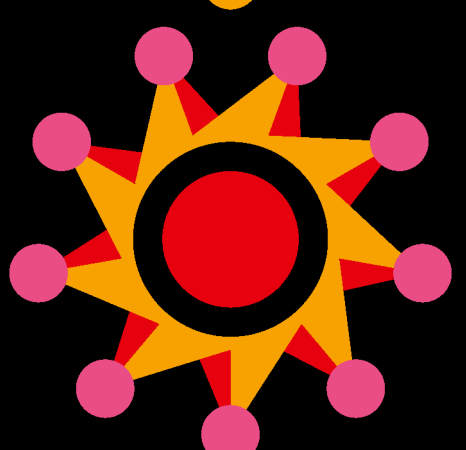
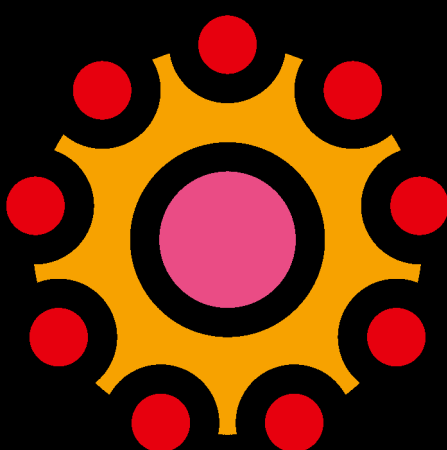
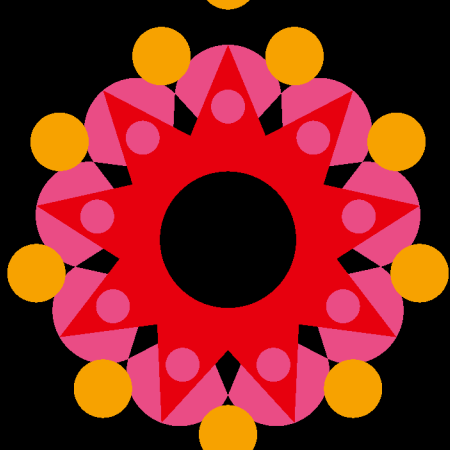
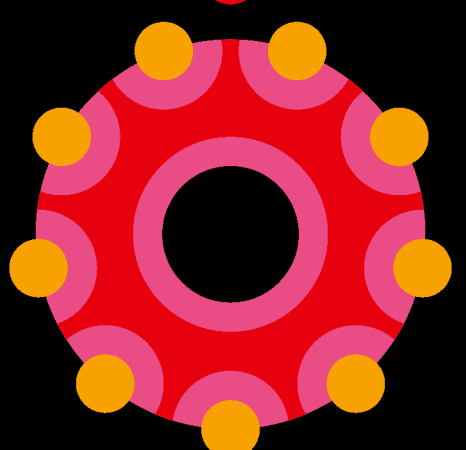
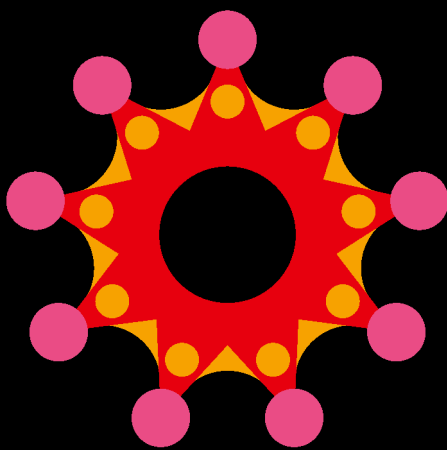
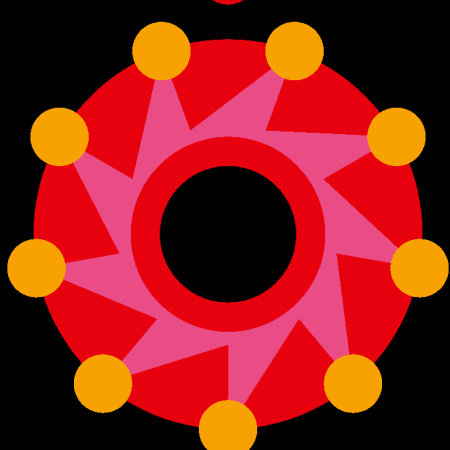
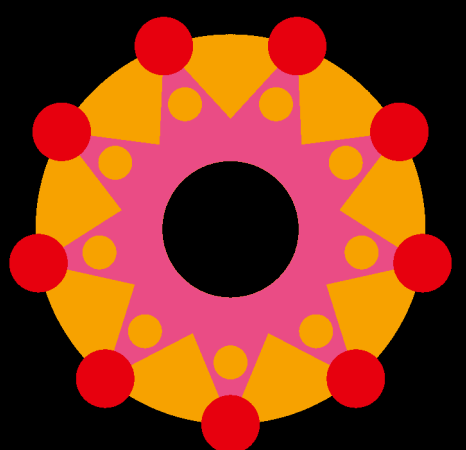
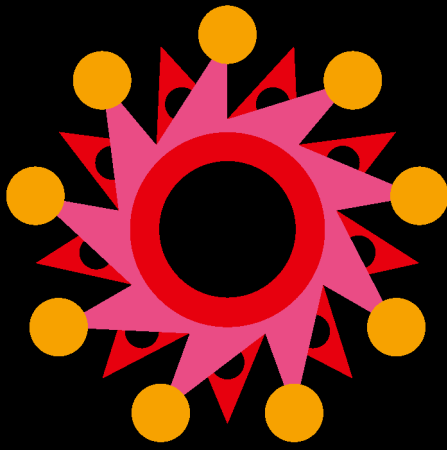
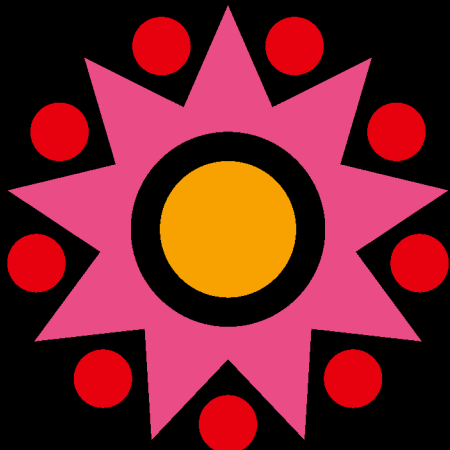


our  
shared  
plate

*a neighbourhood network initiative*

# workbook



supporting neighbourhoods to

**grow**

**cook**

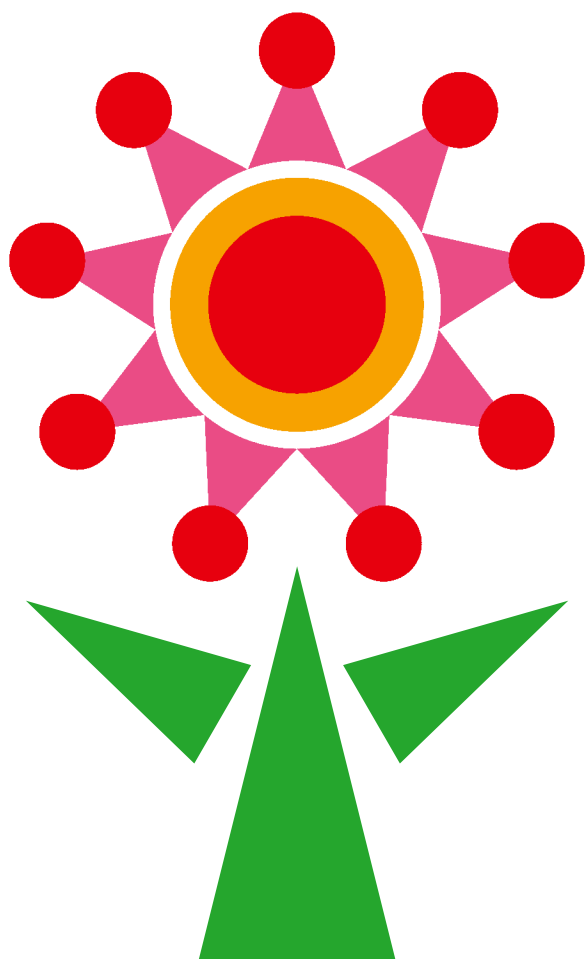
**& eat**

**together**

# welcome to the our shared plate community workbook

This workbook is designed to support you and your neighbours as you grow, cook and share food together.

Whether you're new to gardening or a seasoned grower, this resource will help you plan and take part in building a stronger, healthier and a more connected community.



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# 1.

# getting started

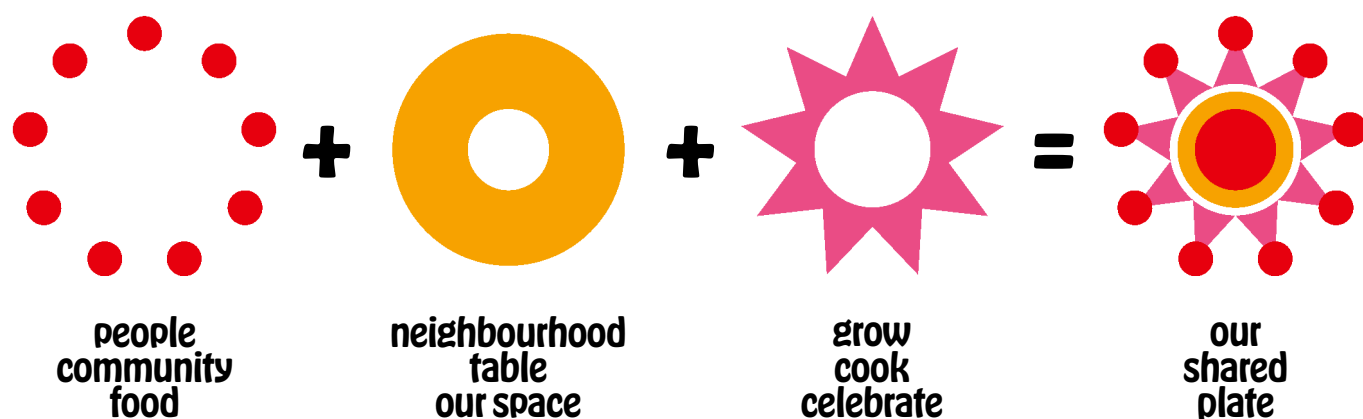
## about our shared plate

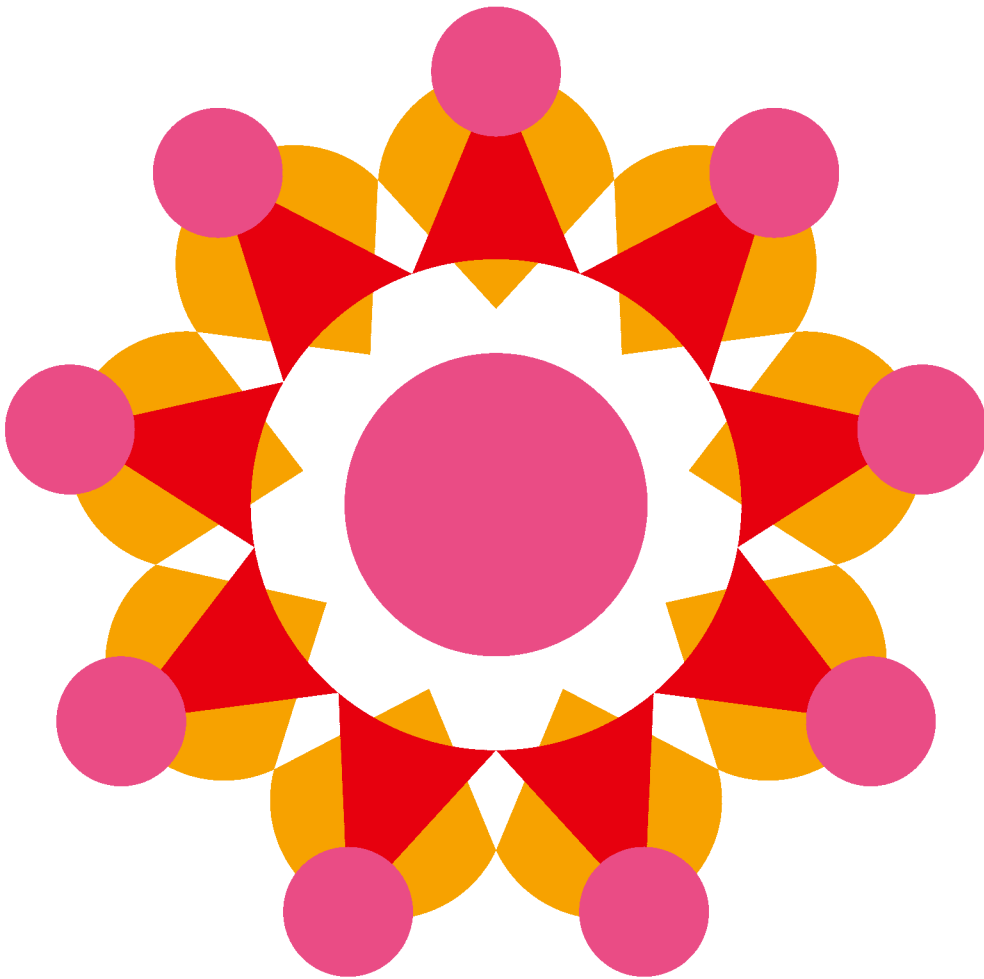
Our Shared Plate is a community programme focused on food growing, climate education and building stronger neighbourhoods. Together, we're creating inclusive spaces where people can connect with their communities through food and in the process reduce waste, support biodiversity and nurture and celebrate each other and the places we live.

By joining and participating in Our Shared Plate, your stories, experiences and ideas help us to:

- Understand how communities grow together
- Improve access to local food
- Support sustainable climate action
- Shape future policies and programmes

Your voice matters. Every note, sketch, idea and achievement that you add here in this workbook contributes to something much greater.





# how to use this workbook

Now that you are participating the Our Shared Plate project, use this workbook as both a resource and a record of your progress, your community and its achievements.

We encourage you to write, draw, doodle, stick in photos, notes and ideas – there are plenty of blank pages and spaces for you to fill (and you can always stick in more pages!). Bring this workbook to workshops, gatherings and gardening days. Work on it individually or as a group—it's yours to shape with your own creative freedom. We have included some notes and prompts to help you along the way.

This workbook can also become a really great resource for the future – full of ideas and local knowledge for growing, cooking and sharing food and for planning a stronger community together. You can use it as you continue to work on your own community space, or you might pass it on to new groups and individuals who join, continue your work, or start afresh in a different location.

Let's get growing, *together...*

# our shared calendar

To help your neighbourhood group plan ahead, here's what typical Our Shared Plate project looks like over a year.

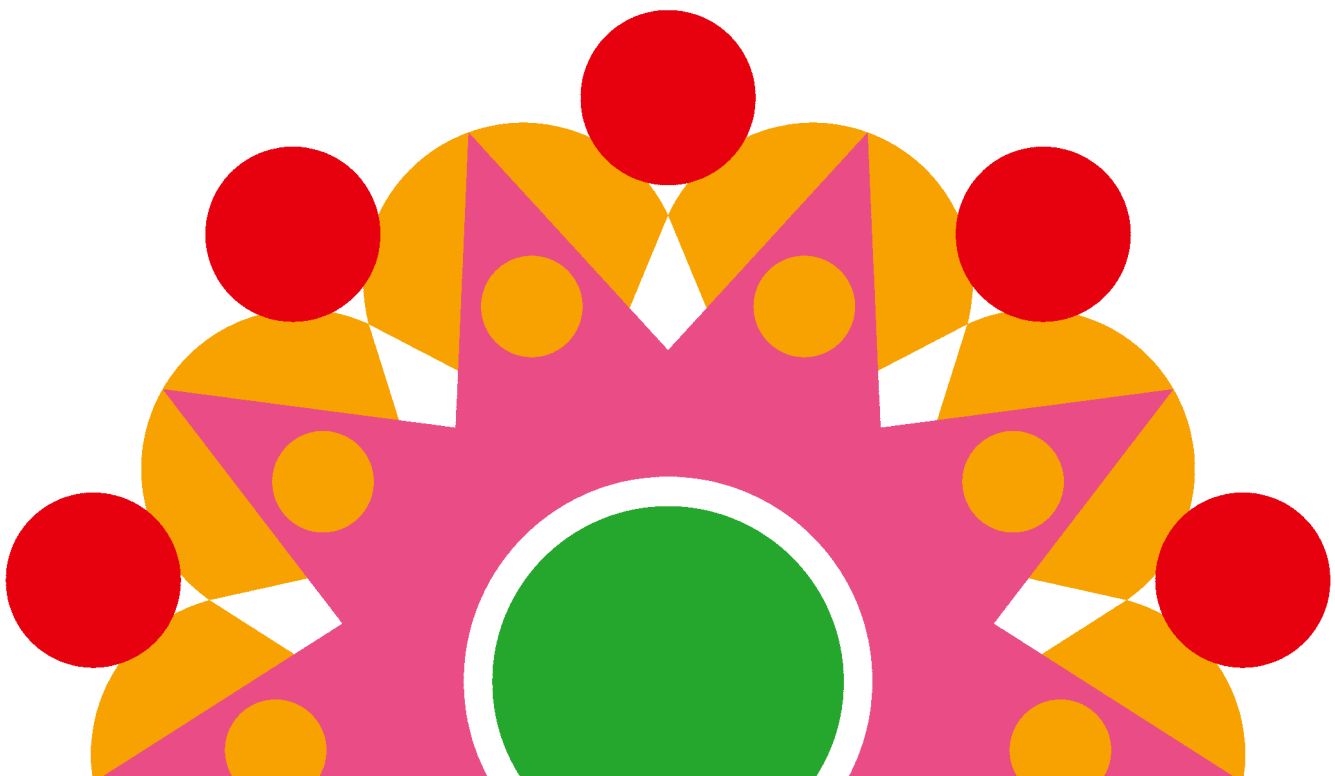
Once your neighbourhood has come together for a project, the Our Shared Plate team will run planning sessions with you to map out a course of action.

