home to a sack of unmilled spelt grains (known as “berries”) and a tabletop mill for kids and adults alike, under supervision, to try their hand at making flour and to think about where their daily bread comes from.

French baker and nutritionist Fanny Leenhardt is on a mission: to bring back the nourishing properties of real bread.

Many of us eat it every day, but when our bread choice is white sliced pan or deli baguette rolls, we’re eating empty calories and missing out on vital vitamins, minerals and micronutrients.

“In less than a century, we abandoned both the flavour and nutrition of our staple food in favour of producing vast amounts of cheap industrial bread.”

So says Fanny, a nutritionist with a PhD from the University of Paris, who now lives in Ballinhassig, Co Cork with her Irish farmer husband. It was partly her love of playing Irish

traditional music that brought her to Ireland, and also her research in UCC into how to reduce the salt content of bread.

Fanny now grows varieties of grain that pack a nutritional punch on her farm, and has co-founded WellBreAd Ireland, a baking school, with fellow French baker Ben Lebon. She is also a member of Read Bread Ireland, a network of small craft bakers who share her love of what they believe is “real” bread.

Fanny and Ben will be working with Oak Forest Mills Irish spelt flour to teach their students how to craft the perfect chewy, fragrant loaf. With the comforting smell of baking bread wafting around the gallery, it's sure to make art-lovers hungry.

Crawford Art Gallery exhibition, **Meat and Potatoes** features an abundance of food-related artworks produced over the last four centuries, ranging from still life to video works and installations which consider the politics and concerns that have shaped perspectives on food right up to the present day. This exhibition draws particular inspiration from the staples of meat, potatoes and bread in the history of food-focused art and our personal diets throughout the ages.

EVENT DETAILS: OUR DAILY BREAD: Saturday the 8th of October from 11am to 3pm. Booking via Eventbrite essential to take part, but spectating is free and open to all! Milling is open during gallery hours, subject to supervision, from September 24th to October 7th.

Please book here: <https://www.eventbrite.ie/e/our-daily-bread-a-sourdough-bread-baking-workshop-with-the-experts-tickets-423348616107>

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About WellBreAd

[WellBreAd](#) is a baking school based in Ballinhassig, Co Cork, founded by French bakers Fanny Leenhardt and Ben Lebon. They focus on teaching traditional sourdough baking skills to bring out the best nutritional value they can from bread.

About Oak Forest Mills

Emma and Pat grow organic spelt, wheat and einkorn on their farm in Ratoath, Co Meath. Their mill, [Oak Forest Mills](#), is in Piltown, Co Kilkenny.

Their flour is stoneground at low temperatures to preserve nutrients and is unbleached. At present, they only supply their flours in bulk to craft bakers, and are part of a growing movement exploring ways to bake with indigenous flours instead of imported industrially farmed wheats.

About the Crawford Art Gallery's Meat and Potatoes Project Space

Meat and Potatoes is the Crawford Art Gallery's food-themed art exhibition, running from July 16th to November 4th. 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](#).

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.

Opening Hours

Monday–Saturday 10.00am–5.00pm

Late opening Thursdays until 8.00pm

Sundays and Bank Holidays

Gallery: 11am - 4pm

Entry Free

Meat and Potatoes Event Programme

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

Straw in Irish Folk Tradition

Thursday 29 September 5:30pm

Ireland has an extensive folk tradition of rituals and crafting with hay, straw and rushes. Join Dr Anne O'Dowd, former curator at the National Museum of Ireland, who will discuss her research based on her work with the National Folklore Commission.

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 veg 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, the Crawford will be growing a crop of curly kale in a Green Tower.

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.

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.

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.

Artist talk with Deirdre O'Mahony

Thursday 20 October 5:30pm

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.

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.

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.

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.

TOURS

Free Tours Sundays and Bank Holiday Mondays 2pm

Free Tours on Thursday 6.30 pm .

This project is in support of the Night-Time Economy and funded by The Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media.



An Roinn Turasóireachta, Cultúir,
Ealaíon, Gaeltachta, Spóirt agus Meán
Department of Tourism, Culture,
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