



South Cork

MediaBook

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LEARN TO GENERATE PUBLICITY IN DIGITAL AGE

Cork entrepreneurs together with leaders of small and medium-sized enterprises wishing to develop a competitive advantage will be particularly interested in an exciting new evening course running later this month.

Drawing on her years of industry experience, Susie Horgan, Managing Director of Springboard PR & Marketing, is set to deliver a special four-evening course at Vienna Woods Hotel for the Local Enterprise Office South Cork - formerly known as - the **South Cork Enterprise Board**.

Beginning on Thursday, May 22 and running each Thursday evening until June 12, Susie will guide participants through the theory behind her particular brand of public relations. Group-based brainstorming sessions and practical assignments harnessing the power of new media will be a key feature.

Other areas covered in her packed programme include: an introduction and practical guide to PR, traditional PR, new media and how to write an eye-catching press release.

Whether you're a new entrepreneur wishing to build up a relationship with your target market or an established business leader wishing to maintain market share, this course is for you. Each course night runs from 6.30pm until 9.30pm.

The organisers are advising those wishing to attend that places are limited, so to avoid disappointment please book early. To book your place, visit: www.localenterprise.ie/SouthCork/Training-Events/Online-Bookings/PR-Programme.html.





The hunt is on for enterprising young students

IT'S never too early to start a business — that's the message to young students from the **South Cork Schools Enterprise Programme**.

A call to subscribe to the programme has been issued to schools across the south Cork region.

While typically directed at transition year students, the business education programme is now being targeted at all secondary school students.

Anne Moore, co-ordinator of the south Cork programme, said: "There are numerous examples of successful businesses set up by young people that have gone on to achieve incredible success.

"Taking part in the Student Enterprise Programme helps students to develop their creativity and business skills, becoming more confident in the world of enterprise."

Seán O'Sullivan, chief executive of the South Cork Local Enterprise Office, said: "We should continue to develop entrepreneurship at all ages and to ensure its place on the school curriculum.

"Students, teachers and school principals are ideally placed to stimulate entrepreneurship in secondary schools across the Cork region.

"Those who have worked with the **South Cork Schools Enterprise programme** have seen the enormous value for young people."

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Urging students to sign up to student enterprise programmes were **Ciara McGee**, Business Adviser at the **South Cork Enterprise Board** Ltd with Clodhna O'Connell, Emer Sheehan, Emma Coleman and Courtney O'Reegan, first-year students at Scoil Mhuire Gan Smal in Blarney, who were regional winners in the Junior category of the Cork Schools Student Enterprise awards this year.

Picture: Darragh Kane



Why you're never too young to get into business

A call for all secondary school students to subscribe to Student Enterprise programmes is being led by first year students of Scoil Mhuire Gan Smál in Blarney, regional winners in the junior category of the South Cork Schools Student Enterprise awards this year.

Typically, transition year students make up the largest group involved in the Student Enterprise programme, but the **South Cork Schools Enterprise Programme** is encouraging secondary school students from first to sixth year to get involved.

"Students of all ages are welcome on our Student Enterprise programme," explained Anne Moore, Co-ordinator, South Cork Schools Enterprise Programme: "It's never too early to start developing entrepreneurship skills, and there are numerous examples of successful businesses set up by young people that have gone on to achieve incredible success".

The South Cork Schools Enterprise Programme had a record number of student enterprises sign up in 2013 and are keen to build this momentum through to 2015.

Students, teachers and school principals are ideally placed to stimulate entrepreneurship in secondary schools across the Cork region, which is of enormous value for young people.

"The school is very proud to have won the Junior Student Enterprise Programme Category this year" said Pádraig Sheehan, principal of Scoil

Mhuire Gan Smál: "The programme has helped the girls to uncover and develop new skills including innovation, presentation, creative thinking, problem solving, team building and collaboration."



Showcase of artisan produce

A MAJOR EVENT to promote Cork and Kerry food and artisan producers in the region is planned for City Hall next month

The Cork and Kerry Food Forum will take place on Monday, June 30.

Food lovers will particularly enjoy the showcase of artisan produce from all over Cork and Kerry, with tastings and demonstrations of an incredible variety of food from unique cheeses, to farm fresh herbs, confectionery, meat and fish products as well as cookery demonstrations with celebrity chef and SuperValu ambassador, Kevin Dundon.

The event will also include a conference for food producers, opened by Minister for Agriculture, Food and Marine Simon Coveney TD, which will discuss opportunities in food retail, consumer trends and the new Food Academy Start programme.