Then there will be a combination of tailor-made workshops, planting planning and then planting sessions and if the construction of a neighbourhood garden is part of your project, it will be designed, built and planted in conjunction with the workshops.

While harvesting and picking happens throughout the year, depending on what and when you have planted, the Our Shared Plate year always finishes with a joyful community Street Feast, where you cook, share and celebrate your hard work.

Street Feast is Neighbourhood Network's long-running national celebration of community. Since 2010, thousands of neighbours across Ireland have gathered to share food, talk, and build connections. As the sister project to Our Shared Plate, Street Feast inspires the spirit of togetherness that underpins everything we grow and create in this workbook.

The Our Shared Plate team works with the community to help the project last. We also connect groups with funding opportunities so the work can continue.



oct

Our Shared Plate  
Planning Sessions

Planning & Building

nov

Workshop:  
Soil Health & Composting

page  
72

dec

Building Raised Beds

Dormant Season  
perfect for  
planting bareroots

jan

Workshop:  
Orchard Planting

feb

Workshop:  
Edible Hedge Planting

mar

Planting Plan

pages  
34-38

Spring Planting

apr

Workshop:  
Planting Raised Beds

may

Workshop:  
Planting Raised Beds

Summer Learning  
& Maintenance

jun

Workshop:  
Zero Waste Cooking

pages  
54-55

jul

Tending the  
Food Growing Area

pages  
30-31

aug

Tending the  
Food Growing Area

Community Celebration

sep

Pruning  
Street Feast!

pages  
56-65

# about your group

Add the names of the different people in your group and a note on their goals for the neighbourhood.

**neighbourhood:**

**date you began:**

.....  
**name:**

something about me:

my hopes for this project:

.....  
**name:**

something about me:

my hopes for this project:

.....  
**name:**

something about me:

my hopes for this project:

.....  
**name:**

something about me:

my hopes for this project:

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**name:**

something about me:

my hopes for this project:

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**name:**

something about me:

my hopes for this project:

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something about me:

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something about me:

my hopes for this project:

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**name:**

something about me:

my hopes for this project:

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**name:**

something about me:

my hopes for this project:

.....  
**name:**

something about me:

my hopes for this project:

.....

# roles in the garden

Use this to decide who does what in your shared garden.

You can rotate or share roles.

- You don't need to fill every role — just pick what suits your group.
- Some people may take on more than one, others might rotate monthly.
- You can create your own roles (e.g. “Tea Break Organiser”)



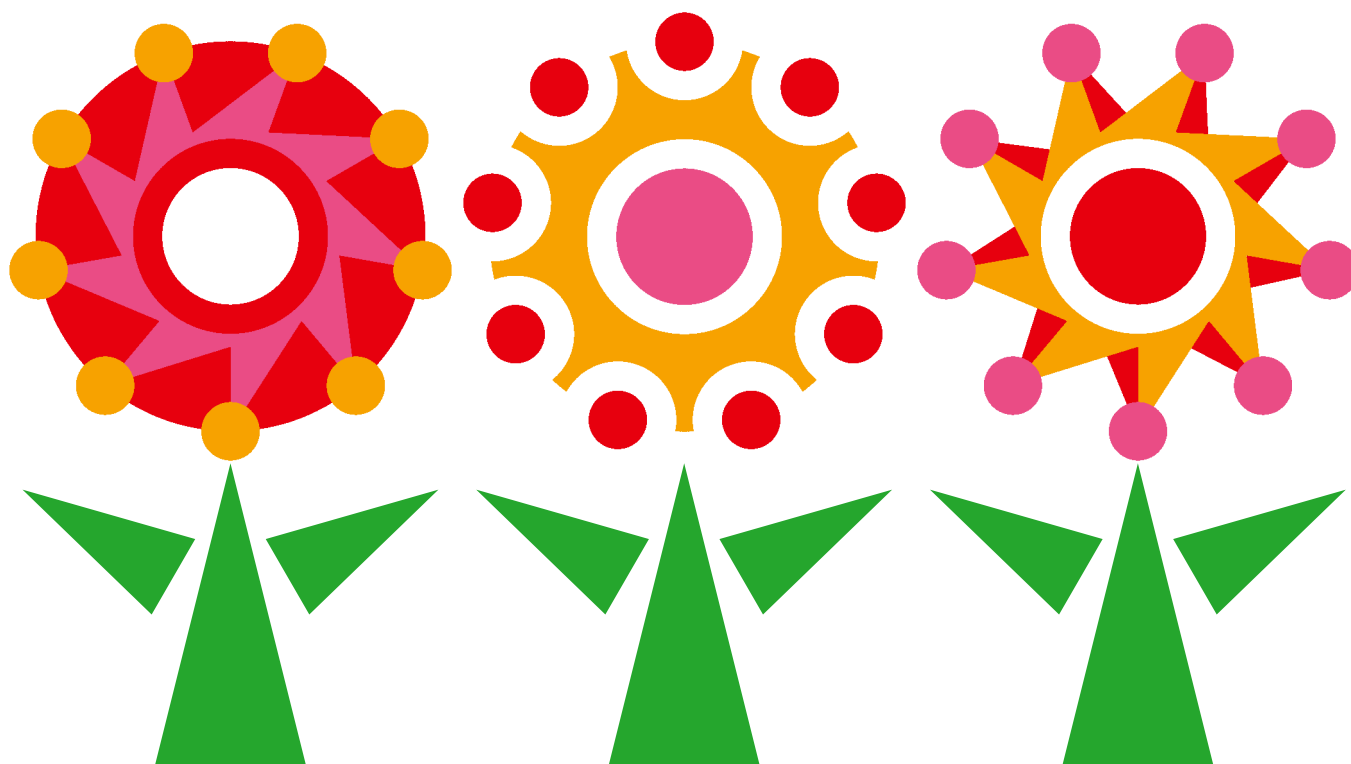
role	responsibilities	name(s)	notes
<b>garden coordinator</b>	Organise meetings, group updates & track plans		
<b>compost champion</b>	Manage compost bins, share composting tips		
<b>watering lead</b>	Create a watering rota, ensure plants stay hydrated		
<b>seed saver</b>	Collect, store and label seeds		
<b>tool keeper</b>	Check tools, keep shed tidy and safe		
<b>soil &amp; bed planner</b>	Plan crop rotation, bed planting and soil health		
<b>workshop host</b>	Coordinate learning days or visitor activities		
<b>community connector</b>	Welcome new members, connect with neighbours		
<b>art &amp; signage creator</b>	Make signs, garden art and information posters		
<b>social media &amp; comms</b>	Share & update photos and progress with wider community		
<b>feast planner</b>	Organise shared meals or celebration events		
<b>finance wizard</b>	Track spending, manage budgets and keep clear records of all group finances		
<b>record keeper</b>	Document meetings, garden progress and key decisions to keep everyone organised		

# our garden values

It's a good idea to set out your values as a community garden group — below is an example. If you are applying for grants of funding, you may need to submit a garden charter as part of your application, so use this section to get started. Every garden and group is different. Use the space opposite to write your own community garden values and ways of working together.

- We welcome everyone and make the garden accessible to all.
- We provide plots, tools, seeds, plants, and support for gardeners of all abilities.
- We celebrate our multi-cultural community and encourage active involvement in decisions.
- We care for the earth and protect biodiversity for future generations.
- We use and share organic, sustainable gardening methods.
- We grow healthy, affordable food and share seeds, plants and harvests.
- We share our harvest using the Community Food Garden Take Your Pick approach: we all help, then we all enjoy.
- We work together for food justice and a strong local food system.
- We keep our garden a safe, healthy, and relaxing place to enjoy nature.
- We value joy, creativity and fun in all we do.
- We adapt our gardening to meet the challenges of climate change.
- We support each other through challenges and change.

You can expand any of these points like the O'Moore Place Allotment Tenants in Portlaoise have done: "We support access to healthy, affordable food. Garden members maintain food donation plots and share their own bounty by using a harvest box."



# our garden values



# growing terms

**allotment** A plot of land you can rent to grow your own fruit, vegetables, and flowers.

**annual** A plant that grows, flowers, makes seeds and dies all in one year.

**biennial** A plant that grows roots and leaves in the first year, then flowers and seeds in the second year before dying.

**community garden** A shared space where people work together to grow food, flowers and plants for everyone to enjoy.

**germination** When a seed starts to grow and a tiny shoot appears.

**harvest** The time when we pick the fruits, vegetables, or herbs we have grown.

**irrigation system** A way to water plants without using a watering can or hose by hand.

**multi-purpose compost** A mix of materials used to grow plants in pots or beds. Choose peat-free and organic where possible.

**perennial** A plant that lives for more than two years and often grows back each year.

**pollinator** An insect or other animal that moves pollen between flowers so they can make seeds.

**propagation** Growing plants from seeds, cuttings, or by dividing existing plants.

**roots** The part of a plant that grows underground, taking in water and nutrients, and holding the plant in place.

**seed leaves** The first leaves that appear when a seed starts to grow; they often look different from later leaves.

**seedling** A young plant with just a few leaves.

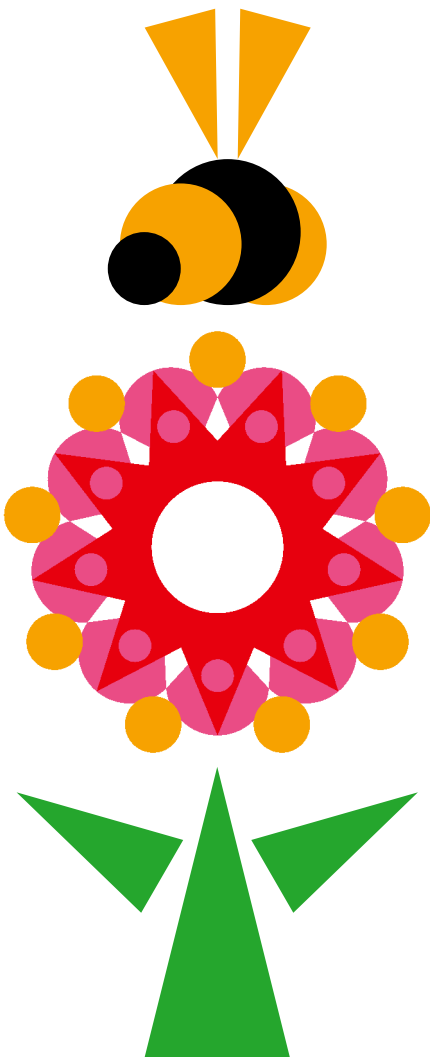
**shoots** The part of the plant that grows above the ground.

**transplant** Moving a plant from one place to another, such as from a pot to the soil.

**treated seeds** Seeds coated with chemicals to stop them rotting; these can harm soil life and are best avoided.

**true leaves** The leaves that grow after the seed leaves; they look like the plant's adult leaves.

**water harvesting** The process of collecting and storing rainwater, e.g. roof → gutter → butt.



# record keeping

## photography

Take clear photos and short notes of your garden's progress — planting days, events, and any changes. These help celebrate success, tell your story, and support grant or competition applications.

## finance

Keep simple, secure records of money coming in and going out — fees, donations, grants, and expenses. Store copies safely so the group runs smoothly and information is easy to pass on.

## grants

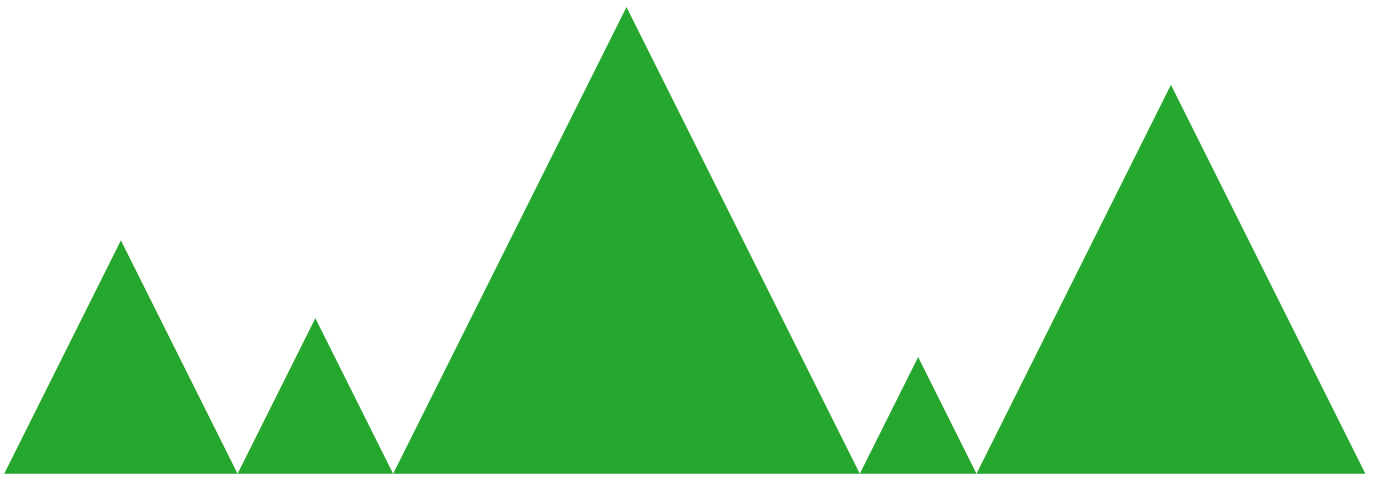
Many small groups can apply for funding. Check the resources section for opportunities. You may need a copy of your garden rules or constitution — see Community Gardens Ireland for examples.

## health & safety

Keep your garden safe. Check for hazards, keep safety signs up, and have first aid supplies ready. Record any accidents and follow safeguarding rules if working with children or vulnerable adults.

## meetings & decisions

Meet regularly to plan and decide together. Record the date, who was there, and what was agreed. Share notes so that everyone stays informed and progress is clear. Decisions are made by consensus or simple majority. Use a simple minutes template table (Date / Attendees / Agreed actions / By When).



# 2.

# your space

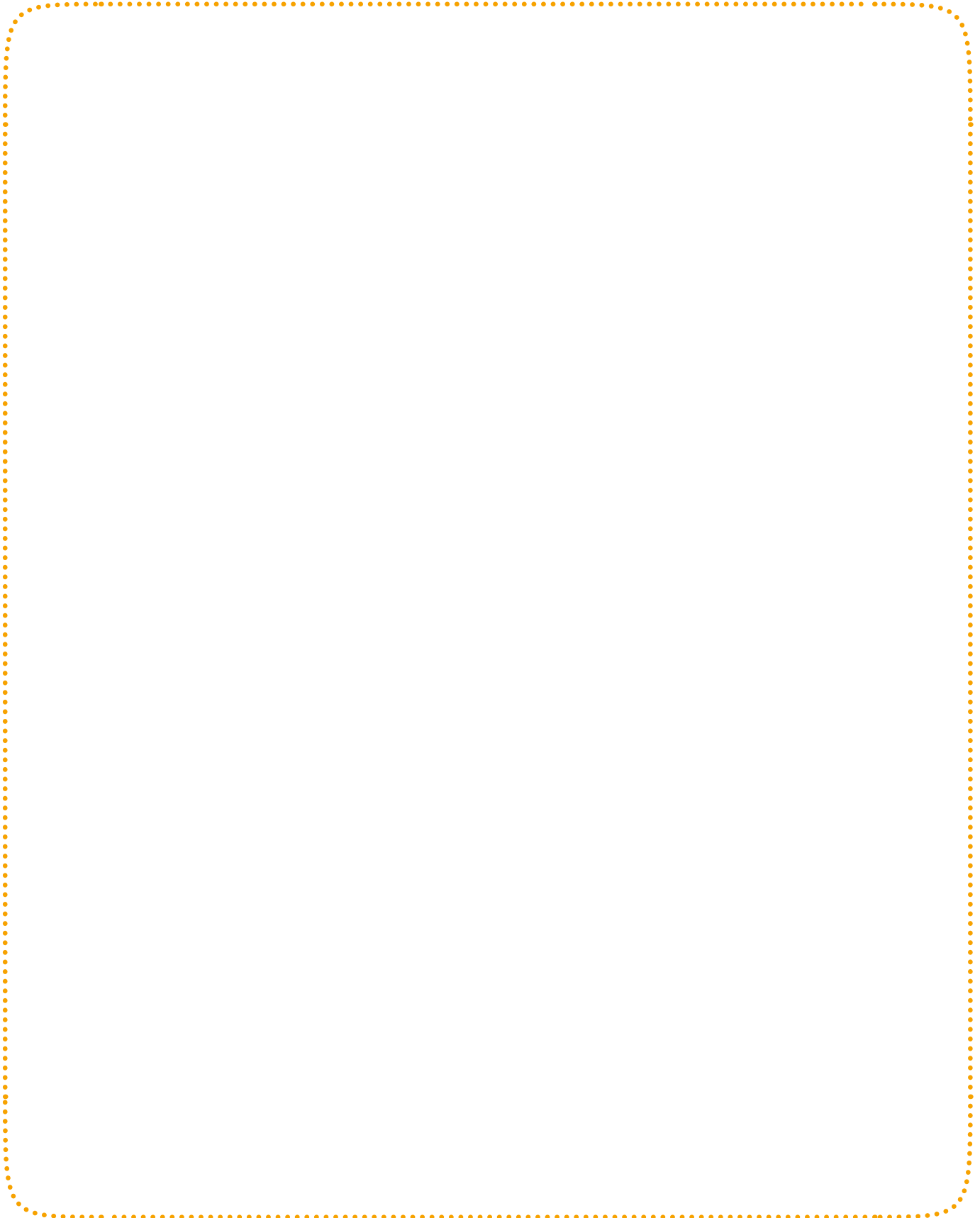
## site history

Once you have your community space identified and agreed upon, add some notes here about it. Has it been in use for anything in the past? Is it in use for anything now? Have there been any changes to the site over time? Are there any interesting stories or local knowledge about it?

