



'Grow, Cook, Eat'

Waterford Stanley launch 'Grow Cook Eat' with Chef Eunice Power and Home Produce Pioneer and Author Michael Kelly in Aid of the South East Cancer Foundation

Growing your own organic vegetables and eating your way to a healthier and more low-cost lifestyle may not be as difficult as it seems! This is the theme of an upcoming event to be hosted by Waterford Stanley, Ireland's leading manufacturer of cast iron cookers and stoves.

The event, 'Grow Cook Eat' your way to a lower cost and healthier lifestyle, which will be held in aid of the South East Cancer Foundation appeal, will give tips and ideas on getting started on growing your own organics and will also feature a cookery demonstration with simple, healthy and low cost recipes.

Taking place in the Tower Hotel, Waterford, on Tuesday March 10, the seminar will feature author and founder of the Waterford Food Producer's Network, Michael Kelly. His book, 'Trading Places - From Rat Race to Hen Run' hit the shelves in 2008 with huge success.

With interest in free-range and organic produce at unprecedented levels and the price of food on an upward spiral, growing and rearing food in your own garden is an increasingly cost-effective hobby of the moment. Michael will also guide all at the seminar through the ups and downs of setting up your own vegetable plot.

The evening will also feature favourite local chef and author of the renowned Waterford Stanley cookbook, Eunice Power of Powersfield House. Eunice will demonstrate some quick, easy and affordable recipes for 2009 - focusing on home grown, fresh ingredients.

Commenting on her involvement in the event, Eunice says: "I am delighted to be on the programme for this Healthy Eating event for 2009 and to be working alongside author Michael Kelly who not only writes about home-grown produce but actually produces it too! I work full time myself and have a family so I know firsthand how difficult it can be to rustle up something healthy after a long day. I am looking forward to demonstrating how easy it can be to prepare a healthy, home cooked meal in a matter of minutes. I will be cooking on the Stanley Supreme cooker on the night. It has four ovens so I'm going to have great fun with that," she said.

The seminar takes place on Tuesday, March 10, at 7.30pm at the Tower Hotel, Waterford. Tickets for the Waterford Stanley Healthy Eating and Home Grown Seminar cost €10 and are available from reception at the Tower Hotel, Waterford, all proceeds go to the South East Cancer Foundation appeal.



Chef Eunice Power and Home Produce Pioneer and Author Michael Kelly prepare for the upcoming Waterford Stanley launch Healthy Eating and Home Grown Organics Event. Photo: Shane O'Neill.