

LISTOWEL FOOD FAIR FOOD TRUCKS

Venue: The Square, Listowel
Time: 12noon 'til Late
Details: A selection of delicious hot cooked foods, tea, coffee and sweet treats available at the Square, Listowel.

LAUNCH OF NEW BOOK 'KATHY WHITE HOUSE' BY VINCENT CARMODY

Hosted by RTE Presenter **Katie Hannon**

Venue: St. John's Theatre, Listowel
Time: 1pm
Details: RTE Presenter **Katie Hannon** presents the launch of new book by local historian **Vincent Carmody**. The story of Kathy Buckley (known as Kathy White House) the Listowel Irish White House Chef to three past American Presidents.

Bookings: Free Event - No Booking Required

ENTICING LUNCH AT EABHA JOANS RESTAURANT

Venue: Eabha Joans Restaurant, 21 Market Street, Listowel
Time: 1pm - 3pm
Details: Irish and European culinary delights to taste in this delicious lunch offering hosted for Listowel Food Fair, served with a complimentary glass of wine. Quote 2023LLF when booking.

Bookings: Limited capacity available so pre-booking is essential.
T: 068-57430

ISABELLE'S HEALTHY EATS & TREATS WORKSHOP

Venue: Kerry Writers Museum, The Square, Listowel
Time: 2.30pm - 4pm
Details: Making fun and nutritious snacks for children Ages 9 - 12 years only with **Isabelle Crowe**.
Bookings: €12.00, limited spaces only so pre-booking is essential.
T: Mairead Moriarty +353(0)87 992 9968

2023 LISTOWEL FOOD FAIR TRAIL

Departs: From Listowel Garden Centre, Church Street
Time: 3pm
Details: An engaging, educational and enticing walk around the culinary town of Listowel, visiting local restaurants and food outlets to sample a variety of locally prepared foods.
Bookings: €20.00 per ticket.
All participants must be over 18 years of age.
Pre-booking essential on www.eventbrite.ie



LIZZY'S LITTLE KITCHEN

Venue: Lizzy's Little Kitchen, Church Street
Time: 6.30pm
Details: Join Virgin Media One and Ireland AM's **Lizzy Lyons** of Lizzy's Little Kitchen, Listowel and TV Presenter, Celebrity Chef and star of stage and screen **Simon Delaney** for a fun filled evening of tasty delights!
Bookings: Limited places available so reservations are essential.
T: Lizzy Lyons 087 - 3907133
E: lizzyslittlekitchen@hotmail.com

DINE IN THE DARK SUPPER CLUB

Venue: Allie's Coffee Shop, Charles Street
Time: 7.30pm
Details: Plant Based/Small Plates. Challenge your taste buds with a 5 course tasting menu. Presented by Conscious Cooking and Allie's Coffee Shop.
Bookings: Limited spaces available so pre-booking is essential.
E: seaside.ballybunion@gmail.com

Sunday 12th November

'PEDAL TO PLATE GREENWAY CYCLE EXPERIENCE'

In association with Listowel Food Fair & Like Bikes, Listowel
Departs: Listowel Greenway Carpark - V31 EV99
Time: 10am
Details: Enjoy the beautiful landscapes of North Kerry on the Listowel Food Fair Greenway Cycle. After your enjoyable cycle why not head to the Listowel Food Fair Food Hall and the Sunday Jazz Brunch at the Listowel Arms Hotel.
Bike Hire - 20% Discount for Food Fair Week, quote LFF23 to avail of discount when booking.

Bookings: Contact Like Bikes on 087 6936 889. Pre-booking essential.



LISTOWEL FOOD FAIR FOOD & CRAFT HALL

Departs: Listowel Arms Hotel
Time: 11am - 4pm
Details: Get ready for the forthcoming festive season with a fabulous selection of Irish Artisan Foods, Irish Craft, Fine Art and Gifts available at the 2023 Listowel Food Fair Food Hall.

Bookings: Free Event - No Booking Required

LIVE JAZZ LUNCH AT LISTOWEL ARMS HOTEL

Departs: Listowel Arms Hotel
Time: 12.30pm - 3pm
Details: Enjoy an Autumnal Menu accompanied by live jazz with West Coast Sounds, featuring the magical voice of **Linda Galvin** and **Moss O'Shea** on sax.
Bookings: Limited capacity so pre-booking is essential on T: 068 21500.