---

# mapping & observations

Sketch out a map of your space as it currently is here. Include dimensions and note anything that might affect how you develop it – walls, trees, concrete, rocks, etc. Is anything growing there already? What are the conditions like – dry, damp, sunny, shady, windy, sheltered? Do these conditions vary in different areas or at different times? Stick in extra pages if you need to.



# your vision

Use the next few pages to draw and dream about what this space could become. Have you been inspired by something you have seen elsewhere, on TV, online or a magazine? Cut out images, stick in photos, draw your dream-space. Include ideas for plants, seating, artwork, events, signage, accessibility. A good way to start is by thinking of things like “I imagine this space filled with...”, “a place where people could...”, “a space that feels like...”







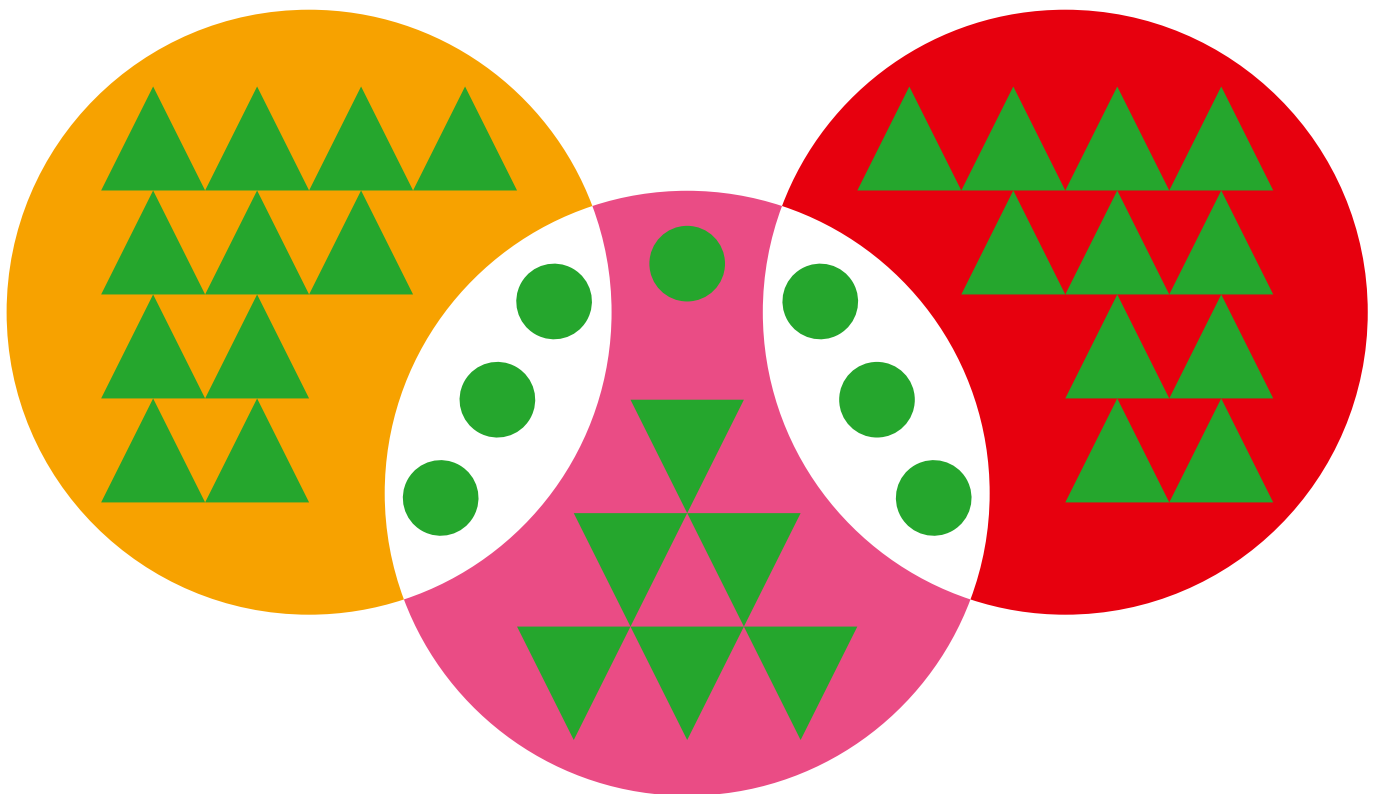
# 3.

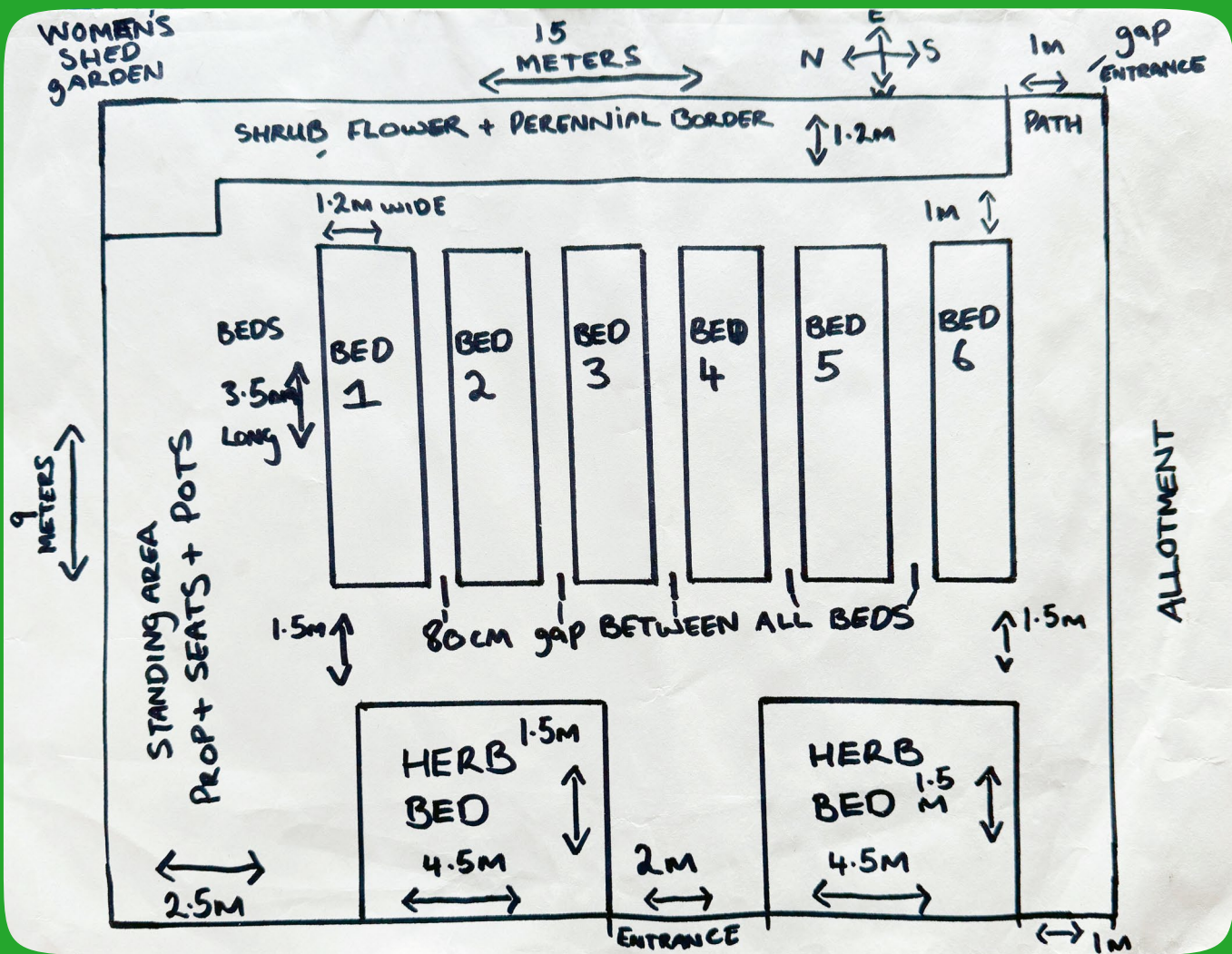
# planning & design

## planning

Every neighbourhood and garden is different. Your space might be small, with room for just one bed, or it might be big with lots of possibilities. No matter the size, it's important to plan. Think about what you will plant, how you will plant it and where it will go. There are many ways to grow food – in the ground, in raised beds, in pots, or a mix of all three.

The next few pages show examples of how other Our Shared Plate groups planned their gardens.





- Plot 1 = Brassia's
- Plot 2 : Root Veg - Carrots + Beetroot
- Plot 3 : Spuds
- Plot 4 : Alliums - onions + leeks, scallions, garlic
- Plot 5 : Lettuce, Salads - Tomatoes, Chard, Spinach, Miscellaneous
- Plot 6 : Legumes - Peas + Beans

→ Flowers

→ Raspberry Run

→ Rhubarb - in pots

### Work Space -

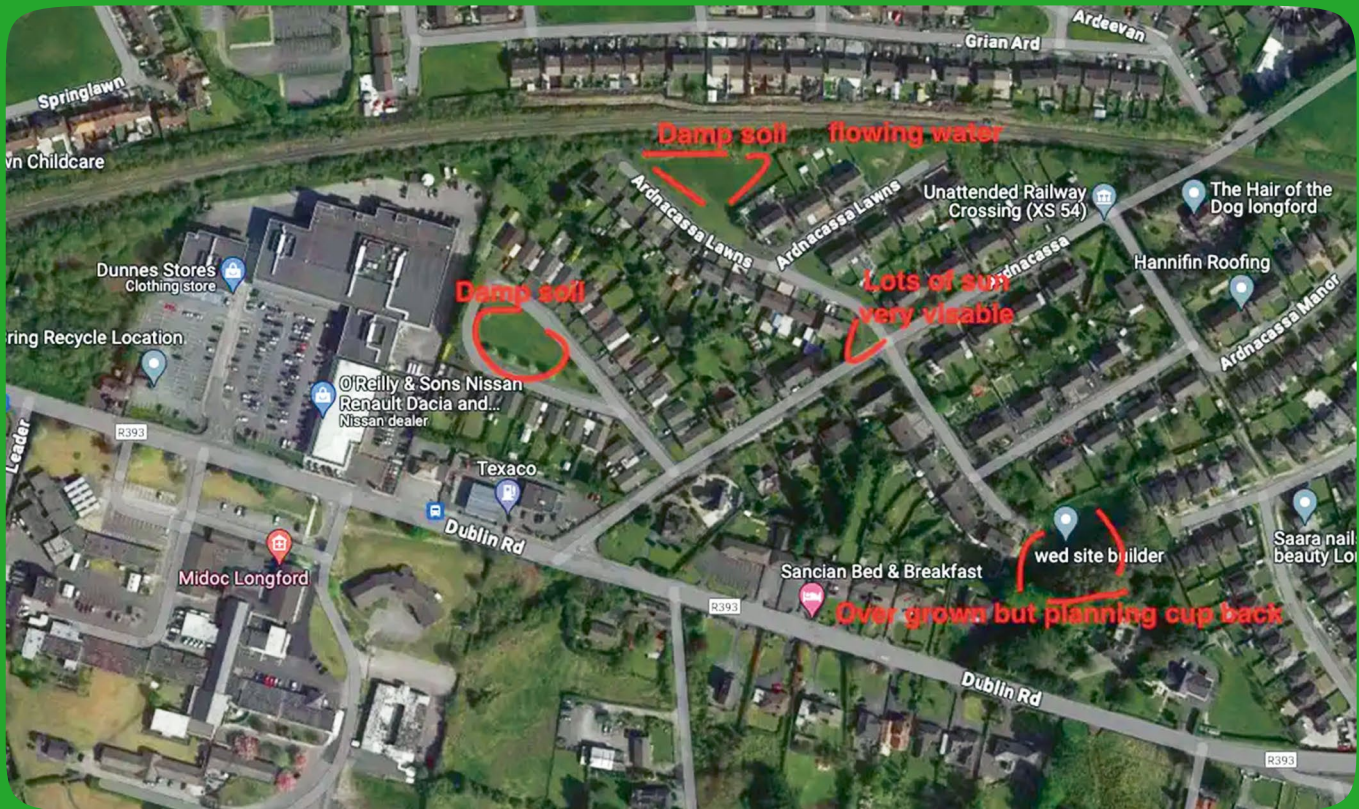
- Propagation Area
- Potting Bench
- Covered Prop Bench - Raised
- ↳ Potentially Men Shed??

Top Soil Mix } Fill The  
Compost or FYM } Beds.

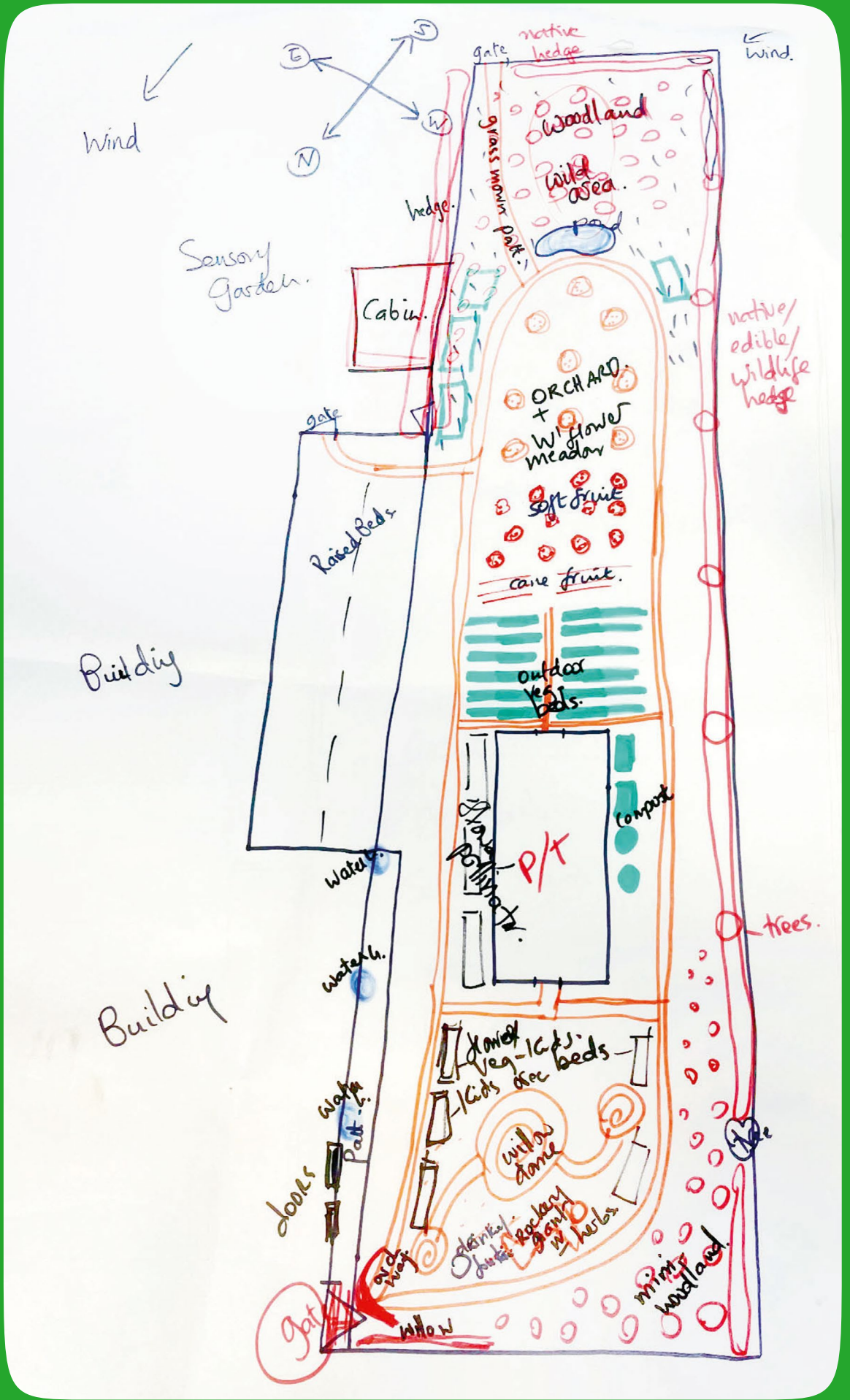
- Tools } Allotment Resources
- Sheds } Resources
- Compost } Resources
- \* Water feature
- \* Habitat / Wildlife space



Castledawson, Maynooth, Co. Kildare



Old Ardnacassa, Co. Longford



Newbridge Family Resource Centre, Co. Kildare

# design your growing area

Fill in the key information about your growing area on the opposite page and use the following pages to sketch out your plans. You could have an overall plan on one page and then more detail about specific areas on others – whatever works best.

## soil type

If you have participated in one of Our Shared Plate's soil workshops, you should now have information on the soil type in your area. If not, it is a good thing to find out. Knowing your soil type will help you decide on what you can plant, or if your soil needs enrichment or extra work to prepare it for successful planting and growing.