The programme is a national joint initiative led by SuperValu, Bord Bia and the LEOs, aimed at supporting and nurturing start up food businesses.

Speakers from Bord Bia and SuperValu will also be on hand to share their insights to food businesses and food retail.

Joe Burke, Local Enterprise Office (LEO) South Cork said: "The Cork and Kerry region is renowned nationally and internationally for its high quality food produce, and with the concentration of artisan producers in this area, the Food Forum is an ideal way to showcase the variety of excellent food produced here to consumers, retailers and distrib-

utors as well as key industry stakeholders. All are welcome to attend and entrance is free."

A key element of the Cork and Kerry Food Forum will be the 'meet the buyer' trade event, where food producers can meet with buyers and retailers of SuperValu, and understand retail requirements and opportunities.

The 'meet the buyer' event will take place from 9am to 1pm, and the event will open to the public from 1pm.



Michael Reynolds, Miriam Crowley, Kenneth O'Connor, and Deirdre O'Mahony at the launch of the Cork and Kerry Food Forum.

Picture: Diane Cusack



Adrienne Rodgers, **Cork City and County Enterprise Boards**; with (l to r) Valterri Vesterbacka, Mark Mullins, Hayden Doyle, Kevin Condon, Aoife Flynn, Sean Dowling and John Keane, DairySolve; who received the First Prize Award, and title of CIT Entrepreneur of the Year, at the Prize for Innovation Awards at CIT. DairySolve hope to design a milk pasteurisation system using solar power. Their market focus is small-scale dairy farmers in developing countries.

Cork County and City Enterprise Boards CIT Prize for Innovation is open to all departments within CIT and awards cash prizes to those whose inventions and business ideas are judged most creative, innovative, and most likely to succeed in the marketplace. *Pic: Neil Danton*



Never to early to start your own business say Scoil Mhuire Gan Smal pupils

IT'S never too early to start a business, that's the message that young students of the South Cork Schools Enterprise Programme are promoting to fellow students.

The call to subscribe to the Student Enterprise programmes is being led by first year students of Scoil Mhuire Gan Smal in Blarney, who were regional winners in the Junior category of the South Cork Schools Student Enterprise awards this year.

While typically Transition Year students make up the largest group involved in the Student Enterprise programme, the South Cork Schools Enterprise Programme is encouraging secondary school students, junior and senior, to take part.

"Students of all ages are welcome on our Student Enterprise programme," explained Anne Moore, Co-ordinator, South Cork Schools Enterprise Programme. "It's never too early to start developing entrepreneurship skills, and there are numerous examples of successful businesses set up by young people, that have gone on to achieve incredible success. Taking part in the Student Enterprise Programme helps students to develop their creativity and business skills, becoming more confident in the world of enterprise."

As the driving force for entrepreneurship in schools across South Cork, the South Cork Schools Enterprise Programme had a record number of student enterprises sign up in 2013 and are keen to build this momentum through to next year also.

"We should continue to develop entrepreneurship at all ages and to ensure its place on the school curriculum," said Seán O'Sullivan, CEO South Cork Local Enterprise Office.

"Transition years benefit enormously from the programme, we are now encouraging students from first year onwards through the addition of the Junior category and other young enterprise supports."

Students, teachers and school principals are ideally placed to stimulate entrepreneurship in secondary schools across the Cork region.

"The school is very proud to have won the

Junior Student Enterprise Programme Category this year. The programme has helped the girls to uncover and develop new skills including innovation, presentation, creative thinking, problem solving, team building and collaboration skills as a team.

"The student enterprise programme provides a platform whereby students can get together to share ideas, network with peers and create new solutions together. I would encourage other schools to participate," said Padraig Sheehan, principal Scoil Mhuire Gan Smal.



Enterprise Programme announce 'Business Ideas' winners

THE Cork City Schools Enterprise Programme, run by the Local Enterprise Office, Cork City, announced the winners of their new 'Business Ideas' competition, which was open to both junior and senior cycle second-level students in Cork City.

Having received more than 550 entries from 16 schools across Cork City, this year's winners of the inaugural category were fifth year student, Olivia Dupuy, from St Vincent's Secondary School and second year student, Bryan Little, from Deerpark CBS.

This unique Cork City competition was open to all second-level schools and student, not just those studying business.

Secondary students were required to complete an 'idea card' stating their new innovative business idea and how it would work in practice. The senior cycle winner, Olivia Dupuy devised the idea of a special alarm feature, installed on power sockets, which makes a noise when items such as laptops or phones are plugged in, without the power switch being turned on.

