



GROW, COOK, EAT

Always wanted to grow your own food? Well, what are you waiting for? There is no better time than now to save a few bob. But if you don't even know where to start, pop on by to the Grow, Cook, Eat event organised by Waterford Stanley on 10 March. With hints and tips, as well as cookery demonstrations, your spuds will be sprouting in no time. Author of *Trading Places - From Rat Race to Hen Run*, Michael Kelly will help you through the ups and downs of setting up your own vegetable plot. The evening will also feature favourite local chef and *Waterford Stanley Cookbook* author Eunice Power. Learn some quick, easy and affordable recipes for your freshly-grown produce. The seminar takes place on Tuesday, 10 March, at 7.30pm at the Tower Hotel, Waterford where tickets (€10) are available. All proceeds go to the South East Cancer Foundation appeal.