## compost bins

Including compost bins in your growing space reduces waste and creates nutrient-rich soil for your plants. Whether using a 3-bay system, a domestic plastic bin, or simple leaf mould cages, composting supports a healthier, more self-sustaining garden. There is more information on composting on page 72.

## water harvesting

Adding water harvesting systems to your garden helps conserve water, reduce bills and keep plants hydrated naturally. Simple setups like water butts, rain barrels, or DIY collection from shed roofs can make a big impact, especially in dry spells.

## shared seating area

Including a shared seating or meeting area in your garden creates a welcoming space for connection, rest and collaboration. It encourages community bonding, informal learning and makes the garden a true gathering place for all.

## workspace for potting & planting

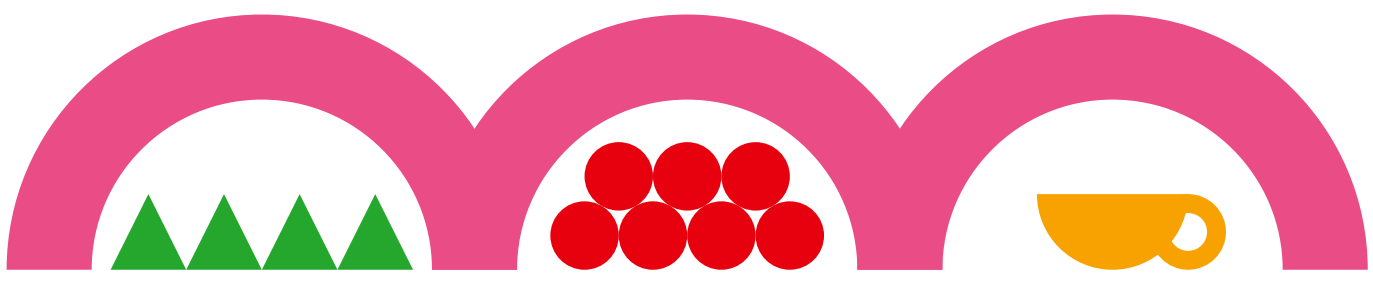
A dedicated potting and planting area helps keep your garden organised and productive. It's a practical space for sowing seeds, transplanting seedlings, and preparing plants, making gardening easier and more enjoyable for everyone.

## indoor growing – polytunnel or cold frames

Adding a polytunnel or cold frames extends your growing season and protects plants from bad weather. These spaces allow you to grow more crops year-round, experiment with new varieties, and start plants earlier in spring.

## shed or storage for tools & equipment (and a cuppa!)

A secure shed or storage area keeps your tools, seeds, and equipment safe and tidy. It also offers a handy spot for taking a break, sharing a cuppa, and catching up with other gardeners.



**neighbourhood:**



**location:**



**size of area:**



**soil type:**



**sunny, shady, mixed:**



**windy, sheltered, mixed:**



**nearest tap or water source:**



**any other notes:**



**sketch out your plans**

**version:**

**date:**

---

Work in simple steps – 1. Measure / 2. Mark / 3. Draw / 4. Review.  
Use a pencil so you can change things as you go.



Sketch out your plans



# step-by-step plan

Now that you have your site plan, use these pages to set out what needs to be done first, next, and last. Start with clearing the site, then any building work, and finish with planting. You can also write down where to get supplies and who in your group will do each job. Breaking the work into small, clear steps will make it easier to manage.

You can record it like this:

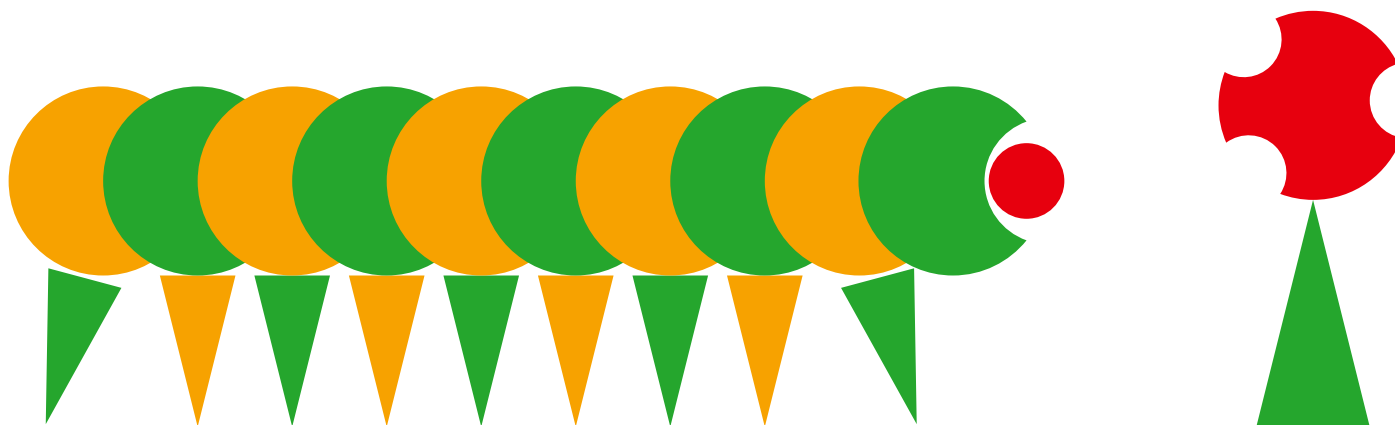
step	task	who	target date	notes
1	Clear site of debris & weeds	Everyone	March 10	Hire strimmer
2	Build raised beds	Michelle & Seán	March 10	Use recycled timber or contact the local Men's Shed
3	Fill beds with soil & compost	Everyone	April 1	Collect branches and cardboard for the bottom of the beds
4	Plant seedlings	Garden group	April 10	Tomatoes, peas, spinach
5	Watering rota	Ciarán & Aisha	Ongoing	Update WhatsApp weekly

## garden maintenance

**weekly tasks** Weeding, watering, checking for pests.

**monthly tasks** Mulching, crop rotation planning, compost turning.

**seasonal tasks** Soil prep (spring), harvesting (summer), seed saving (autumn), tool maintenance (winter)





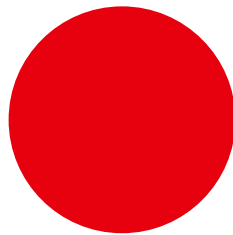
# planting groups & families

Grouping your plants by family helps with crop rotation, which is key to maintaining healthy soil and reducing pests and diseases. By rotating plant families to different areas of your garden each year, you avoid building up harmful pathogens in the soil and help keep your crops strong and productive. You can also mix helpful plants amongst the rest, such as borage, which attracts pollinators and has edible flowers, or calendula, which is both decorative and has medicinal properties.

## potato

*Solanaceae*

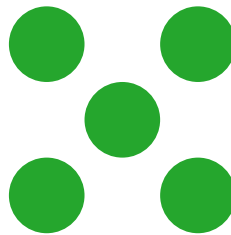
Potato  
Tomato  
Sweet Pepper  
Chilli Pepper  
Aubergine



## bean

*Fabaceae*

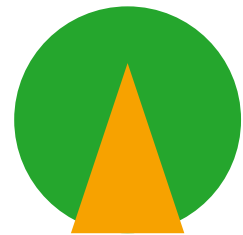
Pea  
Broad Bean  
Runner Bean  
French Bean  
Lima Bean  
Soya Bean  
Peanuts  
Lentil  
Asparagus Pea



## cabbage

*Brassicaceae*

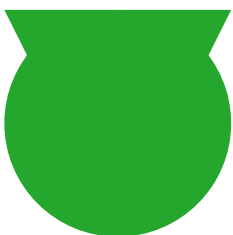
Cabbage  
Brussels Sprout  
Cauliflower  
Broccoli  
Calabrese  
Pak Choi  
Mizuna  
Rocket  
Kale  
Kohlrabi  
Swede  
Mustard  
Turnip  
Cress  
Radish  
Horseradish



## lettuce

*Asteraceae*

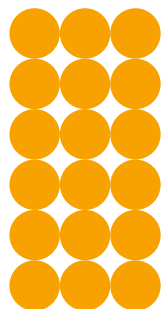
Lettuce  
Chicory  
Endive  
Salsify  
Radicchio  
Scorzonera  
Globe Artichoke  
Chinese/Jerusalem  
Artichoke  
Tarragon



## grass

*Poaceae*

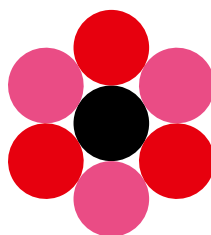
Sweetcorn  
Rice  
Wheat  
Lemon Grass



## fruit

*Soft*

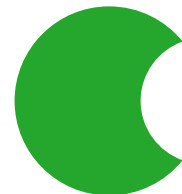
Strawberry  
Raspberry  
Gooseberry  
Blackberry  
Red Currant  
Black Currant  
White Currant



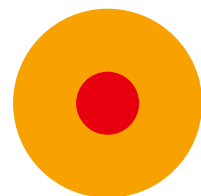
## fruit

*Tree*

Apple  
Pear



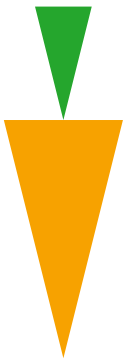
Cherry  
Peach  
Plum



## carrot

*Apiaceae*

Carrot  
Parsnip  
Celery  
Celeriac  
Caraway  
Angelica  
Parsley  
Florence Fennel  
Chervil  
Coriander



## onion

*Alliaceae*

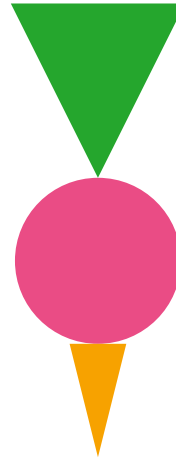
Onion  
Leek  
Chive  
Garlic  
Japanese  
Bunching  
Elephant Garlic  
Shallot



## beet

*Amaranthaceae*

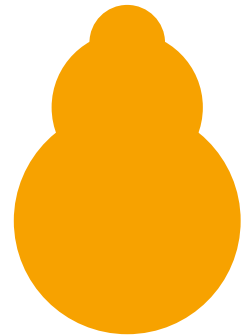
Beetroot  
Spinach  
Swiss Chard  
Spinach Beet  
Leaf Beet



## squash

*Cucurbitaceae*

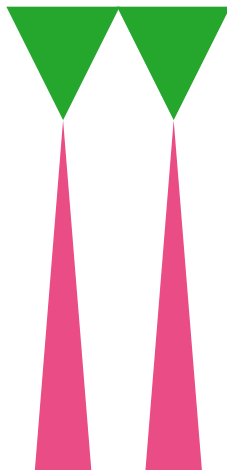
Cucumber  
Marrow  
Courgette  
Pumpkin  
Melon  
Squash  
Gherkin  
Watermelon  
Gourds  
Lufa



## fruit

*Other*

Grape  
Rhubarb



## nut

*Tree*

Hazelnut  
Cobnut  
Walnut  
Sweet Chestnut



## herbs

*Perennial*

Mint  
Chive  
Thyme  
Rosemary  
Oregano  
Sage  
Lemon Balm  
Lovage



## herbs

*Annual & Biennial*

Basil  
Coriander  
Parsley  
Dill  
Fennel  
Chamomile  
Nasturtium



# planting calendar guide

spring

summer

vegetables

Beetroot	Lettuce
Broad Beans	Onion
Broccoli	Parsnip
Butternut Squash	Peas
Cabbage	Potatoes
Carrots	Pumpkin
Cauliflower	Radish
Celery	Runner Beans
Courgette	Spinach
French Beans	Sweetcorn
Kale	Tomatoes
Leek	Turnip

Beetroot	Leek
Broccoli	Lettuce
Cabbage	Peas
Carrots	Radish
Cauliflower	Runner Beans
French Beans	Turnip
Kale	

fruit

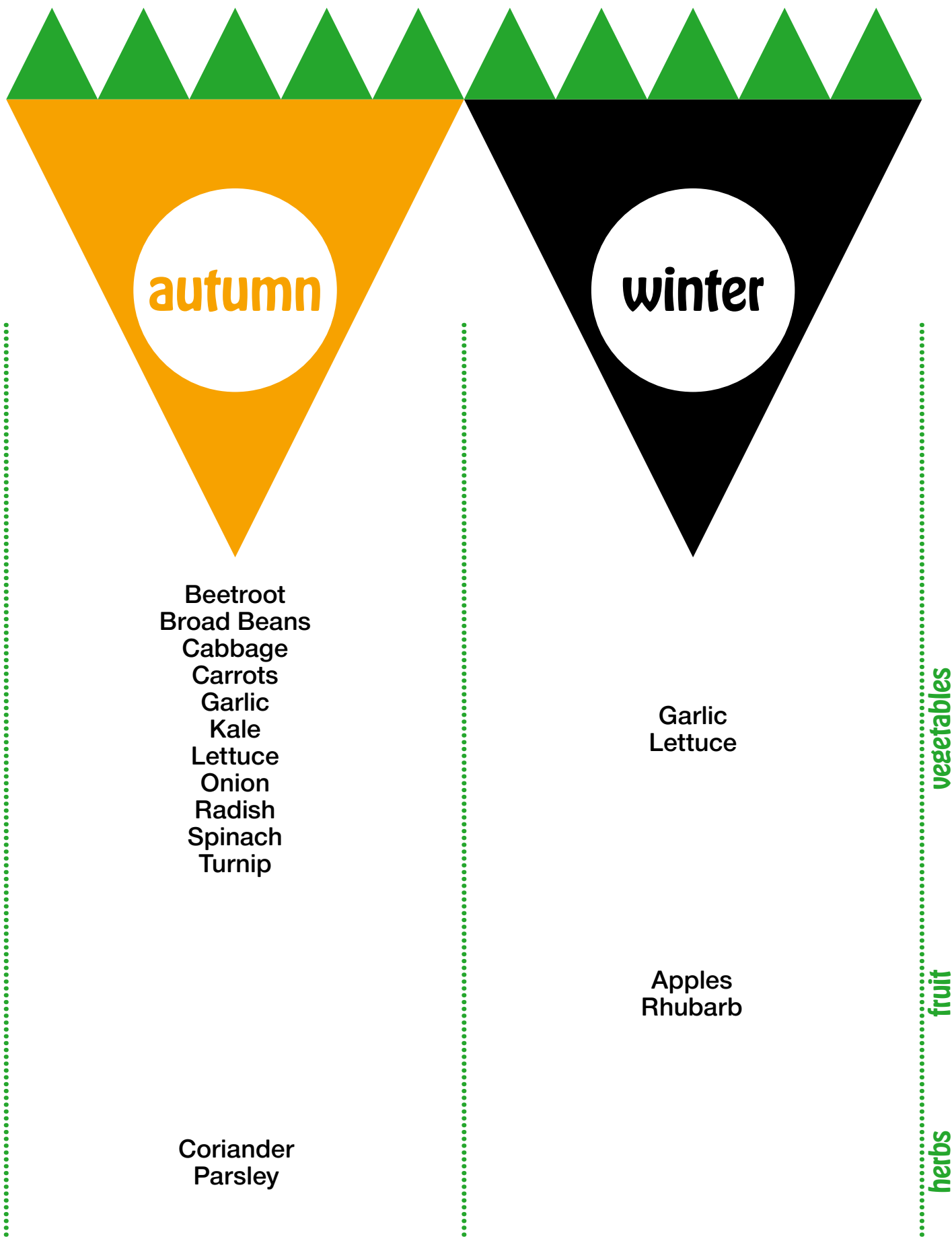
Apples  
Blackcurrants  
Gooseberries  
Raspberries  
Strawberries  
Rhubarb

herbs

Basil	Oregano
Coriander	Parsley
Chives	Rosemary
Dill	Sage
Mint	Thyme

Basil  
Dill

This calendar is a guide – many crops can be sown across more than one season depending on variety and local conditions. Check before you plant! Tomatoes and basil are best grown covered or in a greenhouse. For fruits that grow on trees or bushes (apples, gooseberries, raspberries, etc.), you can buy these ready to plant from a garden centre at the appropriate time of year.



