



Dive into Sustainable Farm Living with Longford Food Hero Champions

Meet the Farmer | Family Fun | Cooking & Farming Experience | Local Farming & Food Heritage

Reconnect with land and food in the company of Longford Food Hero Champions - Fiona and Michael - who are renowned for their warm welcome and down-to-earth approach. Beautifully framed within rural countryside in the towns-land of Cloughan, Cloughan Farm is alive with activity from chatting to hens (one of Fiona's favourites!) to dogs, chickens, cows, pigs, and lambs. Breathe deep and slow down to witness daily farm living including the invaluable support network provided by the tight-knit local community.

With deep insights shared into Ireland's proud agricultural and culinary heritage, prepare to get hands-on in the kitchen, recreating tasty Irish dishes with fresh farm ingredients from kitchen garden vegetables to grass fed beef and lamb, or free-range reared poultry, bacon, and pork. **Highlights include:**

- **Fiona and Michael** | generations of farming | grounded, warm-hearted, passionate people.
- **Walk the lands** | rural Longford living | feel the presence of Ireland's forefathers | present & past.
- **Location** | rural Cloughantownland | 2 KMs away from the picturesque Abbeyshrule village.
- **Cook** | kitchen garden vegetables & fruit | grass-fed sheep and beef | free-range poultry.
- **Bake** | hand-pick ingredients from redcurrants to raspberries | from velvet sponge to roulades.
- **Farm visit** | kitchen garden & greenhouse | beehives harvest | farm animals.
- **Appreciate the Seasons** | great outdoors | birdsong | winter hot chocolate | summer fruit cordial.

Cloughan Farm & Cookery School | Cooking & Baking Experiences

NOTE: the below outlines a selection of cookery classes. Additional classes can be provided based on special requests.

Experience	Short Description	Min/Max	Duration (approx.)	Price Per Person
Farmhouse Irish Scones & Jam Making with Fiona	Guided by Fiona, learn how to make fresh scones and a pot of jam.	6	1 hour	€XX
	Inclusions: cookery class, followed by a tasting of the scones and jam you have made, served with tea/coffee.			
Farmhouse Brown Soda Bread & Smoked Salmon Pate with Fiona	Guided by Fiona, learn how to bake fresh Irish brown bread along with a delicious smoked-salmon pate.	6	1 hour	€XX
	Inclusions: cookery class, followed by a tasting of the Irish brown bread along with a delicious smoked-salmon pate you have made, served with tea/coffee.			
A Taste of Cloughan Farmhouse Kitchen Table with Fiona Egan	Guided by Fiona, cook a 3-course dinner including starter, main course and dessert using local artisan produce and fresh ingredients direct from Cloughan Farm.	6	3 hours	€XX
	Inclusions: Cookery class followed by dining on the three-course meal (including tea/coffee) you have cooked in the company of Fiona.			

NOTE:

- All classes are subject to the minimum numbers quoted OR the equivalent in charges.
- Classes are suitable for all ages from 10 years and older.
- Please wear flat footwear in the kitchen for a more comfortable and safe experience.

Cloughan Farm & Cookery School | Cooking, Baking & Farm Experiences

NOTE: the below outlines a selection of cookery classes. Additional classes can be provided based on special requests.

Experience	Short Description	Min/Max	Duration (approx.)	Price Per Person
Family Baking from the Nest Box to The Plate with Fiona Egan	<ul style="list-style-type: none"> Join Fiona to visit the farm hens and collect their freshly laid eggs. Guided by Fiona in the kitchen, use these eggs to make a delicious velvety sponge cake, decorated with ripened farm fruits and whipped Irish cream. Afterwards, enjoy a slice of your cake on an outdoor farm picnic OR box it to be enjoyed later during your Hidden Heartlands journey. 	6	2.5 hours	€XX
	Inclusions: cookery class, followed by a tasting of the cake you have made, served with tea/coffee.			
Customised Cookery Class Followed by a Kitchen Garden & Farm Tour	Cookery class of your choice followed by tour with Fiona to see the kitchen garden and meet and greet farm animals.	6	1.5 - 4 hours	POA
	Inclusions: customised cookery class of your choice with all ingredients followed by a farm tour with Fiona.			

NOTE:

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- Please wear flat footwear in the kitchen for a more comfortable and safe experience.

Cloughan Farm & Cookery School | Premium Experiences

NOTE: the below outlines a selection of cookery classes. Additional classes can be provided based on special requests.

Experience	Short Description	Min/Max	Duration (approx.)	Price Per Experience
Cookery class with full kitchen garden & tractor farm tour	<ul style="list-style-type: none"> Cookery class of your choice followed by lunch with Fiona and Michael. Full kitchen garden and farm tour by foot and tractor & trailer ride. 	1 - 4	2-5 hours	POA
	Inclusions: cookery class, followed by a tasting of the cake you have made, served with tea/coffee.			