The junior cycle winner, Bryan Little developed the idea of a

special straw with a pump and sensor, which can be used by the disabled.

Bryan's straw senses when a person puts their lips on the straw activating the pump to dispense the liquid.

Adrienne Rodgers, Head of Local Enterprise in the LEO, Cork City says: "Cork Leaving Cert and Junior Cert students have finished top of the class when it comes to business ideas.

"Based on feedback received from teachers in the city, we launched this competition to encourage students to think innovatively.

"We were very impressed by both the quality and the volume of entries that we received. It all bodes well for next year and for Cork's future."

Cork Schools Enterprise Programme Co-ordinator, Yvonne O'Neill, enthuses: "It has been a great year for the Cork City Schools Enterprise Programme.

"We have seen a significant increase in the number of schools taking part in our Programme this year and we hope to grow this further next year.

"We will be urging second level schools in Cork city to get involved in our enterprise

programmes again in the coming academic year. Further information can be obtained by contacting us at: info@corkschoolsenterprise.ie."



Food forum to highlight Cork and Kerry artisan producers

AN exciting event to promote Cork and Kerry food and artisan producers in the region was launched by a partnership including the Local Enterprise Offices (LEOs) Cork & Kerry, Cork City Council, Cork County Council, Bord Bia and leading Irish retailer, SuperValu. The Cork and Kerry Food Forum will take place at the City Hall on Monday, June 30. Food lovers will particularly enjoy the showcase of artisan produce from all over Cork and Kerry, with tastings and demonstrations of an incredible variety of food from unique cheeses, to farm fresh herbs, confectionery, meat and fish products as well as cookery demonstrations with celebrity chef and SuperValu ambassador, Kevin Dundon.

The event will also include a conference for food producers, opened by Minister for Agriculture, Food and Marine Simon Coveney T.D., which will discuss opportunities in food retail, consumer trends and the new Food Academy Start programme.

The programme is a national joint initiative led by SuperValu, Bord Bia and the LEOs, aimed at supporting and nurturing start up food businesses.

Speakers from Bord Bia and SuperValu will also be on hand to share their insights to food businesses and food retail.

"The Cork and Kerry region is renowned nationally and internationally for its high quality food produce, and with the concentration of artisan producers in this area, the Food Forum is an ideal way to showcase the variety of excellent food produced here to consumers, retailers and distributors as well as key industry stakeholders," said Joe Burke, Local Enterprise Office South Cork.

"All are welcome to attend the Cork

and Kerry Food Forum, and entrance is free of charge. We want people to come along and experience the wonderful food culture here, and we guarantee to give visitors food for thought in more ways than one."

A key element of the Cork and Kerry Food Forum will be the 'meet the buyer' trade event, where food producers can meet with buyers and retailers of SuperValu, and understand retail requirements and opportunities for their produce.

"SuperValu is a major supporter of the Irish food industry, purchasing almost €2billion worth of goods from Irish suppliers annually. We are delighted to be a part of the 2014 Cork and Kerry Food Forum as this further endorses SuperValu and its retailer's commitment to sourcing local produce for our stores and encouraging small businesses to develop, along with giving them an opportunity to showcase their products in-store," said Kenneth O'Connor, Local Project Manager, SuperValu.

The 'meet the buyer' event and conference will take place in the morning from 9am to 1pm, and the event will open to the public for the afternoon from 1pm.



Cork and Kerry come together for food forum

Kieran O'Mahony

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The Cork and Kerry Food Forum was launched recently and aims to promote Cork and Kerry food and artisan producers in the region. The food forum will take place in City Hall on Monday 30 June and is a partnership between Local Enterprise Offices (LEOs) in Cork and Kerry along with Cork City Council, Bord Bia and SuperValu.

Food lovers will particularly enjoy the showcase of artisan produce from all over Cork and Kerry, with tastings and demonstrations of an incredible variety of food from unique cheeses to farm fresh herbs as well as cookery demonstration with celebrity chef and SuperValu ambassador, Kevin Dundon.

The event will also include a conference for food producers, opened by Minister for Agriculture, Food and Marine, Simon Coveney TD, which will discuss opportunities in food retail, consumer trends and the new Food Academy Start programme. The programme is a national joint initiative led by SuperValu, Bord Bia and the LEOs, aimed at supporting and nurturing start up food businesses and speakers from both Bord Bia and SuperValu will also be on hand to share their insights to food businesses and food retail.

