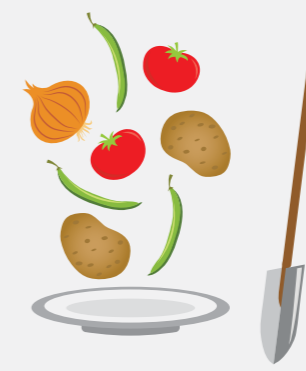


# Across the city 9th – 30th September Festival Programme



**Good Food  
Cardiff**  
Autumn Festival

## Amgueddfa Cymru Food Festival

9th and 10th September 2023

**St Fagans National Museum of History, CF5 6XB**

“The Amgueddfa Cymru Food Festival is an annual event held at St Fagans National Museum of History.

A firm favourite in Wales’s foodie calendar, St Fagans comes alive with over 80 food, drink and craft stalls nestled among the historic buildings.

In the Good Food Cardiff zone there’ll be fun activities for all the family to learn about food which is good for people and the planet. Hosted by Food Cardiff with Beca Lyne-Pirkis (Cook, Presenter, Author & Star of Great British Bake Off), the zone will include inspiring workshops, demos, talks and activities celebrating local food.”

## Sudanese Welsh Fundraiser

9th September 2023

**Women Chat. Open to All. SRCDC Riverside Warehouse, CF11 6EQ**

Join a fundraiser to buy much needed medication for people in Sudan suffering the effects of war. We will be serving traditional Sudanese food, there will be dancing, music, face painting, henna, bouncy castle, art and awareness of the plight of Sudanese people suffering in a war torn country at present.

## Fundraising Quiz and Curry Night

9th September 2023

**Splott Community Volunteers. Open to All. STAR Community Centre, CF24 2BZ**

Come along to our fundraising Quiz & Curry night and enjoy a supper with the option of vegetable or chicken curries plus accompaniments. Children 12+ welcome to participate. Doors open 7pm. Bring your own drinks. (£6 per adult, £3 per child age 12+). Book by contacting [joe@splottcommunityvolunteers.co.uk](mailto:joe@splottcommunityvolunteers.co.uk)

## The 25th Anniversary of Riverside Market

10th September 2023

**Cardiff Farmers Markets. Open to All. Fitzhamon Embankment, CF11 6AN**

We want to invite everyone, from long-time supporters to first-time visitors, to join in with our 25th-anniversary festivities. This landmark occasion is a perfect opportunity to celebrate the positive impact that local producers and foodie artisans have had on the city.

## Operation Vegetable

9th - 30th September 2023

**Ton Yr Ywen Primary School. Invite Only. Ton Yr Ywen Primary School, CF14 4HG**

“Operation Vegetable is all about promote children’s health and well-being through being outdoors and growing vegetables on our allotment.

Children in Year 4 will have the opportunity to learn how to grow their own vegetables. The children will research which vegetables they can grow during the autumn and will plan the allotment accordingly. They will also have the opportunity to harvest the vegetables which are ready and will sell these to the school community.”

## Celebration of Global Heritage Harvest event

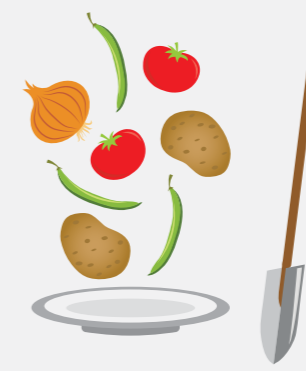
15th September 2023

**Back to Our Roots and Food For Life Get Togethers. Open to All. Online**

In May the new Back to our Roots network explored the challenges and successes of growing fruit and vegetables representative of our diverse communities here in the UK. This follow-on session will celebrate the harvest of the many varieties of global seeds we have been planted around the UK.

Carol Adams will be joined by Catrina who heads up the heritage seed library at Garden Organic. The session will reveal the treasure chest of the heirloom seed varieties available. The event is open to all, please join to showcase your own harvest and learn about seed saving.

# Across the city 9th – 30th September Festival Programme



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## Share a Dish Connecting Families Event

16th September 2023 or 23rd September 2023 (depending on weather)

**Alhusna Community Trust. Invite only. Moira Terrace / Moira Place park**

This event is all about connecting through food and supporting families tackling loneliness. People will come along to share a variety of ethnic food dishes and exchange recipes, connecting locals celebrating the Autumn Cardiff food festivals through cooking and eating.