# picking calendar guide

vegetables

Cabbage  
Kale  
Lettuce  
Radish  
Spinach

Beetroot  
Broad Beans  
Broccoli  
Carrots  
Cauliflower  
Celery  
Courgette  
French Beans  
Garlic

Lettuce  
Onion  
Peas  
Potatoes  
Radish  
Runner Beans  
Sweetcorn  
Tomatoes  
Turnip

fruit

Rhubarb

Apples  
Blackcurrants  
Gooseberries  
Raspberries  
Strawberries  
Rhubarb

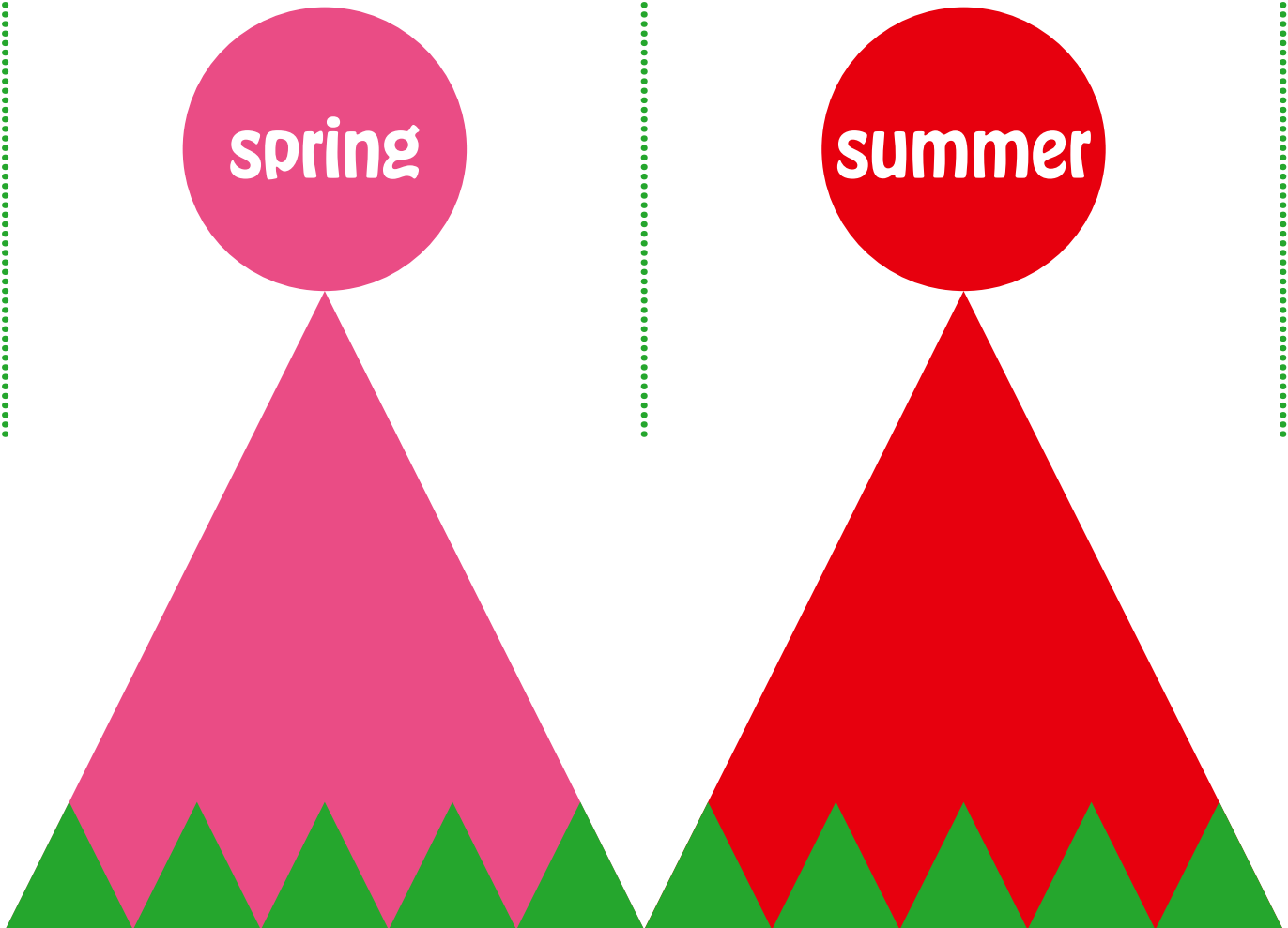
herbs

Basil  
Coriander  
Chives  
Dill  
Mint

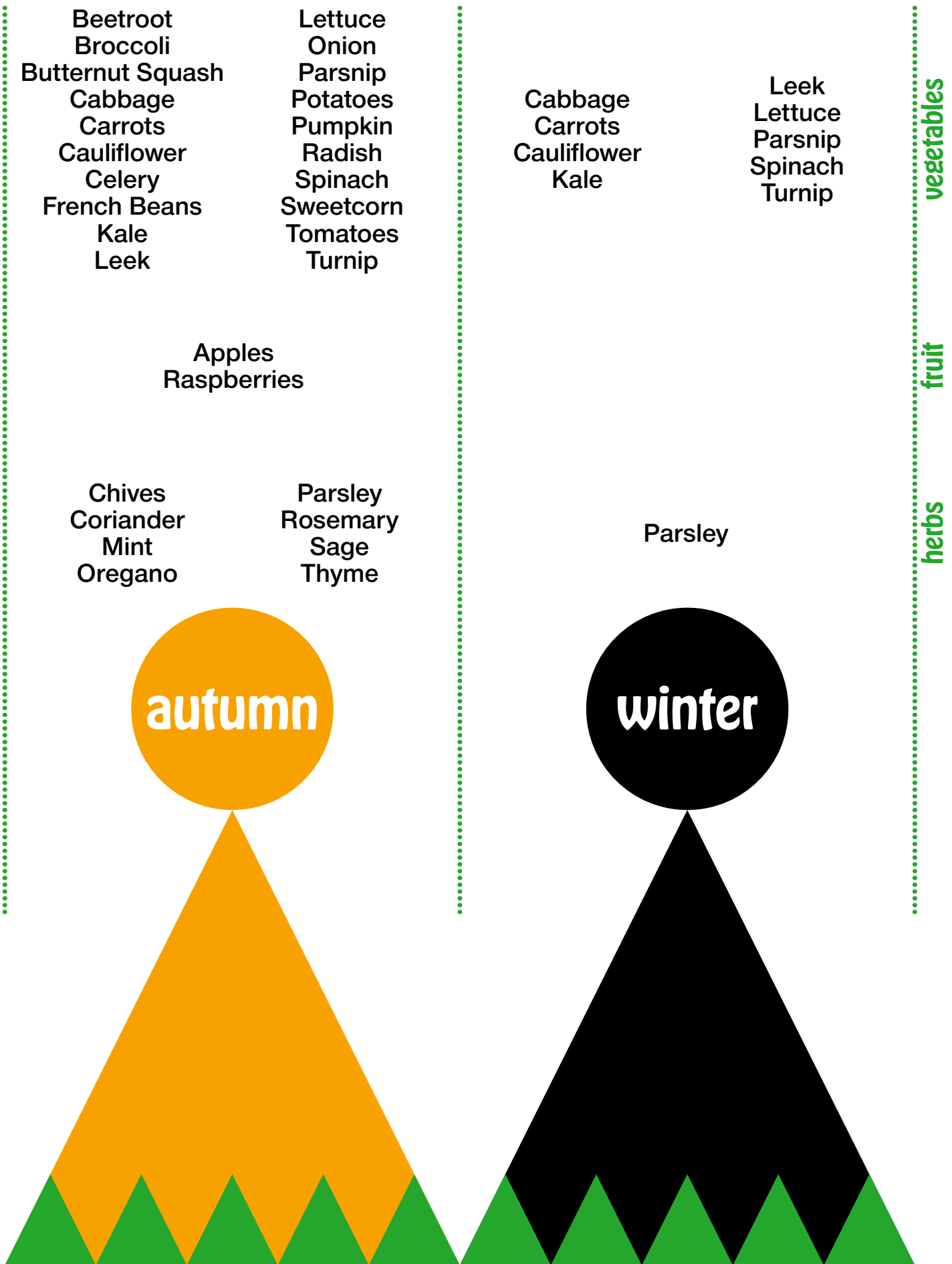
Oregano  
Parsley  
Rosemary  
Sage  
Thyme

spring

summer

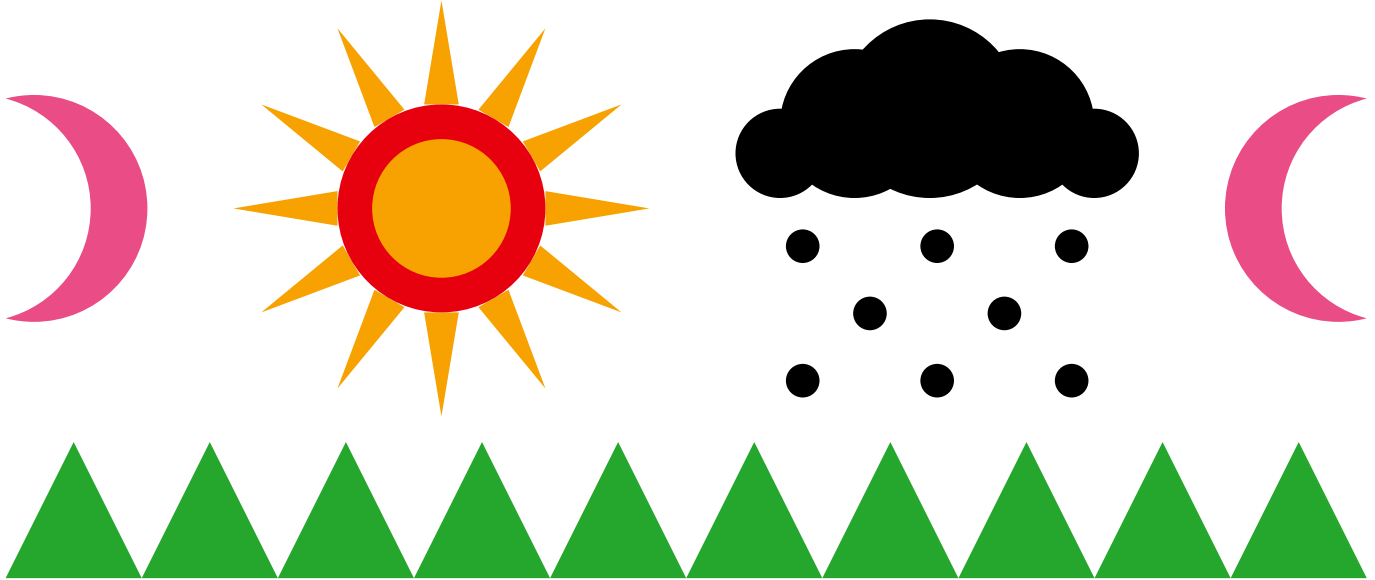


Many crops can be picked over more than one season depending on variety and local conditions. With rhubarb, only eat the stems once the plant is over two years old, but never eat the leaves!



# planting & growing diary

This is your space to keep track of what you've planted, when you planted it and how it's growing. Recording your progress helps you learn what works best in your garden, plan for next season, and celebrate your successes. Use it to note planting dates, care routines, harvest times and any tips you discover along the way. Over time, this diary will become your personal growing guide — a story of your garden in full bloom.



.....  
date:

.....  
weather today:

.....  
what we planted:

.....  
tasks completed:

.....  
people present:

.....  
what went well:

.....  
what to improve next time:

.....  
date: weather today:

.....  
what we planted:

.....  
tasks completed:

.....  
people present:

.....  
what went well:

.....  
what to improve next time:

.....  
date: weather today:

.....  
what we planted:

.....  
tasks completed:

.....  
people present:

.....  
what went well:

.....  
what to improve next time:

.....

.....  
date:

.....  
weather today:

.....  
what we planted:

.....  
tasks completed:

.....  
people present:

.....  
what went well:

.....  
what to improve next time:

.....  
date:

.....  
weather today:

.....  
what we planted:

.....  
tasks completed:

.....  
people present:

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what went well:

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tasks completed:

.....  
people present:

.....  
what went well:

.....  
what to improve next time:

.....  
date: weather today:

.....  
what we planted:

.....  
tasks completed:

.....  
people present:

.....  
what went well:

.....  
what to improve next time:

.....

# 4.

# workshops & learning

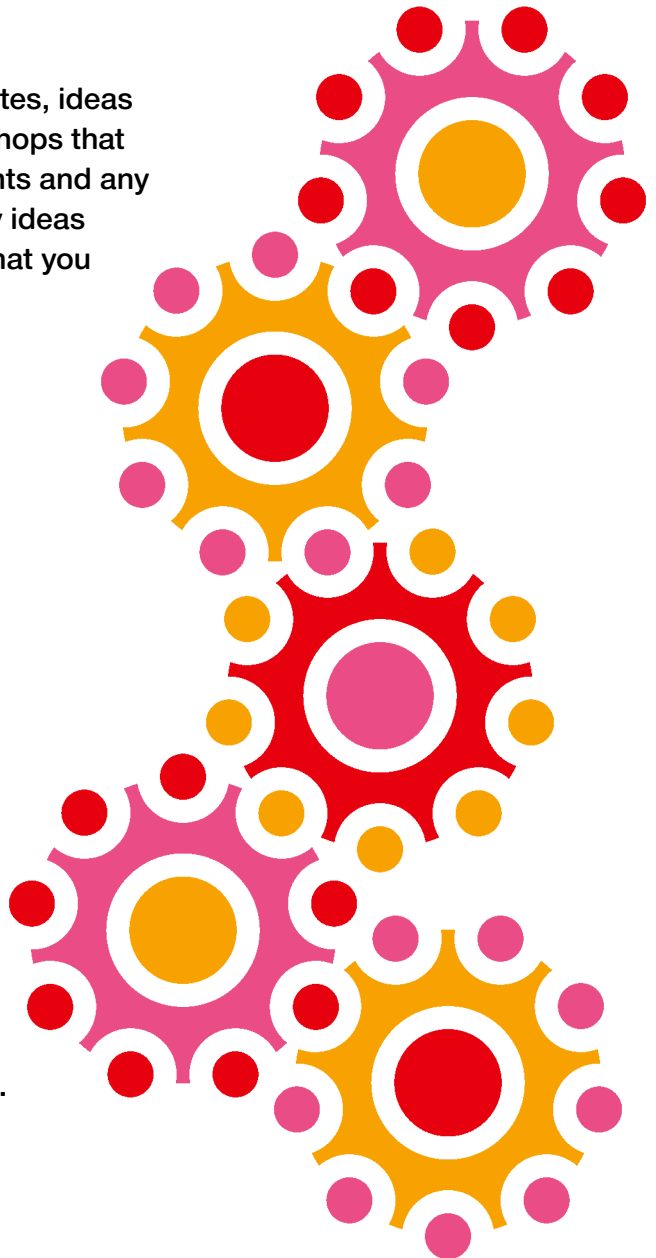
## workshops

Use these pages to collect, write and sketch any notes, ideas and observations from the Our Shared Plate Workshops that you or your group participate in. Include action points and any checklists from the workshops. Feel free to add any ideas or information on the different workshop subjects that you might discover elsewhere.

## learning

By the end of the year, your group will be able to:

- Know more about where food comes from and how it affects the environment.
- Identify different edible plants and learn how to look after them.
- Sow seeds and care for plants as they grow.
- Understand composting and why it is good for the garden.
- Harvest vegetables and fruit at the right time.
- Try new recipes and ways to enjoy your food.
- Keep planting and harvesting through the seasons.
- Host a Street Feast to share food with your community.
- Feel confident to join Community Gardens Ireland.



# workshop 1:

---

given by:

date:

---

notes, checklists & action points:

# workshop 2:

---

given by:

date:

---

notes, checklists & action points:

# workshop 3:

---

given by:

date:

---

notes, checklists & action points:

# workshop 4:

---

given by:

date:

---

notes, checklists & action points:

# workshop 5:

---

given by:

date:

---

notes, checklists & action points:

# workshop 6:

---

given by:

date:

---

notes, checklists & action points:

# workshop 7:

---

given by:

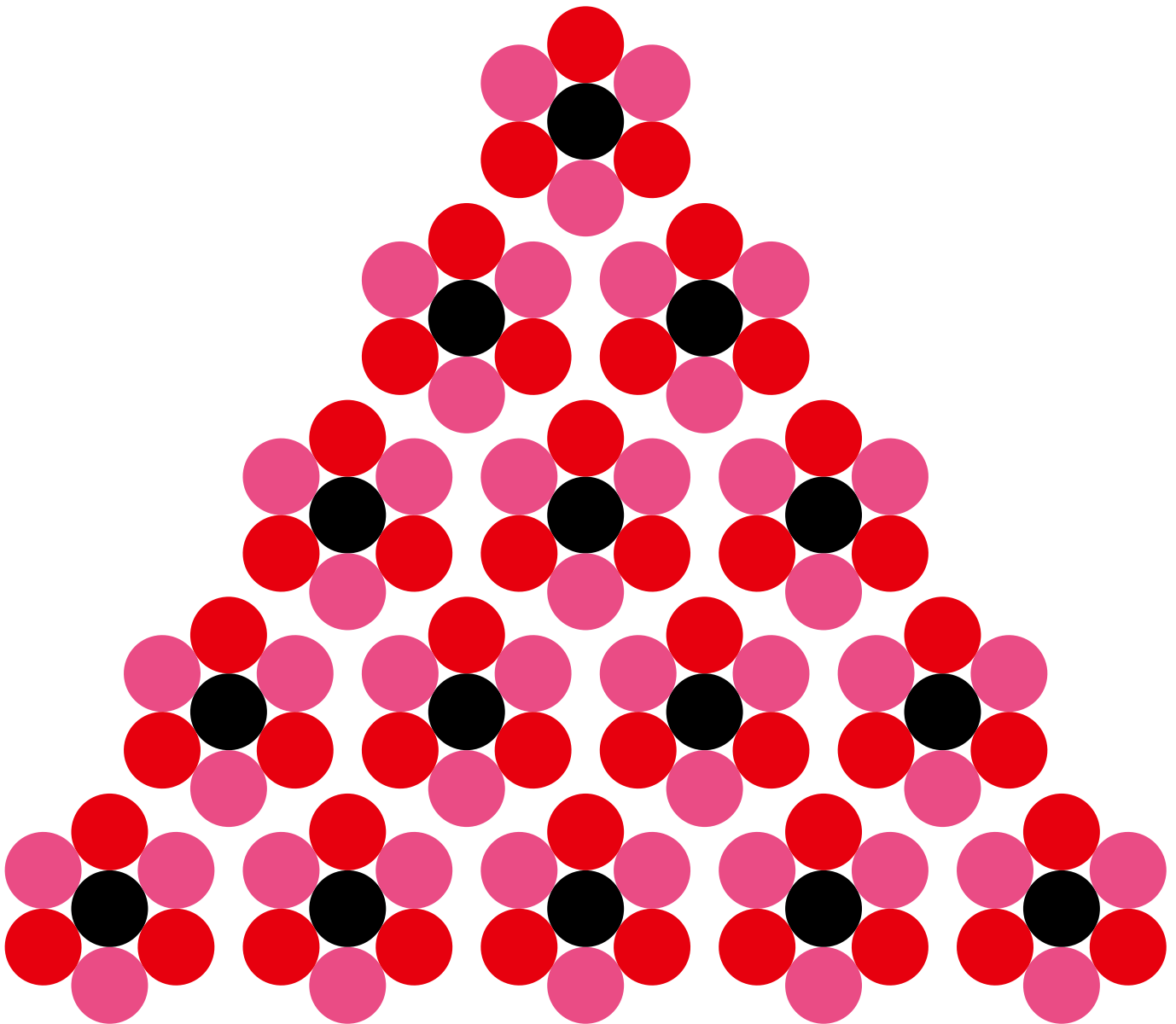
date:

---

notes, checklists & action points:

5.

