



@ Kilver Court - Press Release

Saturday 3 October & Sunday 4 October 2009

The **Feastival @ Kilver Court** in Somerset will take place from **Saturday 3 October to Sunday 4 October** with the aim of inspiring people, both young and old to learn about and embrace a sustainable way of life and to showcase the charities that are involved.

The brainchild of Roger Saul, founder of designer label Mulberry and owner of cult British food label Sharpham Park, **The Feastival @ Kilver Court** will offer a truly interactive and fun event for foodies, families, young, old and in between with the aim of furthering awareness of sustainable, environmental, traceable 'farm to fork' living.

Supporting the *Food For Life Partnership, the Soil Association, Waitrose & RHS Campaign for School Gardening, Somerset Community Foundation* and *Somerset Wildlife* the Show features will include:

HOT NEWS:

Kevin McCloud will talk about **Edible Buildings.....**

Jo and Sarah will tell you **10 natural ways to be gorgeous....**

Mike Roberts will lead a feisty debate on how sustainable is our environment with

Patrick Holden, Graham Harvey, Tristram Stuart and Kevin McCloud.....

Helen Browning will debate with NFU farmer of the year **Guy Smith, Somerset Wildlife Lisa Schneidau** and **Graham Harvey** can farmers, animals and wildlife cohabit in our shrinking landscape?

CHARITY INVOLVEMENT

- A chance to witness the growth and development of a **Vegetable garden at Kilver Court**, donated by **Roger Saul** to local community charity and school projects. The garden will promote the understanding of the soil to table process through ongoing awards, education and support.
- **Reviving the Martock Bean.** Originally grown by the monks in the Bishops Palace Wells, Roger now proposes to give some of these beans to each community or school group that will be taking part in the Vegetable Growing project being launched at the Feastival
- **The Food For Life Partnership** will be presenting and award to their flagship school for being the first ever to receive a gold

FOR THE GROWN UPS

- Hot topical debates and talks including the following industry experts as follows plus more and on such topics as "Food Labelling, are we being duped?" "Organic v's non Organic" "10 Green ways to be Gorgeous"!:
 - **Kevin McCloud** of **Grand Designs** and now **Grand Tour** fame
 - **Michael Eavis**, The **Glastonbury Festival** founder
 - **Patrick Holden** director of the Soil Association will talk on
 - **Jo Fairley and Sarah Stacey**, joint editors of the "**Green Beauty Bible**" Sarah is Health writer for **You** magazine. Jo was co-founder of **Green and Blacks** and owns Judges Bakery in Hastings.
 - **Thomasina Miers**, Master Chef winner, forager, **Times** columnist and Wahaca restaurant owner
 - **Jane Clark**, One of the Country's top nutritionists, **Daily Mail** columnist and chef
 - **Liz Lark** travels the world, practicing and teaching the **Astanga Vinyasa** dancelike form of Yoga.
 - **Charles Dowding**, organic gardening guru and author of '**The Natural No Dig Way**'
 - **Danny Grewcock** and **Bath RFC** Community Department, Bath & England Rugby star.
 - **Tristram Stuart**, author of best selling book '**Waste:Uncovering the Global Food Scandal**'
 - **Graham Harvey**, author of **Carbon Fields**, controversial best seller on farming
- **Cookery and Baking Demonstrations** – from 'Kitchen Garden Cuisine' to 'Wild Gourmet Cooking' with:

- **Martyn Nail** head chef at **Claridges**, London
- **Adam Fellows** of Goodfellows, Wells
- **Lesley Mackley**, baking author and journalist
- **Andrew Moore** from Thoroughly Wild Meat
- **Guiseppe Mascoli** of **Blacks Club** and Franca Manca
- **Matthew Street**, recent Profesional Masterchef contestant
- A **Health and Wellness** area featuring yoga and pilates workshops, and talks and demonstrations on the following therapies:

Pilates	Bach Flowers
Yoga	Aromatherapy
Alexander Technique	Stress Management
Osteopathy	EFT
Acupuncture	
- **Farmers Market** – interactive demonstrations & tastings, and of course a chance to buy, from a range of carefully selected local producers
- **'St Catherine's Artisan Market'** - Up up and away..' St Catherine's Artisan Market will be bringing its bohemian bustle from Catherine Hill in Frome to Kilver Court on Saturday 3rd October. Enjoy browsing in the open air, discovering local designer makers, artisans and food producers, retro, vintage collectables and lots more.
- **Cheese area and Cheese Skittles** – hosted by **Barbers** cheese, the cheese area will include the best local cheeses and a fun game of 'cheese skittles' giving you the chance to play after answering 'cheesy' questions

FOR THE CHILDREN (young and old!)