## Mulch and Munch: Growing Together for Autumn

23rd September 2023

**Growing Together Community Garden. Open to All. Canton Uniting Church, CF5 1LQ**

Enjoy the abundance of our community garden in Canton and prepare the soil for winter and spring. We are delighted that Louise Gray and Pat Gregory will be leading practical gardening activities. Learn to make your own compost, plant bulbs, pot up seedlings, and sow winter vegetables. Participants will be able to take some things home – potted cuttings, bunches of herbs and any vegetables ready for harvest.

## Grangetown Kitchen Garden Harvest Celebration

23rd September 2023

**Urban-Vertical CIC. Invite only. Grangetown Nursery School, CF11 7DT**

Urban-Vertical CIC are celebrating all the great work the Grangetown community has offered to enable Grangetown Kitchen Garden to be running as successfully as it is. Since April, Urban-Vertical CIC has worked with the community in developing a food growing garden, a weekly food surplus market, free cooking, nutrition, and creative courses, and hosted a range of social events. Our volunteer programme is key to all this happening, and we would like to recognise and celebrate their help and support. The community harvest celebration involves outdoor cooking demos of seasonal and surplus food by local cooks, fun garden games, a ready-steady-cook competition, free seasonal lunch, and live music. We would like to thank everyone who has contributed so far and mark this important milestone as part of Food Cardiff's Autumn Festival Programme.

## From Seeds to Table

24th September 2023

**St Peter's Community Hall and Gardens. Open to All. St Peter's Community Hall & Gardens, CF5 3DW**

"Come and join us for a fun afternoon, learning about St Peter's gardening journey. Learn how you can grow simple, nutritious, healthy food in your own garden, backyard or even on your window sill - seeds, shoots, herbs etc.

Activity sheets focusing on helping wildlife over the winter. Bread roll making. Prize for best woodland animal created from modelling clay. 5 window box kits to be won!"

## Organic Garden Produce

25th September 2023

**Riverside Community Garden Project. Open to All. Pontcanna Permanent Allotments, CF5 2YB**

Enjoy homecooked produce from our organic garden, cooked on the cob pizza oven. We look forward to seeing you all and we will give you a tour of our gorgeous garden as well. (Donations to the garden are appreciated).

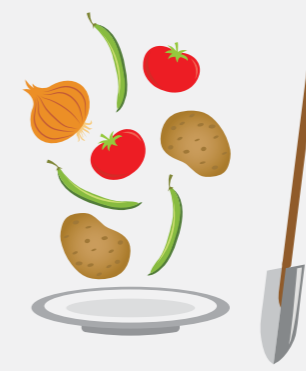
## Good Foods of the World

29th September 2023

**Grangetown Youth Forum. Invite only. Grange Pavilion, CF11 7LJ**

Young people aged 13-25 will be coming together to share, connect and experience foods from all around the world to celebrate culture and talk about sustainability and eating healthy.

# Across the city 9th – 30th September Festival Programme



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## Gardening Club Harvest Celebration and Bread Making

30th September 2023

**Railway Gardens. Open to All. Railway Gardens, CF24 2BH**

“Join the Railway Gardens Growing Group for a special celebration of the harvest! Take part in gardening activities, a raffle, cake stall, and a special Share It Saturday with Molly who’ll be sharing how to make bread. More details coming soon!

If you can offer a raffle prize, bake a cake or bread for the cake stall, or volunteer your time to help out on the day, please let us know.”

## Come and Design an Orchard

30th September 2023

**Bute Park Community Orchard. Open to All. Bute Park, CF10 3DR**

“Come design an orchard. Bute Park community orchard is for the people by the people, situated on land that was gifted to the residents of Cardiff by the Earl of Bute. It will be a space for all, welcoming and open, designed by you.

Join us in helping to design what will be an amazing edible forest. Come chat, ask questions, bring ideas or simply sign up to be involved. We’d love to see you. It will be relaxed, informal and fun.

There will be refreshments provided and some hands on activities. All ages welcome. It will be outside so please bring layers.”

## Apple Day

30th September 2023

**Orchard Cardiff. Open to All. Global Gardens, Flaxland Allotment, CF14 3NE**

Join us to celebrate an Apple day - press your own glass of apple juice, test yourself in apple quiz and come with us on a tour of an orchard!

## Tomato Celebration @Global Gardens Project

30th September 2023

**Global Gardens Project. Open to All. Global Gardens, Flaxland Allotment, CF14 3NE**

Join an afternoon celebrating our diverse tomatoes growing at Global Gardens. We will be hosting tasting, a seed-saving workshops and a cookery demo.