# harvest & celebration



# harvest

Growing your own food is rewarding – and harvesting is the best part! Picking at the right time means your fruit, vegetables and herbs will taste their very best.

## tips for harvesting

- Pick little and often – many crops, like courgettes, beans and herbs will produce more if picked regularly.
- Choose the right time of day – early morning or late evening is best, when it's cooler.
- Handle with care – use scissors or secateurs to avoid damaging plants.
- Know when it's ready – fruit and veg are ready when they have full colour, are firm (or in some cases slightly soft) and smell fresh.

## storing your harvest

- Eat fresh when possible – flavour and nutrition are best straight after picking – or use FIFO (first-in, first-out).
- Cool and dry – store root vegetables (like carrots and onions) in a cool, dark, dry place.
- Refrigerate greens – leafy crops like lettuce and spinach keep best in the fridge in a breathable bag.
- Freeze or preserve – surplus crops can be frozen, pickled or made into chutney, jams or sauces.
- Share the bounty, so everyone enjoys the harvest.

## zero-waste cooking tips

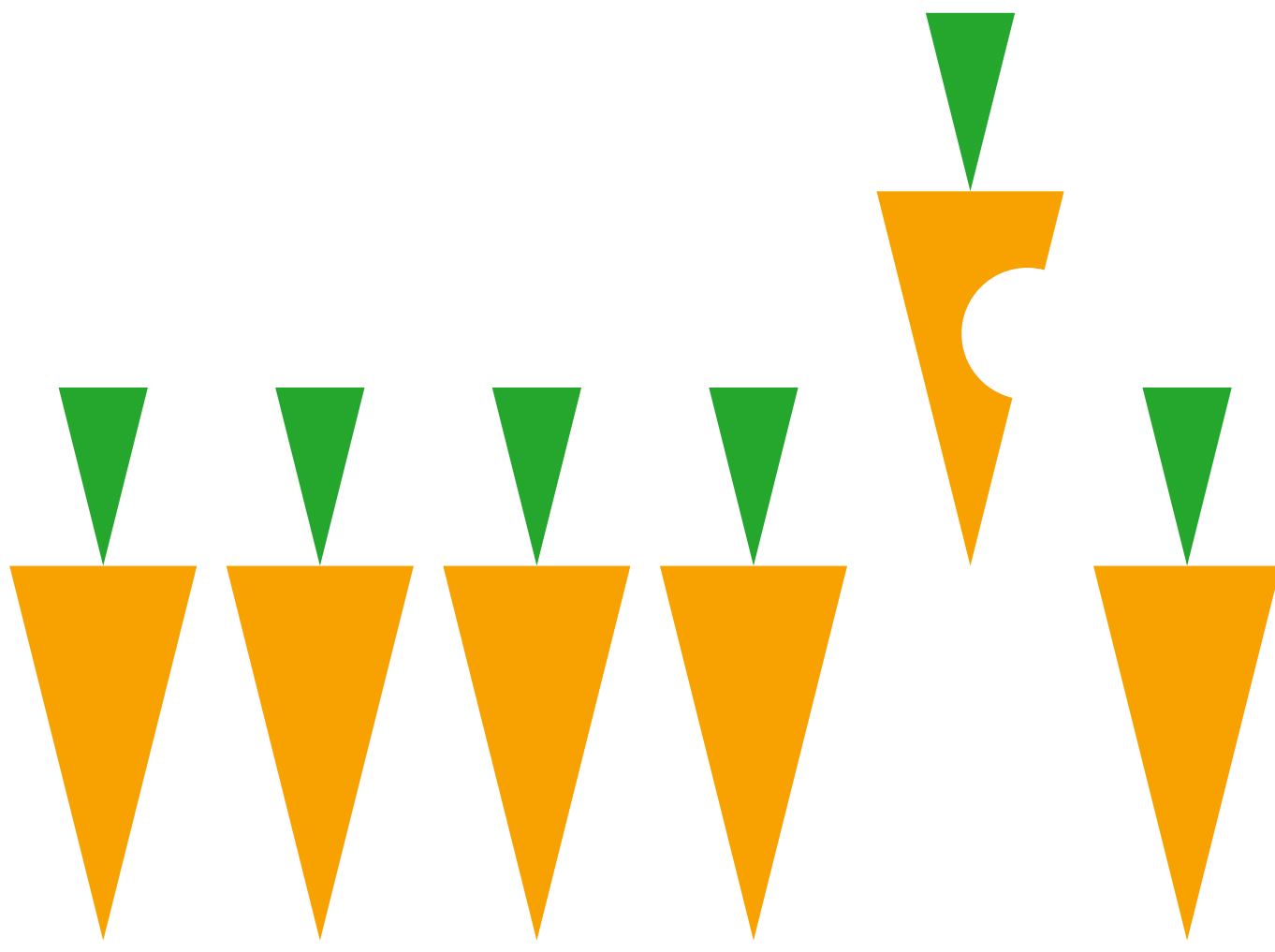
- Plan meals and shop with a list.
- Use stalks, skins and leaves in dishes.
- Cook extra and freeze for later.
- Turn leftovers into soups or stir-fries.
- Check dates and trust your senses.
- Store food properly to keep it fresh.
- Compost scraps you can't eat.

A Street Feast is the perfect way to celebrate your harvest and share the joy of growing together – check out page 56 for more details.

# harvest tracking

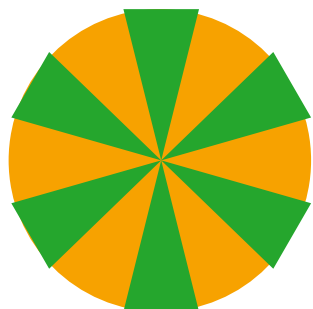
Keep a simple track of your harvest, when you picked, how much you yielded, what the crop was like and any notes you might have – like the below example. Add more pages if you need them.

<b>crop</b>	<b>planted</b>	<b>harvested</b>	<b>yield (est.)</b>	<b>notes</b>
Peas	1 April	30 June	2 kg	Tasted great!
Lettuce	25 March	20 May	10 heads	Grew quickly
Carrots	10 April	30 July	3 kg	Could space better





## here are two simple garden harvest recipes using common crops and with a food waste reduction focus



### garden veggie frittata

A quick and flexible way to use leftover or “imperfect” vegetables.

#### ingredients:

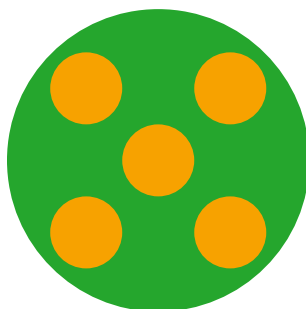
- 6 eggs
- 1 cup chopped mixed vegetables (courgette, spinach, peppers, kale, onion... whatever needs using)
- 1 small handful fresh herbs (parsley, chives, basil), chopped
- 2 tablespoons milk or cream
- Olive oil or butter for frying
- Salt & pepper to taste

#### method:

1. Preheat your oven to 180°C (or use the grill).
2. Heat oil or butter in an ovenproof frying pan, add the chopped vegetables and sauté until soft.
3. Beat eggs with milk, herbs, salt & pepper.
4. Pour egg mixture over the vegetables. Cook gently for 3–4 minutes until the edges set.
5. Transfer to oven or grill to finish cooking the top.
6. Slice and serve warm or cold.

#### food waste tip:

Use up any veg that’s slightly wilted — just trim any bad bits before cooking.



### herby & leafy green pesto

A great way to use up herbs or greens before they spoil.

#### ingredients:

- 2 cups loosely packed herbs and/or leafy greens (basil, parsley, rocket, kale, spinach)
- 1–2 garlic cloves
- ½ cup nuts or seeds (walnuts, sunflower seeds, or pumpkin seeds work well)
- ½ cup olive oil
- ¼ cup grated cheese (or nutritional yeast for dairy-free)
- Juice of half a lemon
- Salt & pepper to taste

#### method:

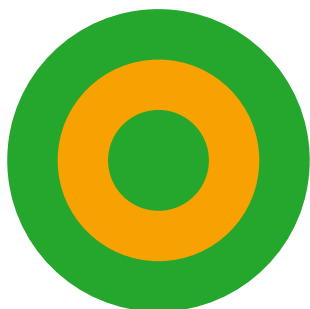
1. Place herbs/greens, garlic and nuts/seeds in a blender or food processor.
2. Pulse to break down, then slowly add olive oil until smooth.
3. Stir in cheese, lemon juice, salt & pepper.

You can store this pesto in the fridge for up to a week, or freeze it in portions.

#### food waste tip:

Swap in carrot tops, beet greens or radish leaves instead of throwing them away.

here are two easy no-cook garden harvest recipes that are perfect for outdoor events like a street feast



## fresh garden wraps

A colourful, crunchy way to showcase seasonal produce.

### ingredients:

- Large lettuce leaves or cabbage leaves (for wrapping)
- A mix of raw sliced vegetables (carrot, cucumber, beetroot, courgette, peppers)
- Fresh herbs (mint, parsley, basil)
- Hummus, cream cheese or mashed avocado for spreading
- A squeeze of lemon juice

### method:

1. Lay out the lettuce or cabbage leaves.
2. Spread a thin layer of hummus, cream cheese or avocado on each leaf.
3. Add sliced vegetables and sprinkle with fresh herbs.
4. Drizzle with lemon juice, roll up and secure with a cocktail stick if needed.

### food waste tip:

Use odd-shaped veg or the last few herbs from your garden — they still taste great.



## herby garden dip with crudités

A quick dip to go with any mix of fresh-picked vegetables.

### ingredients:

- 1 cup natural yoghurt (or plant-based yoghurt)
- 1 tablespoon olive oil
- 1–2 cloves garlic, minced
- A large handful of chopped herbs (chives, parsley, dill, basil)
- Salt & pepper to taste
- Selection of freshly-picked, washed and cut raw vegetables for dipping (carrot sticks, celery, cucumber, cherry tomatoes, radishes)

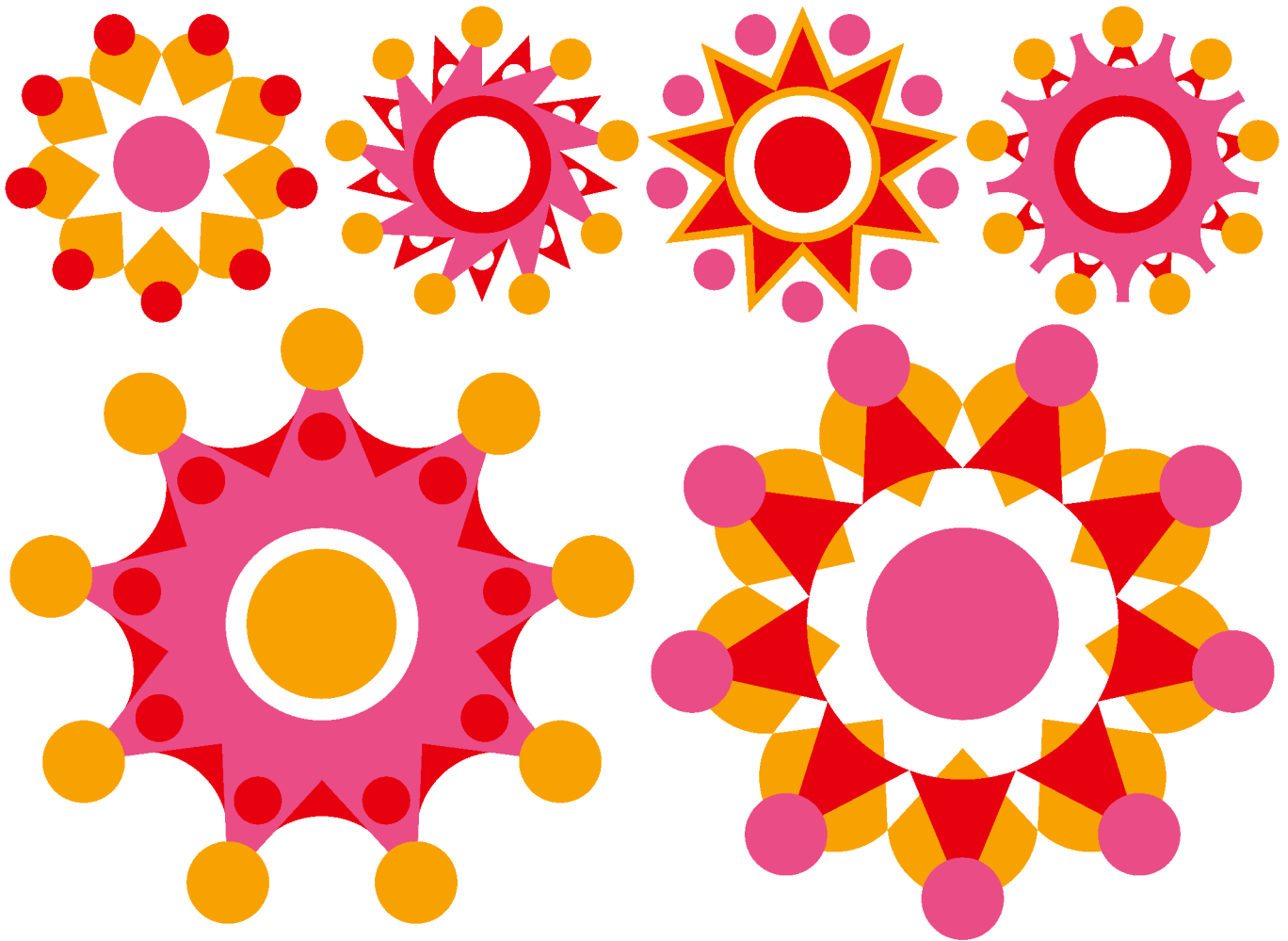
### method:

1. In a bowl, mix yoghurt, olive oil, garlic, herbs, salt & pepper.
2. Serve in a small dish surrounded by the vegetables.
3. Dip!

### food waste tip:

Turn leftover dip into a salad dressing by thinning with lemon juice or water.

# street feast!



# what is a street feast?

A Street Feast is a joyful community gathering where neighbours come together to share food, stories, and connection — right on their street, in a garden, or at a local green space. It's a celebration of local life and the food we grow together.

Planning your Street Feast? Why not fill your table with some of the delicious food you've grown in your neighbourhood garden! Whether it's fresh herbs, homegrown salad, or pickled veggies — it all adds a special flavour to the day.

Here are a few helpful tips to make your Street Feast great:

- Get your invitations and posters ready — photocopy some invitations from our free pack, print them from the downloadable guide on our website or make your own.
- You can delegate food and furniture to share the load. Ask people what they're good at and how they can contribute.
- Get inviting — knock on your neighbours doors and tell them about Street Feast. Bring an invitation. Drop a message to local online groups.
- Get the word out! Contact your local radio and newspaper.

## checklist for planning

- Choose a date & location — your garden, a green space or a local hall.
- Invite your community — use our posters, leaflets or WhatsApp groups.
- Plan the food — ask people to bring a dish to share (ideally something grown locally).
- Set up tables and seating — create a welcoming, accessible space.
- Add fun activities — music, children's games, craft tables or cooking demonstrations.
- Celebrate & connect — eat together, swap recipes and share stories.
- Clean up together — leave the space as you found it (or even cleaner!).
- A Street Feast isn't just about eating, it's about connection, laughter and building community spirit.

You can host a Street Feast any time! We also invite you to join the national weekend and celebrate with communities across Ireland. Learn more at [www.streetfeast.ie](http://www.streetfeast.ie)

# templates

Below is the front and back of an A5 Street Feast invite template, and opposite a poster template to get the word out – you can download both of these as printable PDFs from [www.oursharedplate.ie](http://www.oursharedplate.ie)



## street feast

We're organising a Street Feast in our neighbourhood and would love you to be a part of it. A Street Feast is simply having a celebratory lunch with your neighbours. It's a great excuse to share good food, meet new people who live near you and have a bit of craic!

**when:**  
.....

**where:**  
.....

**our shared plate**  
a neighbourhood network initiative

supporting neighbourhoods to grow,  
cook and eat together.  
@oursharedplateirl oursharedplate  
neighbourhoodnetwork.ie/our-shared-plate



**STREET FEAST** Neighbourhood network

All you need to do is come along on the day. If you want to be more involved in our Street Feast, please tick the boxes that you would like to help out with...

- bring a dish
- help set up
- bring some chairs
- organise some games
- put up some bunting
- paint faces
- make decorations
- play an instrument
- other:

.....

**your name:**  
.....

**your contact:**  
.....

**your address:**  
.....

.....

Once you have filled out the above, you can either take a photo of it and WhatsApp it to:  
.....

Or, you can drop it back in person to:  
.....