Monday 13th November

'LISTOWEL FOOD FAIR FARMING SEMINAR'

'Sustainability and the future of farming' in association with Kerry Group and Teagasc.
Departs: Listowel Arms Hotel
Time: 7.30pm
Details: Speakers will address the farming community on the subject of sustainability in farming and current topical issues relating to the future of Irish farming.
This year's speakers and topics are as follows:
Roisin Murphy
Global Responsible Sourcing Manager, Kerry Group
'Sustainability on Dairy Farms'



Dr. George Ramsbottom
Advisory Programme Development Manager, Teagasc
'Meeting climate and nitrate targets on the farm'.

Dr. Tracey O'Connor
Post-Doctoral Researcher in the Circular Bioeconomy Research Group at Shannon ABC, Munster Technological University.
'Food loss and waste on the farm'

Dr. Jennifer Attard
Research Project Manager within the Circular Bioeconomy Research Group at Munster Technological University, Kerry.
'Food loss and waste on the farm'

Bookings: Free Event - No Booking Required



www.listowelfoodfair.ie



The Listowel Food Fair would like to recognise and support our valued sponsors for whom without their continued support we could not be in a position to present such a diverse programme of events.



Photos courtesy of Dari Photo - [f Dariphotographer](https://www.facebook.com/Dariphotographer)



www.listowelfoodfair.ie

Festival Guide 2023
9th-13th November



#listowelfoodfair2023



Welcome Message

"On behalf of the Listowel Food Fair Committee, I would like to welcome you to the 2023 Listowel Food Fair. The Listowel Food Fair was first established in 1995 and is one of Ireland's longest running food festivals, now celebrating its 28th year. The Listowel Food Fair is a celebration of all elements of the Irish food chain from farm to fork and tide to table.

I would like to recognise and support our valued sponsors Kerry Group, Bord Bia, Bord Iascaigh Mhara, Teagasc, Fáilte Ireland, Tipperary Crystal, Kerry Local Enterprise Office, Kerry County Council, Garvey's SuperValu and Eno Wines, without their continued support we could not be in a position to present such a diverse programme of events. We would also like to acknowledge the participation of the business community of Listowel including our hospitality providers and retail outlets. The Listowel Food Fair has developed over the years to be established as a national platform to promote the literary and culinary town of Listowel as a quality gourmet destination.

Finally I would like to sincerely thank our hard working and dedicated committee members – John Mangan, Mairead Moriarty, Jeremy Murphy, Colette O'Connor, Catherine Kelly, Catherine Butler, Christine Purcell, Arlene Harmann, Ruth O'Quigley, Dina Vyapuri, Lisa O'Flaherty, Sarah Fitzgerald and Daria Piaseczna.



Jimmy Deenihan
Chairperson
Listowel Food Fair
November 2023

PROGRAMME OF EVENTS

Full programme of events available online
www.listowelfoodfair.ie

Thursday 9th November

SCHOOLS SEAFOOD 'HANDS ON' WORKSHOP

Presented by Sarah Browne, Bord Iascaigh Mhara 2021 'Taste the Atlantic Ambassador'

Venue: Listowel Presentation Convent, Secondary School
Time: 10am and 12noon (Two Sessions)
Details: A 'Hands On' workshop specifically designed for secondary schools, working with a variety of seafood.
Bookings: Schools only.

SCHOOLS HEALTHY EATING & NUTRITION WEBINAR

Venue: Nationwide online
Time: Primary Schools 10am. Post Primary Schools 12noon
Details: Health, Fitness and Plant based wellness expert Dr. Ailis Brosnan will deliver a nationwide webinar online.
10am Primary: Healthy Eating Habits - why they are so important?
12noon Post Primary: What is the best diet for our health and the planet?
Bookings: Schools only.



