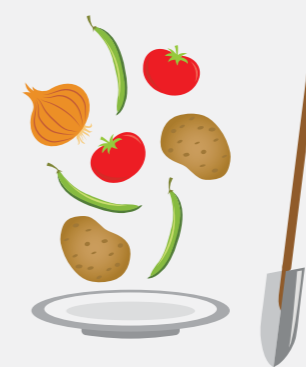


Across the city 2nd – 28th September 2024

Festival Programme



**Good Food
Cardiff**
Autumn Festival

Community Kitchen

2nd, 9th and 16th September (invite only - Barnardos)

Cardiff West High School

Join our Social kitchen to learn how to prepare healthy tasty meals that you can prepare at home. You will not only be able to prepare your food but you will be able to take this home with you for the rest of your family to enjoy.

Taz's super-soup workshop

Thursday 5th September 1-3pm (open to Public - Friends of Pedal Power Project Ltd)

Pedal Power Café, Pontcanna Caravan Park Off Dogo Street, Cardiff CF11 9JJ

Come and join us at the Pedal Power café to learn the secrets of how to make Taz's tasty soups. Learn all the tips and techniques to recreate your favourite soups at home.

Newtown Court Neighbourhood Barbeque

Thursday 5th September 1pm (invite only - United Welsh-Newtown Court, Cardiff)

United Welsh-Newtown Court, Cardiff

The residents of Newtown Court are holding a Multicultural Older Persons BBQ, where the local community can enjoy healthy meats, vegetarian options and home-grown produce, celebrating the rich flavours of their diverse community. Enjoy an afternoon of delicious food, great company, and vibrant cultural exchanges in a welcoming and festive atmosphere.

Good Food Cardiff Zone @ Amgueddfa Cymru Food Festival

Saturday and Sunday 7th and 8th September 10am-6pm

(Open to Public - Food Cardiff)

St Fagans National Museum of History, Michaelston Road, Cardiff CF5 6XB

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.

Autumn Food Cardiff network meet-up

Monday 9th September 11.30am-2.30pm (open to Public - Food Cardiff)

Bute Park Visitor Centre, 35 North Rd, Cardiff

On 9 September we are holding our Autumn Food Cardiff network gathering. Anyone with an interest in the city's good food movement can join the organisations, businesses and individuals who attend.

Seasonal Food Joy

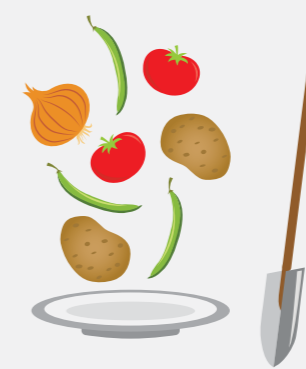
7th or 14th September (weather dependent) (invite only - Alhusna Community Trust Group (ACT))

Anderson Fields local Park, Constellation Street, CF24 0EG

Local families residing in CF24 who are immigrant, refugees or from BMC communities and their children are invited to join the outdoor "Seasonal Food Joy" event hosted by ACT and supported by Food Cardiff. They are welcome to attend at Anderson Field Local Park between 2-6pm to taste, share, enjoy and gain tips on healthy ethnic cultural seasonal food recipes. (By invitation Only).



Across the city 2nd – 28th September 2024 Festival Programme



**Good Food
Cardiff**
Autumn Festival

Back to School - Packed Lunches

Tuesday 10th September 2-3.30pm (invite only - Family Action)

Fairwater Primary School, Wellwright Road, Cardiff CF5 3ED

The activity will support children and families attending Fairwater FOOD Club to create healthy and exciting packed lunches on a budget.

Grangetown Kitchen Garden Open Day

Wednesday 11th September 11am-2pm

(Open to Public - Grangetown Kitchen Garden)

Grangetown Nursery School, Avondale Road, Cardiff CF11 7DT

11-1pm Garden Tours and Volunteer Session – Find out how you can be involved further in Grangetown Kitchen Garden.

