

Seed & knowledge exchange

Sharing seeds, skills, stories, and what you know.

What to expect

People bring seeds, cuttings, plants, or growing knowledge to share. Bring something if you can

Informal browsing and chatting, no money involved

If you're just starting out and have nothing yet, come anyway, take a little, learn a lot, and share what you grow down the line

What to bring / prepare

A table, a blanket, or a bench to display things on

Your own seeds, cuttings, or plants (labelled if you can)

Envelopes or small paper bags for people to take things home

How to host it

1. Set up a simple sharing table with what you have, a few things is enough to get started
2. Invite people to browse, ask questions, and tell the story behind what they brought
3. Let it flow, some will swap, some will chat, some will just look. All of it counts.



Farm walk with an agroecology focus

A walk on your land, sharing what you're doing and learning together.

What to expect

- A slow walk with plenty of stops
- The host might point out a few things they've tried or are working on, but questions from the group drive the conversation
- Likely 60–90 minutes, ending back where you started

What to bring / prepare

- A rough route in mind (muddy patches, anything to avoid)
- Sturdy footwear: let people know if it's wet underfoot
- A couple of talking points: something that's working, something that didn't, something you're curious about

How to host it

1. Welcome people, let them tell introduce themselves and what they are interested in learning today, a quick word about the plan for the day
2. Walk, pause often, and let others point things out and ask questions
3. End where you started. If possible have tea, a chat, and a gentle thank you



Peer-to-peer skill-sharing session



Farmers and growers learning directly from one another.

What to expect

- One or two people demonstrate a skill or practice they use: scything, soil testing, grafting, hedgerow laying, composting, whatever they know well
- Hands-on where possible. People learn best by doing
- Informal and conversational: questions throughout

What to bring / prepare

The person sharing:

- Any tools or materials needed for the demo

The host:

- Space for people to gather around and try things out
- A backup topic or two in case the main demo runs short

How to host it

1. Welcome everyone and introduce the skill and the person sharing it
2. Let them demonstrate, then invite others to try. Keep it relaxed: mistakes are part of learning.
3. End with a chat over tea. What did people learn? What would they like to try at home?

Agroecology discussion group / hedge school

A space for conversation, learning, and exchange rooted in agroecological principles.

What to expect

- Chairs in a circle, not rows
- The host opens with a question, then the room carries it
- Silences are fine: people need time to think
- Likely 60–90 minutes, with tea in the middle or after

What to bring / prepare

- One good opening question: something real
- A rough sense of where you'd like the conversation to land, but no fixed agenda
- A way to capture what came up (notes, photograph, or other)
- See Talamhbeo.ie resource section for ideas & resources

How to host it

1. Welcome everyone and frame the conversation: everyone's perspective matters
2. Offer your opening question, then step back. Your job is to hold the space, not to answer everything
3. Close gently: thank people, and if there's energy for more, plant the seed for a next time



Meitheal

Cooperation, mutual support, and shared effort, a group of people coming together to help with practical work on the land.

What to expect

- A gathering focused on a task that's hard to do alone: planting trees, mending fences, harvesting, building a polytunnel, clearing scrub.
- Likely a half-day or full day, with food and rest built in

What to bring / prepare

- A clear task, something achievable in the time you have
- Enough tools or ask people to bring their own
- Food and drink for a shared meal afterward is part of the Meitheal.

How to host it

1. Welcome everyone and explain the task, what needs doing and why
2. Work together at a steady pace.
3. Check in, rest when needed, keep hydrated.
4. Sit down, share a meal and thank everyone.



Local food system mapping

Understanding what's already happening in your area and connecting the dots.

What to expect

- A collaborative mapping session: could be on paper, on a whiteboard, or just spoken
- People share what they know: farms, markets, community gardens, food hubs, allotments, local food initiatives
- Gaps and opportunities naturally emerge
- Likely 90 minutes to 2 hours: better with a bit more time

What to bring / prepare

- A large sheet of paper and markers, or a map of the area
- A few prompts: What's here already? What's missing? Who's doing interesting work nearby?
- Sticky notes or index cards for people to add their knowledge

How to host it

1. Start with a simple question: "What's already happening with food around here?"
2. Map it together: let people add what they know.
3. End by asking: "What links could we build? Who should we talk to next?" Capture the opportunities too!



Local assembly

A gathering to discuss what's happening in your area and what we can do about it together.

What to expect

A structured but informal conversation about a local issue that matters: land access, food prices, corporate control, community energy, the right to food

People share their experiences first, then move toward what could be done locally

Likely 90 minutes to 2 hours

What to bring / prepare

A topic or question grounded in local reality

Chairs in a circle

A simple way to capture what comes up: a notebook, a voice note on a phone, or a few notes written together at the end



How to host it

- Welcome everyone and frame the conversation: "We're here to talk about X, and what it means for us here."
- Start with experience: "How is this affecting you?" before "What should be done?"
- As the conversation flows, jot down key themes and ideas, not minutes, just what feels important.
- Before you close, ask the group: "What stood out? Is there anything we could act on together?"
- Keep whatever was captured, photograph the notebook, save the voice note. Share a short summary with everyone who came, and with Talamh Beo. This is how change begins.

Activity

Description

What to expect

What to bring / prepare

How to host it