"The Cork and Kerry region is renowned nationally and internationally for its high quality food produce, and with the concentration of artisan producers in this area, the food forum is an ideal way to showcase the variety of excellent food produced here to

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"We are delighted to be a part of the 2014 Cork and Kerry Food Forum as this further endorses SuperValu and its retailer's commitment to sourcing local produce for our stores and encouraging small businesses to develop, along with giving them an opportunity to showcase their products in store. The Cork and Kerry Food Forum provides an ideal platform for our buyers and retailers to meet with small local producers from the region to further strengthen this partnership," said Kenneth O'Connor, local project manager with SuperValu.

The Cork and Kerry Food Forum will take place on Monday 30 June in City Hall, Cork. The 'meet the buyer' event and conference will take place in the morning from 9am to 1pm and the event will open to the public for the afternoon from 1pm.



Kenneth O'Connor, SuperValu, Miriam Crowley, Kinsale Gourmet, Michael Reynolds, Kenmare Living Foods, and Deirdre O'Mahony, LEO North Cork are looking forward to the Cork and Kerry Food Forum in City Hall Cork on Monday 30 June. Photo: Diane Cusack



Enterprise Ireland opens new Cork office

Launch of Local Enterprise Office South Cork Enterprise Office, South Ring Business Park, Kinsale Road:

1. John Flynn, Local Enterprise Office, and Louis Duffy, county council.
2. Conor Hyde, Bullseye, and Margaret Shine, SRL.
3. Paul Kerr, Micro Finance Ireland, and Joe Burke, South Cork Enterprise Board.
4. Solicitor Fred Gusnel, Joe Burke, South Cork Enterprise Board, and Dan Horgan, Model Farm Road.
5. Pádraig O'Sullivan, Cork County Council, Peter Finnegan, CIT Rubicon Centre, Carol O'Leary, CIT, and Neil Brien, Quantum Business.
6. Eamon Curtin, Ignite UCC, and Enda McDonald, Enterprise Ireland.
7. Cormac Shuilleabháin, county council, and Kieran Ruane, RPS.
8. Bob Henry, Ballymaloe, and Turlough Daly, Epub Direct.
9. Sarah Culloty, UCC, and Isabelle Sheridan, On The Pigs Back.
10. Goldsmith Mary Enright and Joe Kelleher, WMJ Kelleher.
11. Pat Humphreys, Management Services, and Ciara McGee, Local Enterprise Office.
12. Marlon Dijkshoorn, Irish Door System, and Alan O'Meara, Almedia Design.
13. Jacqui Norton and John Shiel, Enterprise Ireland.

Picture: Darragh Kane











It's a summer of great food events in Cork

Cork is the gourmet capital of Ireland and there is a host of very special events over the summer. Food blogger Elke O'Mahony takes a look at what will be taking place over the next few months.

Elke O'Mahony
 biassata@hotmail.com

The Leaving Certs are well underway and we are all hoping for a repeat of last year's summer. It is also the time for food festivals around the country, starting this weekend with the Cork Summer Show, which this year includes Experience Fest of which Peter Kelly is the creative director. Cookery demonstrations, culinary stalls, food producers are coupled with some amazing music gigs. Tickets are €15 (students & OAPs €13 and family pass is €45). So this weekend head to Curraheen and enjoy Cork on a plate.

If you like it a bit quieter, check out Annam Supper Club, which holds its June supper on Saturday (check them on Facebook for details). If you still have room in your tummy, make sure to check out Street Feast – a wonderful initiative that brings neighbours together to hold a feast and takes place all over the country on Sunday. For your nearest feast go to street-feast.ie.

Arbutus Bread is holding their annual open day on Saturday 21 June in their bakery in Mayfield. To book, email sales@arbutusbread.com. Another wonderful artisan producer, Toonsbridge Dairy is opening their summer café again, every Saturday from 11am and you can enjoy wonderful home-baked goodies, try the wonderful range of Buffalo Milk cheeses and simply relax.

Another one of my favourite food producers is Uíttan Walsh from Gort na Nain farm in Nohoval. So far, he only supplies to restaurants but now, he has a farm stall opening. Check them out on Facebook to

see more details.

Food and culture

If culture is more your thing, no worries, we have this covered as well with Longueville House hosting a series of musical evenings starting on Wednesday, 18th June. Cider reception, two course meal and a private classical concert will make for a wonderful mid week treat.