1pm -2pm Join us for complimentary lunch and visit our food surplus market.

Grangetown Kitchen Garden (GKG) is thrilled to announce an open day at our newly awarded Green Flag site at Grangetown Nursery Schools Reach Centre! Come celebrate the incredible work of our dedicated volunteers who have been instrumental in developing the valuable services we offer for the community.

We look forward to welcoming new faces, recruiting volunteers, and introducing you to the variety of activities we run onsite. Don't miss this chance to be part of our vibrant, sustainable community!

Come and be a part of something special at GKG!

The Great Splott Stew Pack Giveaway!

Friday 13th September 10am-12noon (open to Public - Splott Community Volunteers)

STAR Leisure Centre, Splott Road, CF24 2BZ

Join us for the Great Splott Stew Pack Giveaway! Pop along to our Good Food Cardiff Autumn Festival event on Friday 13th September between 10am and 12noon and take away a healthy meal kit and recipe card to cook up a delicious seasonal dish.

Harvest Food Tasting Session with Families

Week beginning 16th September (invite only - Various Schools Across Cardiff East)

Various

To introduce foundation phase children and their families to a variety of harvest foods. Enjoy tasting and learning about harvest fruit and vegetables with your children at school.

Dishes from our Community

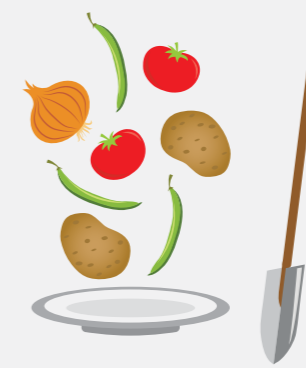
Wednesday 18th September 5-7pm (invite only - Splo-down Food Co-op)

Marion St, Splott, Cardiff CF24 2DP (Railway Street End)

Splo-down invites members to come and taste different dishes cooked by members of the food co-operative. We will get to see how three different members use splo-down ingredients in their cooking and will share their recipes for others to follow. As well as free food and drinks, we will also have a special guest visitor from Uganda - Jenipher Sambazi, vice-chair of the cooperative Jenipher's Coffi which produces the fairtrade coffee sold at Splo-down.



Across the city 2nd – 28th September 2024 Festival Programme



**Good Food
Cardiff**
Autumn Festival

Community Sunday Lunch at Aubergine

Sunday 22nd September 1-4pm (invite only - Aubergine Cafe and Events CIC)

Aubergine Cafe at Cathays Community Centre, 36-38 Cathays Terrace, Cathays, Cardiff, CF244HX

Neurodivergent and LGBTQ+ folks of Cardiff join us at Aubergine Cafe for our first-ever Community Sunday Lunch on Sunday 22nd of September. Aubergine will be laying on a subsidised family-style Sunday meal for our queer and N/D kith and kin free of charge in order to bring people together and combat loneliness and isolation. Visit our Eventbrite page for more information and to book your place.

Beer making at Railway Gardens

Sunday 22nd September 10am-3pm (open to Public - Green Squirrel)

Railway Gardens, End of Adeline Street, Splott, CF24 2BH

Let's brew! The Railway Gardens growing group have been growing hops and will be learning to turn them into a batch of (hopefully!) tasty beer. Booking to take part opens from August 25th or feel free to just pop in and see the beer making in progress.

Ceyz Souper Workshop

Monday 23rd September (open to Public - Ceyz)

St Vincents Ely, Mill Road, Cardiff CF5 4AG

Come along for a fun afternoon with Ceyz where we will be making a big pot of tasty soup which is not only good for your tummy but also your wallet!