2023 LISTOWEL LIVESTOCK MART BEST FACTORY HEIFER AWARD

Venue: Listowel Livestock Mart, Tanavalla
Time: 2pm
Details: Presentation of the 2023 Listowel Livestock Mart 'Best Factory Heifer Award'.
Bookings: Free Event - No Booking Required

BOOK SIGNING WITH DARINA ALLEN

Venue: Listowel Arms Hotel
Time: 6.30pm
Details: Darina Allen will sign copies of her new book in advance of the 'Listowel Food Fair Celebratory Awards Banquet'.
In Association with Woulfe's Bookshop, Listowel.
Bookings: Free Event - No Booking Required

LISTOWEL FOOD FAIR CELEBRATORY AWARDS BANQUET

Venue: Listowel Arms Hotel
Time: 7pm
Details: Join us for an evening of great fun and great food with our long table Festival Feast! Have dinner with Ireland's foremost celebrity chef **Darina Allen** while enjoying culinary delights presented by the Listowel Arms Hotel. Drinks Reception presented by Eno Wines. Entertainment by the Yerшов family of classical musicians from Ukraine. Presentation of the 2023 Listowel Food Fair Awards:
• 2023 Listowel Food Fair 'Food Storyteller of the Year Award'
• 2023 Listowel Food Fair 'Food Book of the Year Award'
• 2023 Listowel Food Fair 'Local Food Hero Award'
• 2023 Listowel Food Fair 'Lifetime Achievement Award'
• 2023 Listowel Food Fair 'Best Emerging Artisan Food Producer Award'
Bookings: Tickets: €60 and are available on www.eventbrite.ie.
Tickets also available at the Listowel Arms Hotel (068) 21500.
Proceeds in aid of Aras Mhuire Nursing Home, Listowel.



Friday 10th November

INTRODUCTION TO PLANT BASED COOKING

Venue: Coláiste Na Ríochta, Listowel
Time: 11.05am - 12.05pm
Details: Plant based cookery demonstration with Chef Lily Toomey.
Bookings: Schools only.

LISTOWEL ARTISAN FARMERS MARKET

Venue: Outside Garvey's Supervalu, Listowel
Time: 10am - 2pm
Details: Listowel Food Fair Artisan Farmers Market offers visitors a chance to browse through a selection of specially sourced artisan food producers. Radio Kerry Outside Broadcast Unit - Supported by Garvey's Supervalu, Listowel.
Bookings: Free Event - No Booking Required



GARVEY'S SUPERVALU HOST EXCLUSIVE TASTING EVENT WITH JOHN RELIHAN & PITT BROS BARBECUE

Venue: Garvey's Supervalu, Listowel
Time: 11am - 3pm
Details: Food Tastings with renowned Chef John Relihan who will be showcasing his Pitt Bros range of seasonings, sauces and Bacon Jam.
Bookings: Free Event - No Booking Required



SUSTAINABILITY AND FOOD IN TOURISM SEMINAR

Venue: St. John's Theatre, Listowel
Time: 11am
Details: *This year's speakers include:*
Declan Coppinger - Marketing Finance Manager, Bord Bia
Grainne Kelliher - Founder, Green Broke Consulting and Director, Dingle Hub. Former CEO of Airfield Estate.
Martin Bealin - Global Village Consultants, Chef Consultant, Founder member of the Dingle Food, Festival and Advisor Dingle Hub.
Sean Murphy - Proprietor, Murphy's Ice Cream.
Bookings: Free Event - No Booking Required

FOOD TASTINGS AT HORAN'S HEALTHSTORE, LISTOWEL

Venue: Horan's Healthstore, William Street, Listowel
Time: 2pm - 4pm
Details: Why not drop into Horan's Healthstore Listowel to sample some of our healthy food products. We will also be offering samples of local artisan foods.
Bookings: Free Event - No Booking Required

LYNCH'S BAKERY & COFFEE SHOP, LISTOWEL

Venue: Lynch's Bakery & Coffee Shop, Listowel
Time: 2pm - 4pm
Details: Please quote 2023LLF when you arrive and we will simply surprise you!
Bookings: Free Event - No Booking Required

SHELLFISH HANDLING AND COOKERY WORKSHOP

Venue: Allo's Restaurant, Bar & Bistro, Listowel.
Time: 3pm
Details: A shellfish handling and cookery workshop presented by **Sarah Browne**, BIM 2021 'Taste the Atlantic Ambassador' on key elements in the preparation and cooking of sustainable shellfish.
Bookings: €12 per person. All materials provided. Limited capacity only so pre-booking essential online at <https://www.oysome.com/upcoming-events>