Danny Grewcock says about Feastival *“ as a rugby player I recognize the importance of healthy eating and exercise, so hopefully at Feastival I can help pass this message on”*

- Sunday sees **Danny Grewcock and Steve Middleton** (Community Development Coach) get active with the children in the garden grounds
- Frome business **Eco Fitness** teaches children how to get active using the great outdoors on Saturday
- **Waitrose Sow, Grow, Cook, Eat!** Learn how to grow and plant your own vegetables and then make it into something yummy to take home! With **Waitrose RHS Campaign for School Gardening** and the Waitrose Education Pod.
- **Food For Life Foraging**, a chance for children to head out in the farmers market and learn about food whilst having fun
- **Farmyard display** – sheep, cows, hens, alpacas and tractors
- **Somerset Wildlife and hedgehog rescue** - compost making workshops and giving you the opportunity to see local wildlife up close and of course **Beekeeping**
- **Love Food, Hate Waste** - planting and innovative recipes for left overs to take home

FOOD AND DRINK

Along with our array of outstanding local producers selling food and crafts to take home we also have on site:

- **Harlequin Café** offering a fantastic range of home cooked delights and with a guest coffee barista to make you latte just how you like it
- **Pop Up Restaurant** featuring **At The Chapel**, one of the hottest field to mouth restaurants in Somerset.
- **Sharpham Park Organic Rare Breed Burger & Pie Stand** – this hugely successful feature from Glastonbury will make an appearance at the show
- **Dorset Blue Vinny Soups**
- **Suzettes Pancakes**
- **Taste Matters**, offering an array of delicious salads
- **Mozzo** – wind and solar paneled coffee cart
- **Bars** supplied by **Gaymer and Bath Ales**

A **Saturday Evening Event for producers, exhibitors, the charities and the press** – this informal social event is being held at the site to give all that have attended a chance to network and relax after a busy day and will feature an impromptu on stage debate with Roger Saul, questioning some inspirational people including

Kevin McCloud, Patrick Holden, Tristram Stuart, Michael Eavis and Graham Harvey on what matters most to them in this testing, but exciting time. Sponsored by Triodos Bank, who are a completely different bank, existing to make money work in a way that's better for people and the planet. It supports hundreds of inspiring organisations, from green energy pioneers Ecotricity to Festival organiser's Kilver Court.

In addition there will be children's entertainment and activities for all to enjoy.

"The aim of **The Festival @ Kilver Court** is to promote interaction between local producers and the public allowing the attendees to learn about the full 'field to plate' process and the benefits of locally grown and organic food across the UK."

"The organic and slow food story is still so often misunderstood and so we hope that the Festival will help showcase it in a way that is fun and inspirational to all, regardless of age, location or income. As the home of sustainable living, Kilver Court is the perfect venue for such an event as it can give visitors a truly rounded view of how they too, in an accessible and enjoyable way, can adopt a more eco friendly lifestyle"

"The Festival will showcase these and many more propositions to clearly explain the benefits of this approach and what organic rotation farming methods do for our soil, nature and the food we eat, most importantly how these methods can act as a base for us all to aspire towards." explains Roger Saul.

Amanda Dance, Waitrose Event Manager, comments, "We are delighted to be part of Festival this year because we are committed to educating future generations about food nutrition and where their food comes from. We'll be involving children in a range of fun activities, linking to our sponsorship of the Royal Horticultural Society's Campaign for School Gardening, and visitors to our Waitrose Education Pod will be able to find out more about how to get growing and cooking delicious, healthy meals at home."

Supporters of **The Festival @ Kilver Court** include **Soil Association, Slow Food, Waitrose, the Royal Horticultural Society, Food For Life Partnership** and **Triodos Ethical Banking**.

The Festival @ Kilver Court

www.festivaluk.com

Tickets are £5.00 Per adult, or £4.00 in advance and £2.50 For children under 16 years
(under 2's are free)

www.kilvercourt.com

- Ends -

July 2009

Note to editor:

Formerly the Mulberry Head Quarters, Roger Saul has developed Kilver Court in Shepton Mallet to present the very best Somerset has to offer. With breathtaking, historical gardens as the focal point, this stylish lifestyle destination features the Sharpham Park Shop, Harlequin Café and Wellness Rooms, all showcasing the best in organic and sustainable living.