Herbie's Pop-Up Café

Wednesday 25th September (invite only - Herbert Thompson Primary School)

Herbert Thompson Primary School, Plymouthwood Road, Ely, Cardiff, CF5 4XD

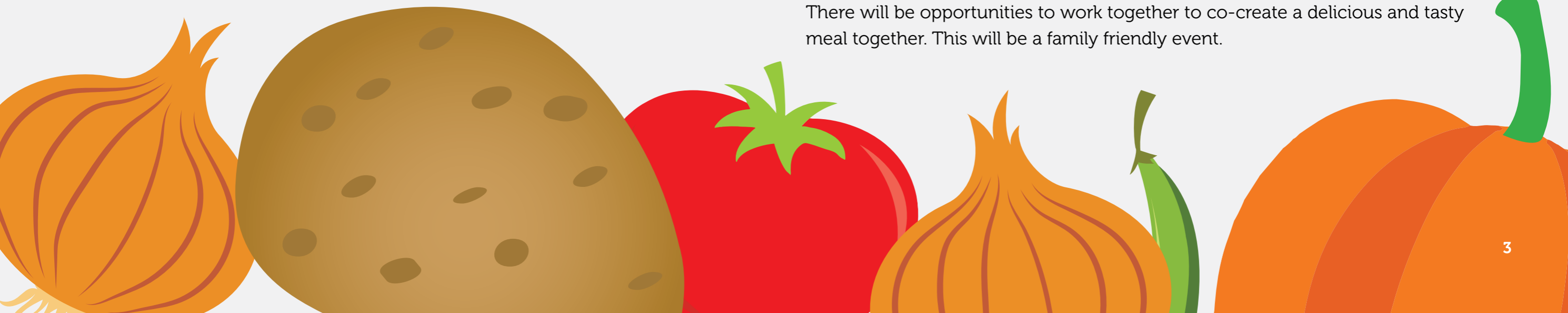
Come and join us at Herbie's Café for an exciting one-day pop-up event, where food, song, and socialising will bring our community together. Enjoy global foods, music, and crafts while fostering connections across generations and cultures. Don't miss this unique celebration that supports a healthy, sustainable, and inclusive Cardiff!

Global Gardens Community Harvest meal

Saturday 28th September 12-2pm (open to Public - Global Gardens)

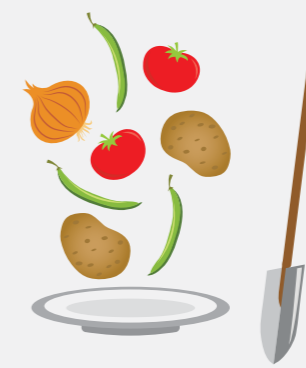
Global Gardens, Flaxland Allotments, Whitchurch Road, CF14 3NE

Join us for a community meal celebrating the harvest at Global Gardens Project. There will be opportunities to work together to co-create a delicious and tasty meal together. This will be a family friendly event.



Across the city 2nd – 28th September 2024

Festival Programme



**Good Food
Cardiff**
Autumn Festival

Apple Day

Saturday 28th September (open to Public - Orchard Cardiff)

Global Gardens, Flaxland Allotments, Whitchurch Road, CF14 3NE

Join us for a family-friendly apple celebration with juicing, apple cider vinegar making, apple quiz and orchard tour.

From farm to families

TBC (invite only - Tredegarville Primary School)

Glossop Road, Cardiff CF24 0JT

Tredegarville School's innovative food literacy program where students explore local markets, create healthy meals, and share their culinary creations in a unique pop-up café experience. Empowering our children with knowledge about sustainable food practices, this event fosters community engagement and promotes healthier eating habits for all.

Take & make

TBC (invite only - Tremorfa Community Pantry)

Tremorfa Community Hall, CF24 2QZ

Along with your normal pantry bag, this week you will also receive a take & make bag containing all the ingredients and instructions to make something different for you to try. Please post us a pic on our Facebook post and let us know if you liked it!

Meet the growers at Coed Organic!

Wednesday 2nd October (open to Public - Coed Organic)

Chapter Arts Centre, Market Road, Canton, Cardiff CF5 1QE

Come and hear about all things market gardening and Coed Organic's soil association certified stockfree organic growing methods and techniques used to produce delicious and nutritious veggies 20 minutes from the centre of Cardiff! The growers will introduce themselves, the CSA model and discuss how you can eat more seasonally and sustainably right here in the Welsh capital.