EARLY BIRD SPECIAL AT ALLO'S RESTAURANT, BAR & BISTRO

Venue: Allo's Restaurant, Bar & Bistro, Listowel.
Time: 5pm - 6.30pm
Details: Enjoy the Listowel Food Fair 'Early Bird Special' in Allo's Restaurant, Bar & Bistro with a complimentary glass of wine.
Bookings: Tel: +353 (0)68 22880. Reservations essential.
Please quote 'Listowel Food Fair' when booking

BREAST CANCER AWARENESS INFORMATION WORKSHOP

Venue: Kerry Writers Museum, Listowel
Time: 7pm
Details: A Breast Cancer Awareness Information Workshop presented by **Juliette O'Connell**, Outreach Coordinator, Breast Cancer Ireland.
Bookings: Free Event - No Booking Required



WHISKEY TASTING AT JOHN B. KEANE'S PUB

Venue: John B Keane's Pub, Listowel
Time: 9pm
Details: Enjoy an evening at John B Keane's Pub sampling fine Irish whiskey, presented by Mitchells Wine and Whiskey Merchants.
Bookings: Free Event - No Booking Required

TRADITIONAL IRISH MUSIC SESSION

Venue: Christy's The Well Bar, Listowel
Time: 9pm
Details: Bia, Deoch agus Ceoil at Christy's The Well. An evening of Traditional Irish music and tasty nibbles.
Bookings: Free Event - No Booking Required

Saturday 11th November

GUT HEALTH & HORMONE HEALTH MORNING KOMBUCHA AND SAUERKRAUT DEMONSTRATION

Venue: Ard Chuáram Day Care Centre, Convent Road, Listowel
Time: 9am - 10am
Details: Kombucha and Sauerkraut demonstration with **Sarah Fitzgerald** of fermentation household 'The Green Green Gate'. All things fermented and gut health!
Bookings: www.eventbrite.ie



LISTOWEL FOOD FAIR ANNUAL PARK RUN

Venue: Town Park, Listowel
Time: 9.30am
Details: Listowel Food Fair Annual Park Run with tasty nutritional treats from The Cookie Crumb Bakery.
Bookings: Free Event - No Booking Required

ISABELLE'S ICING & DECORATING WORKSHOP

Venue: Kerry Writers Museum, The Square, Listowel
Time: 10.30am - 12noon
Details: Icing and Decorating Workshop for children Ages 6 - 9 years only with **Isabelle Crowe**.
Bookings: €12.00, limited spaces only so pre-booking is essential.
T: Mairead Moriarty +353(0)87 992 9968

GUT HEALTH & HORMONE HEALTH MORNING KEEPING UP WITH KERRY KEFIR

Venue: Ard Chuáram Day Care Centre, Convent Road, Listowel
Time: 11am
Details: Kerry Kefir demonstration with **Mary Thea Brosnan** discussing kefir and gut and digestive health.
Bookings: www.eventbrite.ie

GET READY TO ELEVATE YOUR HEALTH

An Exciting Cardio and Nutrition Event in Listowel!
Venue: Listowel Community Centre
Time: 11am
Details: Are you ready to take your fitness and nutrition to the next level? Join **Trevor** and **Muireann** for an invigorating and educational experience that will leave you feeling energized and well-informed.
Bookings: €10.00 Limited capacity so pre-booking is essential.
T: 068 22244. E: trevorlistowelcommunitycentre@gmail.com

AN INTERNATIONAL FEAST OF POETRY & STORIES ABOUT FOOD

Venue: Kerry Writer's Museum, The Square, Listowel
Time: 11.30am
Details: Two international culinary speakers **George Llewellyn** from Jamaica and New York native **Annie Lanzillotto** along with local poets delight us with their poetry and stories of food.
Bookings: Free Event - No Booking Required

GUT HEALTH & HORMONE HEALTH MORNING PRESENTATION ON NUTRITION AND HORMONE HEALTH

Venue: Ard Chuáram Day Care Centre, Convent Road, Listowel
Time: 12noon - 1pm
Details: A presentation by Michelle Walsh, Menstrual Health and Nutritional Coach on Nutritional tips for Happy Balanced Hormones.
Bookings: www.eventbrite.ie