**... see you at the street feast!**

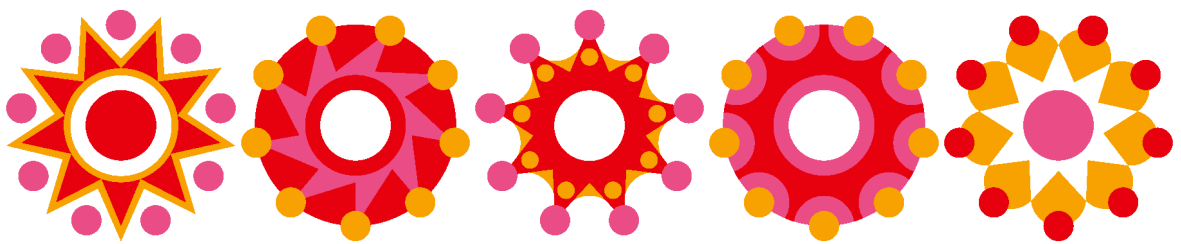
# street feast!

when:

.....

where:

.....



**our  
shared  
plate**

a neighbourhood network initiative

supporting neighbourhoods to grow,  
cook and eat together.

 [oursharedplateirl](#)  [oursharedplate](#)  
[neighbourhoodnetwork.ie/our-shared-plate](http://neighbourhoodnetwork.ie/our-shared-plate)

**STREET  
FEAST**  Neighbourhood  
network



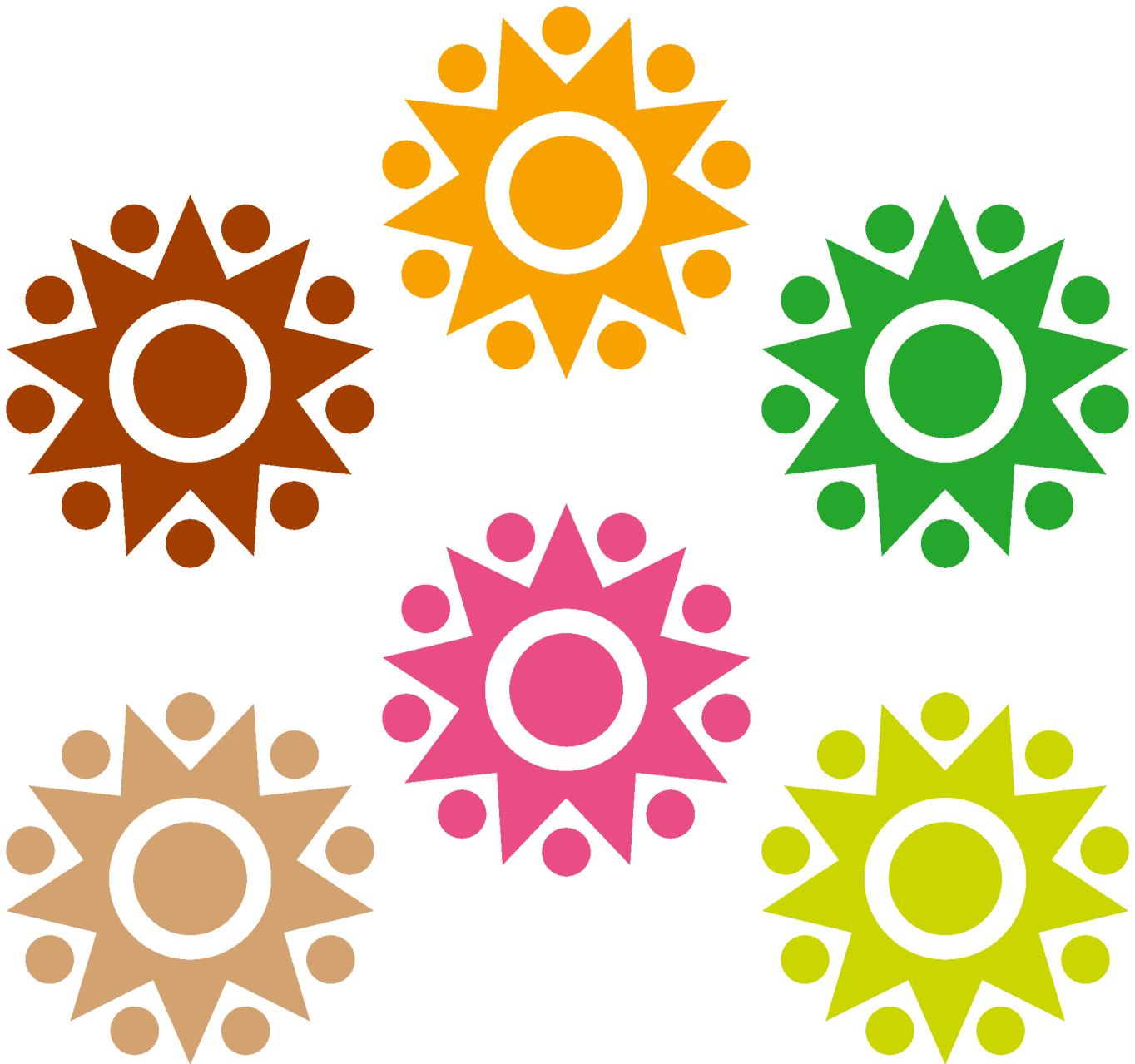
# some street feast activities for everyone

Here are a few pages of fun activities that you can do at a Street Feast – or anytime throughout the year!

## nature hunt

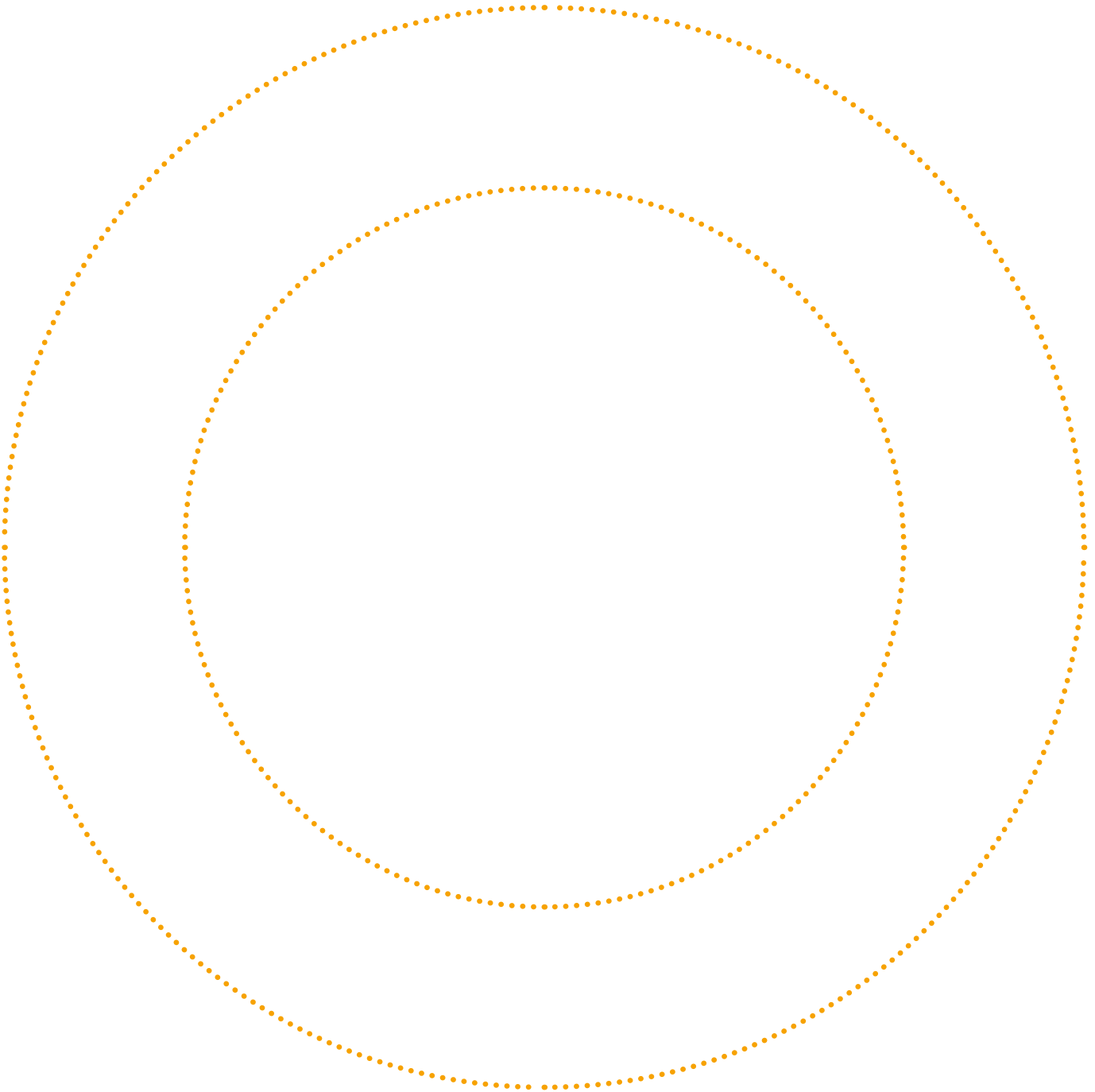
---

Can you find any plants that are the same colour as these?



# draw your favourite vegetable meal

---



# write a recipe

---

Think of a food that grows near your home:

---

Then ask a grandparent or older person in your neighbourhood what they cooked with this food when they were younger:

---

List the ingredients you will need:

---

What to do with the ingredients (you can also include drawings):

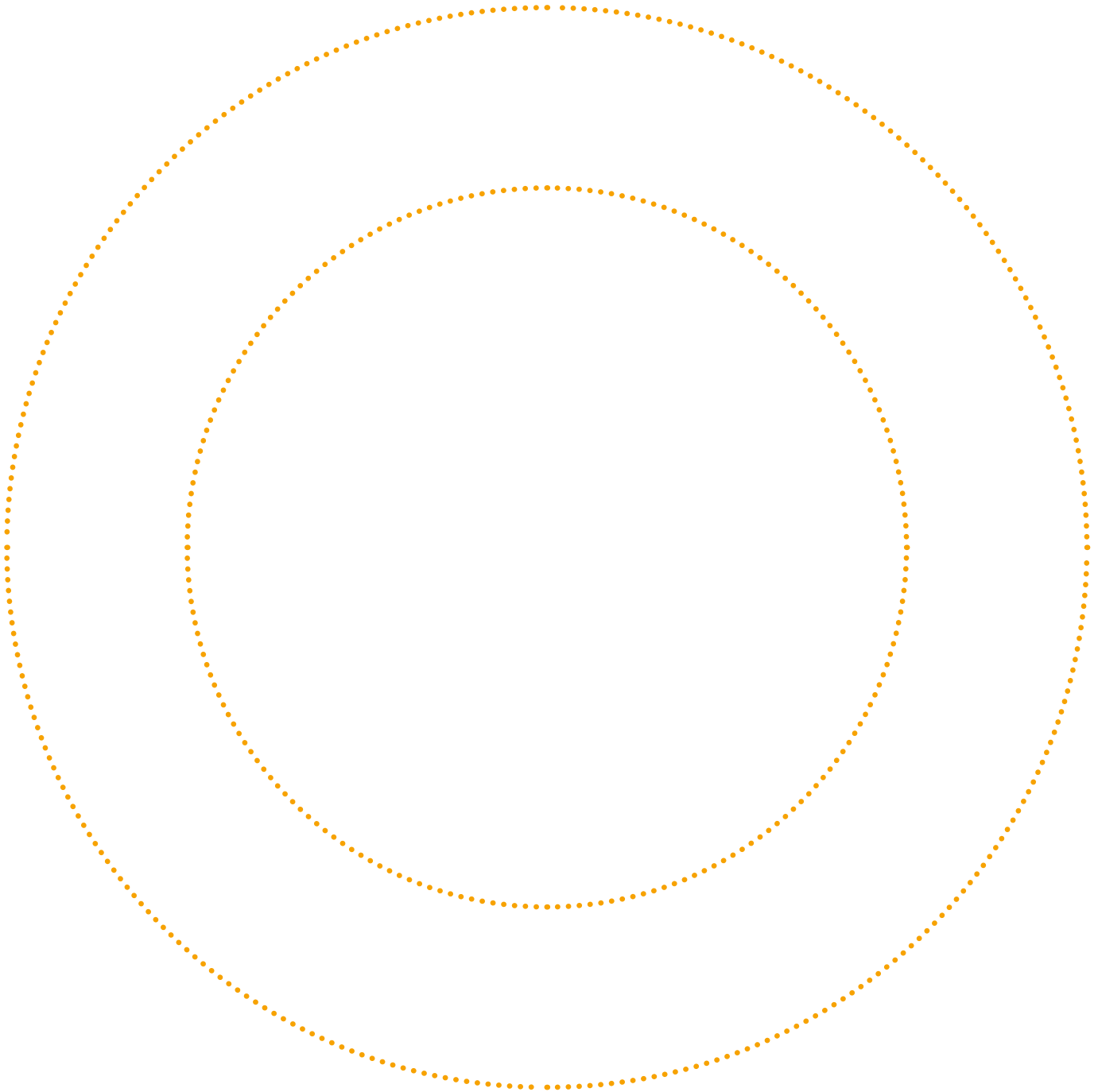
Name this recipe:



Whose recipe is this:



Draw a picture of the finished recipe on this plate:



# create a recipe

---

Think of a food that grows near your home:

---

Think up a meal or a recipe that uses this food:

---

List the ingredients you will need:

---

What to do with the ingredients (you can also include drawings):

---

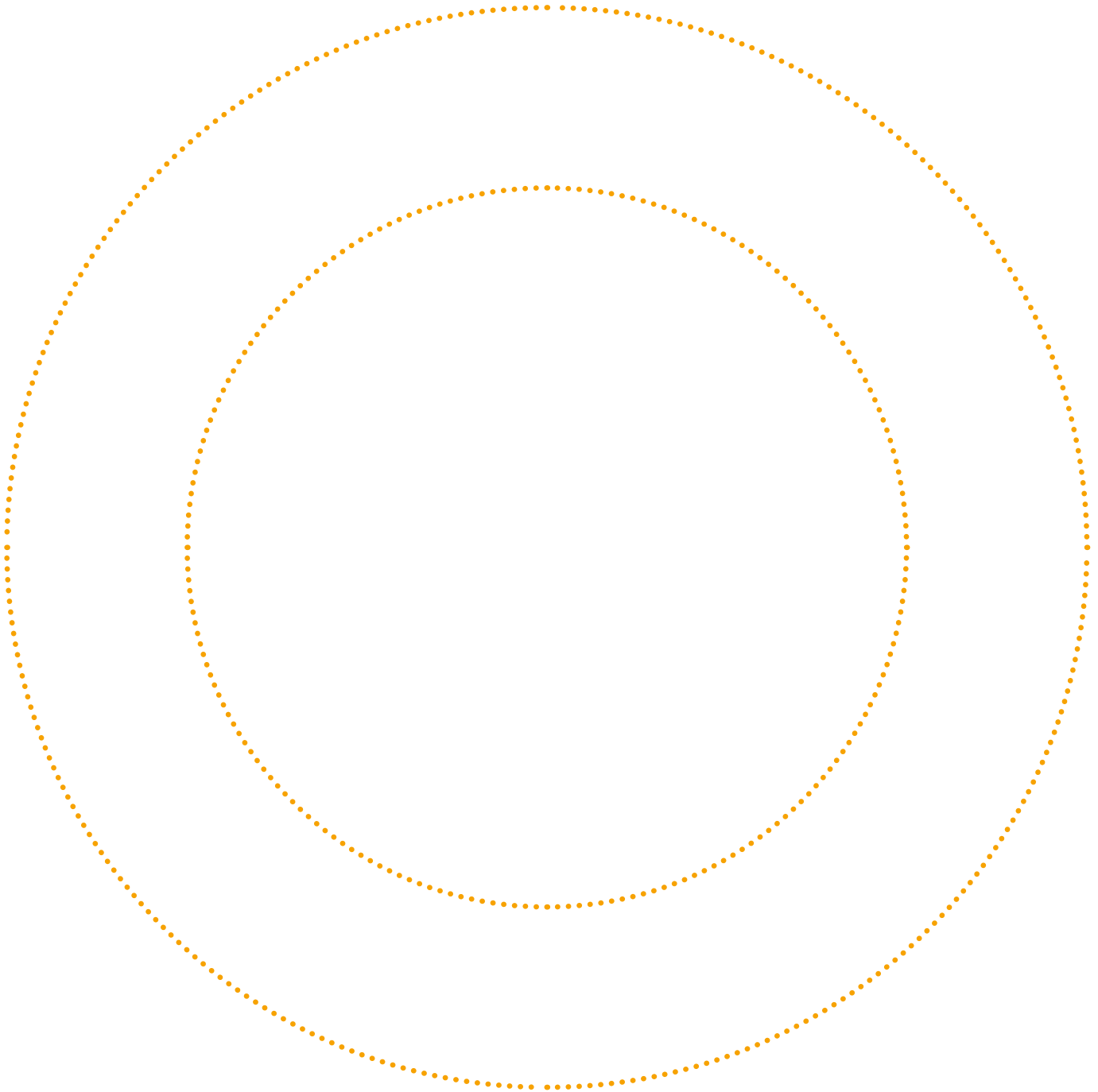
Name this recipe:



Whose recipe is this:



Draw a picture of the finished recipe on this plate:

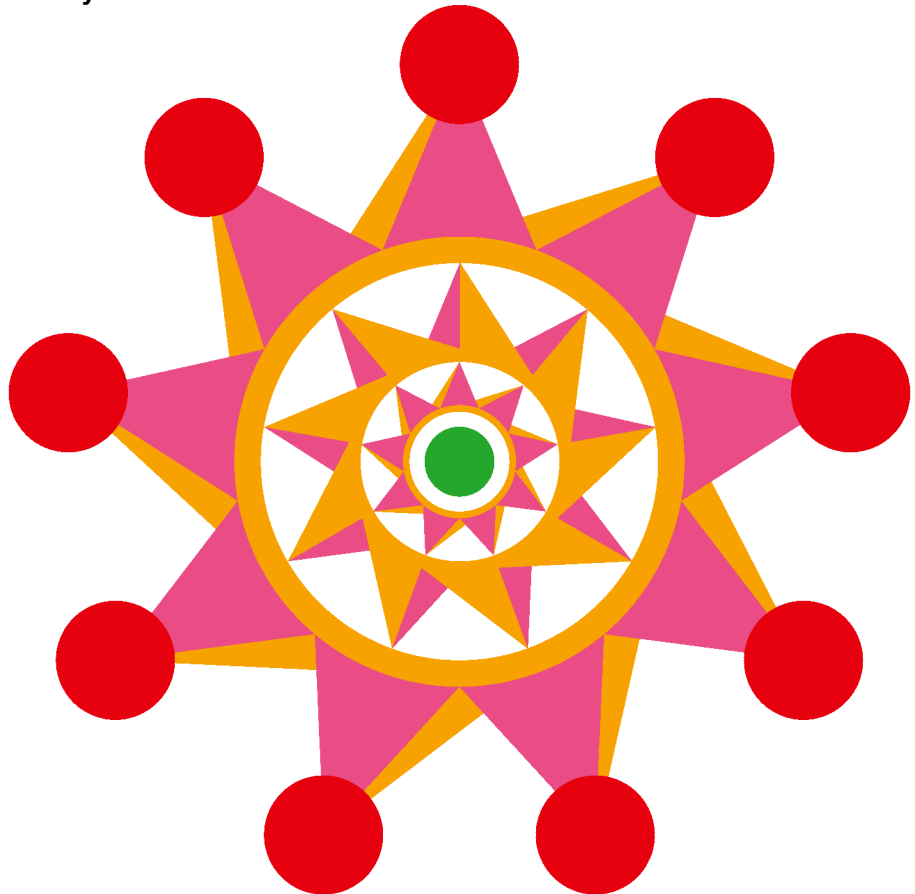


# 6.

# reflections & next steps

Taking time to look back on what you've achieved in your garden is just as important as planning what comes next. Reflecting on the successes, challenges and lessons learned helps your group grow stronger and more confident.

