

GŴYL FWYD LLANIDLOES Food Festival

FREE
ENTRY

A CELEBRATION OF PLANT BASED FOOD

Sat 11th May

Talks In the Bailey Room @ The Llanidloes Community Centre

- 10.15-10.45 Scott Bennett Climate Resilience & Food Security
11.00-11.30 Katie Hastings Seed Sovereignty
11.45-12.30 Jane Powell & Corinne Castle
Food Manifesto Wales/Uniting People through "Food Values"
13.15-13.45 Anne Parry Traditional milling techniques & local grain growing
14.00-14.30 Gerald Miles Welsh Farming & Environmental Activism
14.45-15.15 Penny Foreman Scrumping the forgotten treasures of the
British orchard
15.30-16.00 Pamela Mason Sustainability and Nutrition
16.15 Film 'In our Hands – Seeding Change'
A Landworkers Alliance Production

Cooking Demos In the Canteen Room @ The Llanidloes Community Centre

- 10.15 Great Oak Café's fabulous Veggie Soup, **Millie Owen**
11.15 Quick and easy, tasty vegetarian curry, **Jake Berriman**
12.15 Traditional Syrian dishes, **Saba & Mohamed Wetti & Hind Albalkhi**
13.15 Vegan seitan sausages with a barbeque dipping sauce, **Oakly Edwards**
14.15 Kimchi and other ferments, **Pieter Van Woerkom**
15.15 An authentic Dal dish, **Ranbir Virk**

Children's entertainment In the main hall

Edible art activities with Terri; Face painting by Julie Ashton
Storytelling by Penelope Forman & Carol Harris

Live music throughout the day In the main hall

Lots of food stalls. Come for brunch, lunch and afternoon munch.

For more detail about our speakers and chefs visit our website or follow Llanidloes Food Festival on Facebook www.greatoakfoods.co.uk/food-fest

Part of:

EVENTS ALL WEEK 11TH - 19TH MAY



COURSES, FILMS, FARM PICNIC, TALKS, WORKSHOPS
EAT OUT AT LLANI PUBS AND RESTAURANTS

See overleaf or more details and times