



Learn to grow your own and eat healthier

ON TUESDAY, March 10, at the Tower Hotel, Waterford, Waterford Stanley, Ireland's leading manufacturer of cast iron cookers and stoves, hosts an interesting event.

Growing your own organic vegetables and eating your way to a healthier and lower cost lifestyle will be featured at its seminar in aid of the South East Cancer Foundation appeal.

The main speaker will be author and founder of the Waterford Food Producers' Network, Michael Kelly, whose book *Trading Places — From Rat Race to Hen Run* hit the shelves in 2008 with huge success.

He will guide you through the ups and downs of setting up your own vegetable plot — very timely as interest grows in free-range and organic produce, and growing your own becomes a cost-effective hobby.

The evening will also feature favourite local chef and author of the renowned Waterford Stanley cookbook, Eunice Power of Powersfield House.

She will demonstrate some quick, easy and affordable recipes for 2009, focusing on home-grown, fresh ingredients. The Waterford Stanley healthy eating and home-grown seminar takes place at 7.30pm.

Tickets cost €10, with all the proceeds going to

the charity. Waterford Stanley marketing director, Eileen Slattery, said it was delighted to sponsor this event.

"Stanley is a brand which has a strong culinary history, and close links with people who enjoy good, homemade and locally produced food. Being involved in a seminar that promotes healthy eating is very much part of our ethos, and all the better when this is a fundraiser for the cancer appeal."



Chef Eunice Power and author Michael Kelly prepare for the Waterford Stanley Healthy Eating and Home Grown Organics event on March 10 at the Tower Hotel, Waterford.

Picture: Shane O'Neill