Flemings in Tivoli are offering hungry golfers a three course steak dinner for €39 for the duration of the Irish Open – what better way of telling all your golfing tales to your friends. Flemings is also offering Marquee goers transport to the tent including a three course dinner. For more details go to flemingsrestaurant.ie.

Staying with culture, Nash 19, Star Anise and On the Pigs Back have invited artists to exhibit their art in their restaurants – a great way of combining your cultural hunger with your tummy. And if that is too much culture for you, why not grab a map for Cork Beer Walks and discover the best Cork pubs? The map not only shows you the best places for a cold beer but you can also save some cash.

Mallow Home and Garden Festival makes a welcome return to Mallow Racecourse over the weekend of 20 – 22 June.

The first West Cork Angus Beef Festival is taking place in Bandon at Chapel Steps from 25th – 29th June. The Cork and Kerry Food Forum will return to City Hall on 30 June with the best of Cork and Kerry food producers offering their wares.

Blarney

A lot is also happening in the restaurant scene with

Blarney enjoying three openings of foodie places. First there is The Square Table run by twin sisters Trisha and Martina serving Irish produce. Claddagh is opening as well. Vakkas who ran the Half Moon Café has moved across the street with a larger premise and last but not least, just around the corner, next to the Castle Hotel, Blarney's own Chocolate Factory has opened. Blarney in Bloom is a wonderful event happening on 12 July.

Awards

At Irish Restaurant Awards 2014 last weekend, sisters Kay Harte and Marog O'Brien were given a lifetime achievement award for their wonderful Farmgate Café. The Farmgate has been in the English Market for years and there is also one in Middleton.

Other Cork winners at the awards include Ballymaloe Cookery School, named as Best Cookery School in Ireland, Nash 19 was named as the Best Casual Dining in Munster while Kevin Aherne of Sage was named as Best Chef in Munster.

Gastro pubs

Back to Cork, the gastro pub is on the up with the opening of The Rising Sons brewery, the latest venture from Benny McCabe. It will not only serve wonderful brewed beer but pizza as well. A café is also in the making and all that in the heart of the city centre located next to TK Maxx. The Bowery is offering gastro pub grub from 10pm – 2am – a great idea for all night owls. For day walkers, Wagamama has introduced the lunch bento box – fresh prepared food for your lunch break.

Last but not least, the latest addition to the farmer's market scene is Wilton

Farmer's Market which will happen every Tuesday from 10am-2.30pm at Wilton Shopping Centre, starting 17 June.

Artisan cider

Irish artisan cider is catching up with Irish craft brewers and they don't have to hide as the recent launch of Cider Ireland proved. 15 of Ireland's best artisan cider brewers came together to form Cider Ireland to support and promote not only their products but the rich heritage that Ireland has with its delicious apples.

Cider making in Ireland is thought to date back at least 2,000 years with religious orders and monasteries being the first to ferment the wonderful apple juice. When asked why create Cider Ireland, Emma Tyrell, chairperson of Cider Ireland says "we have a louder voice when we speak as one. We are working towards creating a brand with Irish artisan cider similar to French wine, which is recognized worldwide. We can also achieve better export options when we all work together. "Making cider is not a year round activity – we have only one shot at harvest to get it right. All depends on a rich harvest to make sure we have an outstanding product at the end of it."

Members of Cider Ireland commit to using only 100 per cent Irish apples when making cider. Most of the 15 members have even their own orchards. The launch was held in Longueville House – a member of Cider Ireland – and guests were treated to a three course meal incorporating apples, from venison terrine with apple reduction over slow cooked leg of Longueville pork with apple brandy sauce to garden red currant and caramelised applegateaux

served with Longueville House cider sorbet.

This season is looking promising already with orchards being in full bloom and we all can look forward to some amazing Irish artisan cider. For more details, please go to www.ciderireland.com. So much to do, so little time. For more details please go to biassata.blogspot.com.



Longueville House's apple brandy. Photo: Longueville House



Peter Kelly aka Franc, creative director of Experience Fest 2014 with Karena Graham pictured at the launch of Experience Fest/Cork Summer Show, a celebration of the best Irish food, music and agriculture in a festival setting from 13-15 June Curraheen. **Photo: Clare Keogh**



Paralympian Orla Barry pictured with Tim O'Sullivan, Festival Co-ordinator, at the official launch lunch of the Midleton Food and Drink Festival at The Jameson Experience in Midleton last year. **Photo: Diane Cusack**

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Headline: It's a summer of great food events in Cork



Pictured at the launch of the Cork and Kerry Food Forum are Kenneth O'Connor, SuperValu, Miriam Crowley, Kinsale Gourmet, Michael Reynolds, Kenmare Living Foods, and Joe Burke, LEO South Cork. **Photo: Diane Cusack**



on the
GRAPEVINE with **JOE DERMODY**
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Firms offered €2,500 online activity grant

LOCAL enterprise offices in Cork city and county are inviting small businesses to avail of a grant of up to €2,500 to develop and improve their online trading presence.