NOTE:

- All classes are subject to the minimum numbers quoted OR the equivalent in charges.
- Classes are suitable for all ages from 10 years and older.
- Please wear flat footwear in the kitchen for a more comfortable and safe experience.



All our workshops include:

- Recipe booklet to take away.
- All required ingredients including unlimited tea, coffee, and water.
- All required cooking equipment & aprons
- Tastings of what you have prepared in the cookery indoor dining room, OR (subject to weather) outdoors in the kitchen garden/orchard or on a picnic under an ancient tree.

Add to the experience with optional extras:

- Traditional singing, dancing, or musicians.
- Additional drinks

Cloughan Farm & Cookery School | **Cooking & Baking Experience Descriptions**

Farmhouse Irish Scones & Jam Making with Fiona

Within rural County Longford, reconnect with land and food through Local Food Hero Champions-Fiona and Michael - who are renowned for their warm welcome and down-to-earth approach. Upon arrival at their working family farm, breathe deep and slow down to witness the beauty of living a sustainable lifestyle supported by wonderful neighbours. Charmed by Fiona's easy company, learn how to make delicious scones and jam with farm fresh ingredients according to a centuries-old family methods and recipes. End with a tasting and a chat over a cup of tea outdoors, or in the cookery school dining room.

Farmhouse Brown Soda Bread & Smoked Salmon Pate with Fiona

Within rural County Longford, reconnect with land and food through Local Food Hero Champions-Fiona and Michael - who are renowned for their warm welcome and down-to-earth approach. Upon arrival at their working family farm, breathe deep and slow down to witness the beauty of living a sustainable lifestyle. Charmed by Fiona's easy company, learn how to make traditional brown soda bread and smoked salmon pate with fresh local and farm ingredients. End with a tasting and a chat over a cup of tea outdoors, or in the cookery school dining room.

A Taste of Cloughan Farmhouse Kitchen Table with Fiona

Within rural County Longford, reconnect with land and food through Local Food Hero Champions-Fiona and Michael - who are renowned for their warm welcome and down-to-earth approach. Upon arrival at their working family farm, breathe deep and slow down to witness the beauty of living a sustainable lifestyle. Charmed by Fiona's easy company, learn how to make a traditional three-course Irish meal of your choice including starter, main course, and dessert according to family recipes. End by enjoying your delicious dishes over a chat and a cup of tea outdoors or in the cookery school dining room.



Cloughan Farm & Cookery School | **Cooking, Baking & Farm Experiences**

Family Baking from the Nest Box to The Plate with Fiona

Within rural County Longford, reconnect with land and food through Local Food Hero Champions- Fiona and Michael - who are renowned for their warm welcome and down-to-earth approach. Upon arrival at their working family farm, breathe deep and slow down as you witness the beauty of living a sustainable lifestyle. Start your cooking adventure with a visit to the hen house to collect fresh eggs for the farmhouse velvety sponge cake that you will then learn to bake. Once decorated with ripened farm fruits and whipped Irish cream, end with a delicious slice and a chat over a cup of tea.

Customised Cookery Class Followed by a Kitchen Garden & Farm Tour

Within rural County Longford, reconnect with land and food through Local Food Hero Champions- Fiona and Michael - who are renowned for their warm welcome. Upon arrival at their working family farm, breathe deep and slow down to witness the beauty of living a sustainable lifestyle. Start your adventure in the kitchen with a cookery class learning how to recreate Fiona's family recipes. Follow that with a delicious tasting and lively chat enjoyed indoors or outdoors before visiting the kitchen vegetable garden and farmland with animals from cows to sheep.



Cloughan Farm & Cookery School | **Premium Experience Description**

Cookery class with full kitchen garden & tractor farm tour

Within rural County Longford, reconnect with land and food through Local Food Hero Champions- Fiona and Michael - who are renowned for their warm welcome. Upon arrival at their working family farm, breathe deep and slow down to witness the beauty of living a sustainable lifestyle. Start your adventure in the kitchen with a cookery class learning how to recreate Fiona's family recipes. Follow that with a delicious tasting and lively chat enjoyed indoors or outdoors. Afterwards, pop on some wellies for a full farmland and kitchen-garden tour by foot and tractor-trailer.

Cloughan Farm & Cookery School | General Information

- **Parking:**
 - Private Coach & Car Parking Available.
- **Mobility:**
 - Farm walks required a moderate level of fitness.
 - The farm is not wheelchair friendly due to its uneven surfaces.
 - However, we aim to work around issues by providing a tractor and trailer ride where possible.
- **Allergies:**
 - Please advise any allergies/dietary requirements at least 10 days before arrival so that alternatives can be arranged.

