



KINSALE EDIBLE WALK

Where to find all things
edible in Kinsale

futurekinsale.ie



**BUILDING A
HEALTHY,
SUSTAINABLE
COMMUNITY
FOR ALL OF US.**



Scan the QR code
to find out more!



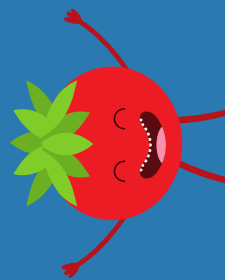
Discover more at futurekinsale.ie

futurekinsale.ie/what-we-do

Future Kinsale CLG © 2020. All Rights Reserved.

Future Kinsale CLG © 2020. All Rights Reserved.

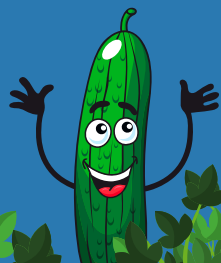
Start...



1) KINSALE COMMUNITY ORCHARD

You can relax, or picnic, overlooking the estuary and bird sanctuary at Commogue Marsh, on the hand crafted oak bench built by local wood magician Dan Benn. Growing here, and there to be collected by the community when ripe, you will find walnuts, hazelnuts, cherries, apples, pears, plums, and more.

Masterminded by local teacher and permaculture specialist Tara de la Casas and the Transition Town Kinsale group with Sáile, the orchard was planted in 2011 (a windbreak of indigenous hedging was planted first!) & maintained with help from college students, Sáile and volunteers, Kinsale College, the Transition Town group and Kinsale Men's Shed with occasional help from Kinsale Scouts & Guides & the Community School "green team".



2) KINSALE COLLEGE GARDENS

The college is internationally renowned for its permaculture design and organic horticulture programs. It is also home to Ireland's only public building created from 100% sustainable materials - an amphitheatre! The grounds are home to an impressive array of organic foodstuff growing both indoors and out, as well as a nursery of Irish tree species. You can usually venture in off the road, but for the full experience contact the staff in advance. (+353 21 477 2275 ask for Donal Chambers).

3) SUPERVALU EDIBLE BEDS



Here you will find not one but two raised beds constructed by Kinsale Tidy Towns & SuperValu, and faithfully maintained by four talented local ladies whose names all begin with 'M'. Growing here is everything from mint & horseradish (to go with your Roast Beef) to wild strawberries, onions, and parsley. At least one top chef in town is known to come here to stock up his larder in season.

4) OHK CAFE



Sisters Sarah & Carol not only serve great coffee & lunch but also host the local Neighbour Food scheme. Order direct online from local producers and collect from OHK (usually Thursdays) where you'll meet other neighbours all benefitting from the sustainable local economy. www.neighbourfood.ie

5) MARKET GARDEN

Catherine Kent and her family have had a smallholding in the town for many years. If you're lucky you can pick up the fruits (and vegetables) of their labour within hours of being picked from the field. Onions, Kale, Cabbage, Carrots and everything in its season.

6) KINSALE FARMERS MARKET

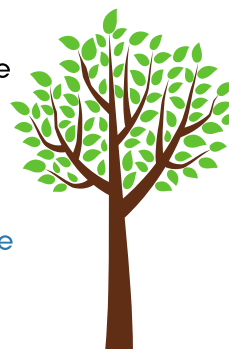
Wednesday is the best day to go for an Edible Walk, it's market day. All the food in the market is grown locally, often organically, except the coffee. Many local growers supply the restaurants in town, so this is your chance to meet the faces behind the menus, and learn first-hand what it takes to produce the tastiest, and most sustainable food Kinsale has to offer. Many of the traders also supply the online Neighbour Food scheme.

7) HIPPY MURPHY PARK

Not many local people even know that's the name given to this cosy green space at the Long Quay, and even fewer know that Guava and Goji Berry are growing here, as well as apple, gooseberry and blackcurrant. Planted in 2019, you won't feed an army on these crops yet, but we bet you've never even seen a Goji Berry bush close up in a public park! Tidy Towns, transition town Kinsale and the ladies with names beginning 'M' are the caretakers here. This is also a great place to picnic and is currently the end of our Edible Walk.



Future Kinsale is a local initiative working to create a healthy, sustainable community.



Discover more at futurekinsale.ie

Future Kinsale CLG © 2020. All Rights Reserved.

Download our app!

futurekinsale.ie

