

GŴYL FWYD LLANIDLOES Food Festival

A CELEBRATION OF PLANT BASED FOOD

EVENTS ALL WEEK 11TH - 19TH MAY

SAT 11TH MAY

Llanidloes Food Festival

Llanidloes Community Centre

10am -4pm

FREE

SUNDAY 12TH MAY

Yoga & Lunch Cae Felyn, Old Hall, Llanidloes
Kundalini tantra yoga with Cristina Sanchez

11.30am- 2pm

Booking essential

FREE

MONDAY 13TH MAY

Kimchi and other Ferments Community Centre

Pieter van Woerkom

6.30pm – 8.30pm

FREE

TUESDAY 14TH MAY

'Living off 10 acres' Theatre Hafren

Farming connect

7.30pm – 9.30pm

FREE

WEDNESDAY 15TH MAY

Llani Soup Function Room@ The Old Mill

Fund raiser for local charities & groups, with tasty veggie soup.

6.30pm-8pm, £4 entry

THURSDAY 16TH MAY

'Future Food Systems'

Emma Maxwell of Ash & Elm horticulture, ecological grower & tutor

7pm – 8.30pm, FREE

FRIDAY 17TH MAY

Gluten Free Workshop Llanidloes Community Centre

Practical hands on session with Helen Clifford Booking essential

10.30 - 12.30am, FREE

SUNDAY 19TH MAY

Big Picnic on a Small Farm Open Day Ash & Elm market garden

Enjoy a day in the country @ Cae Felyn, Old Hall, Llanidloes, SY18 6PW

11 am -3pm, FREE

All workshop leaders and organisers are volunteering their time,
donations gratefully received.