



A guided walk on the shore of Ballydandreen Beach showing a range of edible seaweeds and the ecology of the rocky shore. A comprehensive introduction to foraging followed identifying its history, the varied types of seaweeds found on differing shores, rock pools and beach rocks alike.

Students were very carefully demonstrated to and discussed the delectable flavours of the various seaweeds shown by Marie Power. They were further taught how to forage while respecting the delicacy and scarcity of some native seaweeds available on our shoreline.

The event was fascinating on many levels and was impacted by location, high tides, temperatures, season and availability to name a few. The workshop incorporated a casual shore walk, tasting and discussion on numerous health benefits used as a natural source and its uses for many further processed products.



Marie Power was most engaging, informative and was very experienced in knowledge of nutrition, foods, dishes and recipes alike. Her enthusiasm was most inspiring for the students who fully participated in the day's activities which was followed with a light tasting of seaweeds made of delectable flavours. It allowed for good balance of both novelties, learning and nourishment alike.

8

**Students
involved**

Eight students attended this event. However this event was further highlighted and presented to other students on the highlights of the day's events. The seaweed products that were foraged from Ballyandreen Beach were treated in college, as earlier directed and instructed by Marie Power, then cooked and further sampled amongst other culinary classes



Objectives of Project

- To regroup the student cohort as the group dynamic as it is a compact class and needed regrouping to reenergise their culinary outlook on an alternative wavelength.
- This event was to help them to rebuild relationships amongst the class group and develop new friendships again as they are now entering year two of their course programme and due to COVID this dynamic was quite broken. This trip was a total changeover for the group and reenergised each of them both in a personal and group dynamic manner to the benefit of all involved.
- To enlighten students on the natural resources available on our coastline as an edible resource for future culinary experiences
- To broaden the culinary mindsets with the numerous seaweeds available and enable students to utilise these products within their culinary lab classes.
- Transform this new finding into their culinary repertoire and develop new recipes, ideas and new food product developmental concepts.
- To help the student gain greater awareness of new food product developments which is an option for the student to transition into further education within their chosen discipline with a level 7 degree in BBus in Culinary Arts and Sous Chef programme where NFPD is a pivotal learning element within this discipline.



Benefits to staff and students

- It enlightened students into new produce available and its utilisation of same for culinary practices
- Develop the mind set into developing new recipes, menu ideas and futuristic plans for further development in culinary principles
- Great teambuilding followed as the group also visited the Marina Market. They encountered many different cuisines from around the globe in their sampling and purchasing of meals, snacks and drinks. This encounter developed further discussion as a group and incorporated their learning into their related lab classes for the benefit of all involved.

Students were highly energised from the seaweed foraging trip. It was a very new concept for them and the 'hand on' approach of sourcing various seaweeds and recognising the native categories was most beneficial to them.