This is a chance to celebrate the friendships formed, the skills gained and the harvest shared — as well as to set fresh goals for the future. Whether it's planting new crops, improving the space, or hosting more community events, your reflections will guide the next steps in your garden's journey.



# what we learned

.....  
**what worked well in our garden this year?**

.....  
**what was tricky or unexpected?**

.....  
**what did we learn?**

.....  
**what would we do differently next year?**

.....  
**a moment we'll remember was...**

# planning for next year

.....  
**what crops would we like to grow next year?**

.....  
**what activities or workshops should we run again?**

.....  
**who else can we invite into our group?**

.....  
**what fundraising/support might we need?**

oct

nov

dec

jan

feb

mar

apr

may

jun

jul

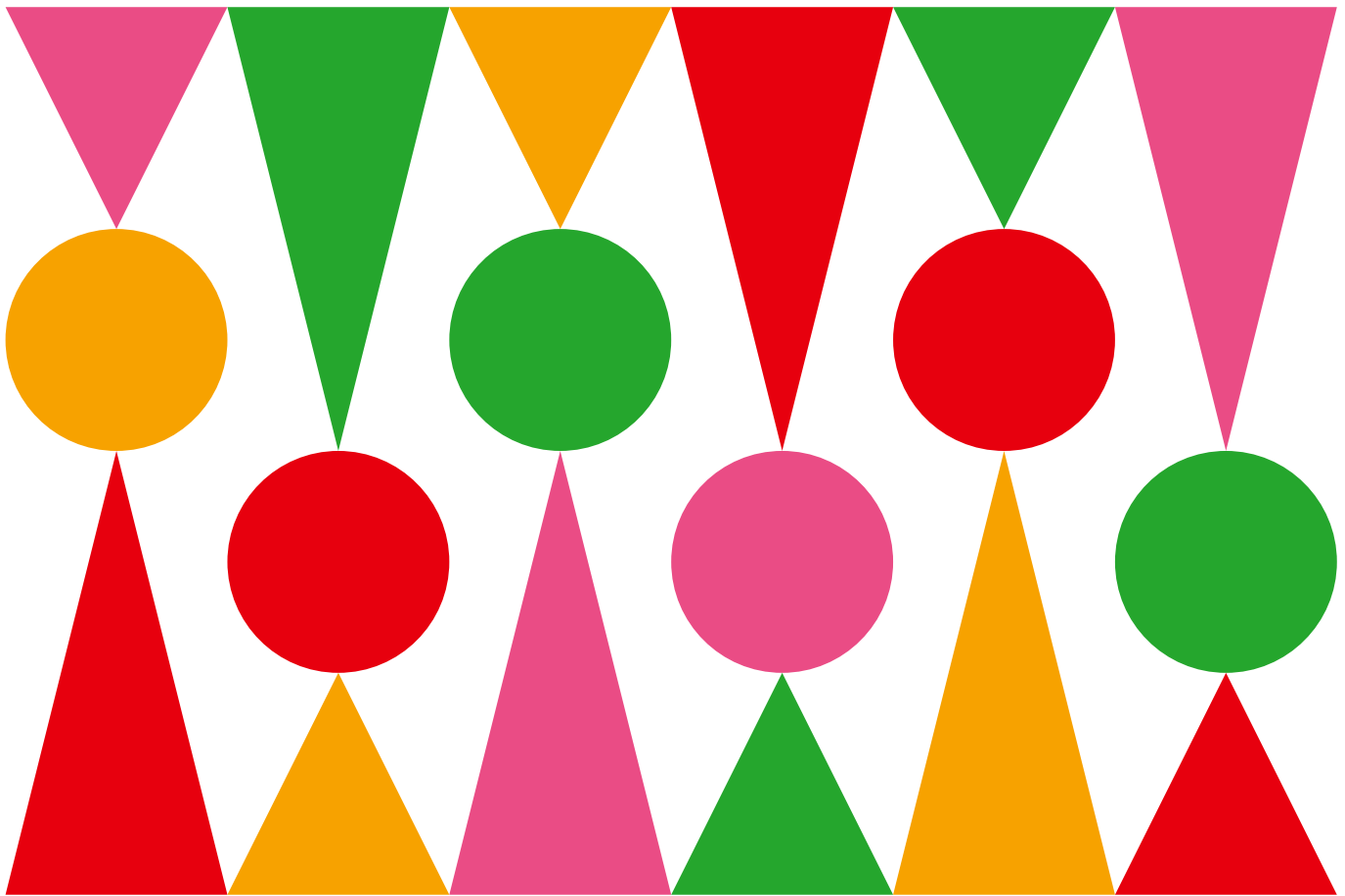
aug

sep

# 7.

# resources & notes

This section is here to help you find and keep extra information, ideas and support for your garden. Use the blank 'notes' pages to jot down contact details, suppliers, or new ideas you'd like to try. Think of it as your go-to place for handy information to keep your garden thriving.



# useful links

Through a simple internet browser search on any of the below organisations, you'll find useful links on topics like growing food, composting, biodiversity and seed saving, as well as tips for funding, events and training.

## campaigns

All Ireland Pollinator Plan  
Biodiversity Week  
Climate Action Week  
Heritage Week  
National Spring Clean  
Street Feast

## community groups

Men's Sheds (great to help make raised beds)  
Youth Groups (extra hands that love to get involved)  
Tidy Towns (can share lots of expertise)

## funding opportunities

Bank of Ireland: Begin Together Community Fund  
Community Food Initiative (CFI)  
GIY (Grow It Yourself)  
Irish Environmental Network (IEN)  
LEADER Programme  
Local Authority Community Climate Action Programmes (CCAP)  
The National Lottery

## memberships

Community Gardens Ireland  
Grants and Funding Ireland  
Public Participation Network (PPN)

## online resources

All-Ireland Pollinator Plan  
Biodiversity Ireland (NBDC)  
Community Gardens Ireland  
Composting Ireland  
Seed Sovereignty UK & Ireland Programme  
Slow Food Ireland  
Stop Food Waste  
The Organic Centre Leitrim

## seeds, plants & tree suppliers

Future Forests Garden Centre  
Irish Seed Savers  
Local Libraries for shared seed banks  
Quickcrop Gardening Supplies  
Wild Oaks Tree Nursery

# composting

Composting feeds your soil and cuts waste.

The key thing is not to layer — it's all about mixing the greens and the browns!

Safety tip: wear gloves and mind your back when turning the compost.

For more composting resources visit [www.compostingireland.ie](http://www.compostingireland.ie)

## compost these:

### green (nitrogen – fast rotters)

- Fruit & veg scraps (cooked or uncooked, plant-based dinner leftovers)
- Grass clippings (mix half with leaves)
- Tea leaves (remove from bags first — many bags contain plastic)
- Used coffee grounds
- Spent plants (veg & flowers)
- Manure from vegetarian animals (horse, cattle, rabbits, guinea pigs, birds — but always mix with browns)

### brown (carbon – slow rotters)

- Dead leaves (best brown material)
- Straw, hay, dry grass
- Sawdust, untreated wood shavings
- Small twigs/branches ( $\leq 1\text{cm}$ , chopped)
- Shredded tissue paper (a very small amount)

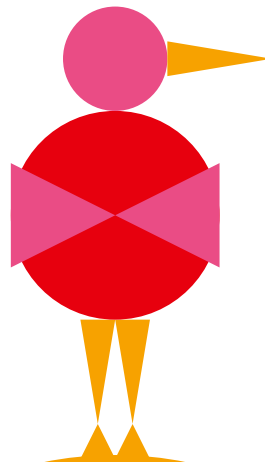
## don't compost these:

- Meat, fish, bones, skins, fat, grease
- Dairy products, egg shells
- Compostable packaging (cups, plates, cutlery, bags — these won't break down in a home/community compost)
- Perennial weeds (ivy, bindweed, brambles)
- Invasive plants & weeds (horsetail, Japanese knotweed)
- Pet or human waste
- Shiny or plastic-coated paper/cardboard
- Large branches/twigs ( $> 1\text{cm}$  unless chopped)
- Chemicals, coal/peat ash, plastics, metals, glass
- Laurel leaves (use as mulch instead)

## balance & mixing

- Always mix greens & browns don't layer: chop, moisten and blend before adding
- Compost should feel like a wrung-out sponge — moist but not soggy
- Aim for a balanced blend:  
Garden waste:  
 $\frac{1}{2}$  grass +  $\frac{1}{2}$  leaves  
Food waste:  
 $\frac{1}{4}$  —  $\frac{1}{3}$  food scraps +  $\frac{2}{3}$  —  $\frac{3}{4}$  leaves

*a well balanced compost will keep the worms happy!*



### **slow compost**

Brown materials on their own will compost too slowly – mix with green!

### **sweet spot**

These materials will compost well all by themselves!

### **sick compost**

Very green materials on their own do not compost well – mix with brown!

**for well balanced, healthy compost,  
the sweet spot is the right blend  
of brown & green materials**

# notes













## acknowledgements

### our shared plate workbook

By Dr Michelle Darmody & Claire Williams  
Published by Our Shared Plate & Neighbourhood Network  
2025

The Our Shared Plate Workbook was made possible through the experience of working alongside amazing communities. Your passion, creativity and commitment to growing together have shaped every page. We hope it continues to inspire many more neighbourhood and community gardens across Ireland.

We are deeply grateful for the shared expertise, inspiration and resources generously offered by:

Alex Konieczka  
[www.understory.ie](http://www.understory.ie)

Community Gardens Ireland  
[www.communitygardensireland.ie](http://www.communitygardensireland.ie)

Craig Benton  
[www.compostingireland.ie](http://www.compostingireland.ie)

Dee Sewell  
[www.greensideup.ie](http://www.greensideup.ie)

*Foróige Just Grow, Introduction to Growing Vegetables*  
[www.foroige.ie](http://www.foroige.ie)

Lucy Bell  
[www.growingwild.ie](http://www.growingwild.ie)

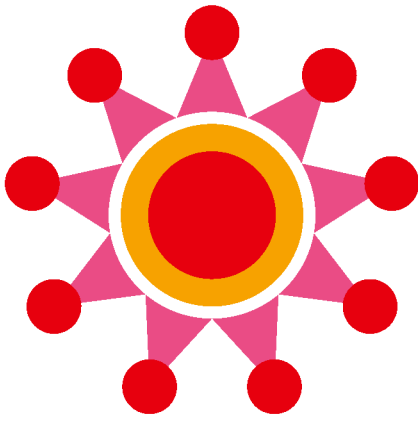
Kitty Scully  
Organic Gardener

*Seed to Supper*  
By Dr Michelle Darmody  
[www.ninebeanrowsbooks.com](http://www.ninebeanrowsbooks.com)

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To all the indirect contributors, past gardeners and organisations whose knowledge, trials and successes have informed this resource — we thank you. Your collective wisdom makes projects like Our Shared Plate possible.





# our shared plate

a neighbourhood network initiative

## connecting communities

**Neighbourhood Network** is the organisation behind Our Shared Plate. We're an Irish charity dedicated to building stronger, more connected communities across Ireland.

### Our Work Includes:

- Supporting local projects like neighbourhood gardens, climate action plans and skills-sharing workshops.
- Creating platforms for neighbourhoods to collaborate and thrive.
- Promoting social inclusion, sustainability and well-being.

### Want to learn more?

Visit us at [www.neighbourhoodnetwork.ie](http://www.neighbourhoodnetwork.ie) to see how we're making a difference and how you can get involved in your own neighbourhood!

### Contact us

[www.neighbourhoodnetwork.ie/our-shared-plate](http://www.neighbourhoodnetwork.ie/our-shared-plate)

email: [oursharedplate@neighbourhoodnetwork.ie](mailto:oursharedplate@neighbourhoodnetwork.ie)

 @oursharedplateirl

 Our Shared Plate IRL



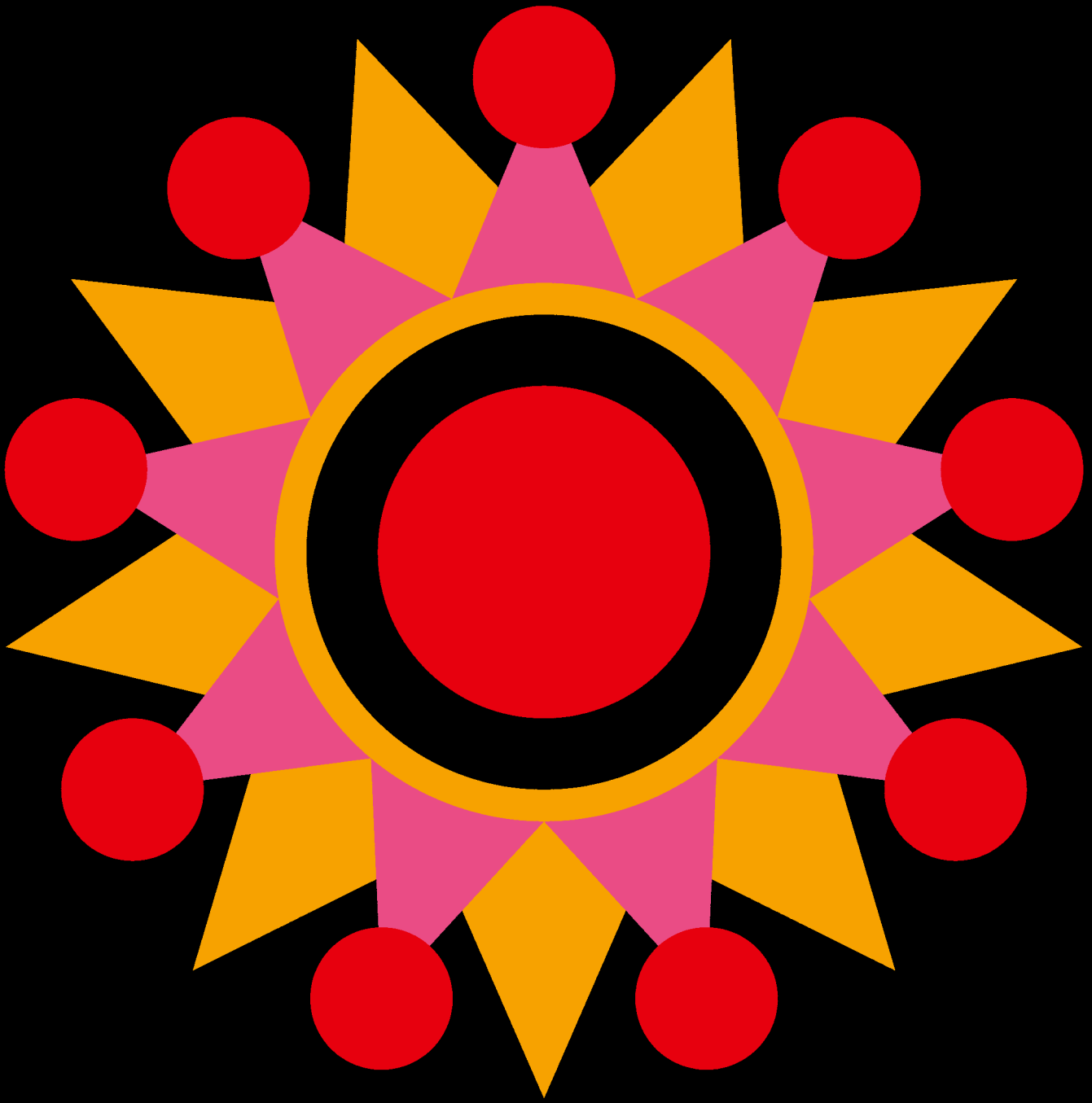
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SUSTAINABLE  
DEVELOPMENT GOALS





**better get  
growing!**