The innovative new Online Trading Voucher Programme is being driven by the Local Enterprise Office (LEO), Cork City, whose goal is to encourage as many businesses as possible to engage with an online trading market which it estimates as being worth €4bn annually in Ireland.

Adrienne Rogers, head of LEO Cork City, says the initiative offers businesses an unmissable opportunity to engage in online sales.

"Government surveys have shown a lot of businesses have websites, but they are not using them properly," said Ms Rogers. "There is a large volume of online trade leaving the country, so this grant is intended to support companies from all sectors to improve their online performance."

The grant might, for instance, be used by a solicitor or accountant who wants to develop online payments; or perhaps a business with two or three staff which simply doesn't have the personnel or time resources to beef up their website and/or online sales.

Applicants must already have a website, probably one that is falling short of their ambitions. The initiative is targeted at businesses that are trading for over 12 months; less than ten employees and a turnover less than €2m.

Small businesses are being invited to apply for online trading vouchers worth €2,500 up to a maximum of 50% of their total costs in developing their online presence.

"We don't normally offer grants to retailers, but they can apply for these vouchers," said Ms Rogers. "And you don't have to spend €2,500 to qualify. If you want to spend €800, we will give you €400. We're not spending money for the sake of it."

Typically, participants will use the grant to boost their digital marketing, with the goal of increasing their sales.

With the trend ever increasing towards online spending and digital trade in Ireland growing at a rate of 16% per annum, there is an urgent need for more businesses to engage in e-commerce sales. It is believed 70% of online sales purchases made in Ireland are done in overseas markets.

Sean O'Sullivan, chief executive of LEO South Cork, said: "With the digital economy in Ireland set to grow to €21bn by 2017, firms can no longer ignore the internet. Trading online offers an opportunity to Cork retailers and SMEs, at a time when growth in these sectors is badly needed."

"Irish consumers spend about €4bn per year online, but only a quarter of that goes to Irish businesses, and only 23% of Irish SMEs are trading online. International research shows that SMEs who adopt online trading grow twice as fast and export twice as much as their offline competitors. Our role is to

assist and support the micro-business community and this scheme is just one of the many initiatives offered.⁵

The Cork voucher is the second such pilot programme. The first was launched in Fingal, Co Dublin, last month. The programme will be rolled out nationally in September.

The voucher programme is supported by the Department of Communications, Energy and Natural Resources via the National Digital Strategy which aims to get a further 2,000 businesses trading online by the end of 2015.

The voucher can be used to develop or upgrade an e-commerce website. Other typical uses include: purchase of internet-related software, online advertising, app development, implementation of a digital marketing strategy, training/skills development to establish and manage an online trading activity.

To apply, you must attend one of the upcoming info seminars to learn how to get the best value and use of the voucher. Seminars will be held on:

- Tues, June 17, 9.30am to 1.30pm, Radisson Blu Hotel, Little Island.
- Thurs, July 3, 9.30am to 1.30pm, Radisson Blu Hotel, Little Island.
- Fri, July 25, 9.30am to 1.30pm, Mallow GAA Complex, Mallow.
- Weds, July 30, 9.30am to 1.30pm, Celtic Ross Hotel, Rosscarbery.

■ For more information or to apply for the Online Trading Voucher Programme call (021) 4975281 or visit www.localenterprise.ie/southcork.



Ita Murphy, Local Enterprise Office (LEO) Cork City, Ciara McGee, LEO South Cork, and Joan Kelleher, LEO Cork North & West, at the launch of the new online trading voucher programme.

Picture: Ger McCarthy



Cork firms urged to take slice of online sales market

CORK businesses are being urged to take their slice of Ireland's €4 billion online sales market through the launch of the Online Trading Voucher Programme.

The scheme is being rolled out by the local enterprise offices in Cork City and County and offers small businesses funding to the value of €2,500 up to a maximum of 50% of the total cost to develop and improve their online trading presence.

With the trend ever increasing towards online spending and digital trade in Ireland growing at a rate of 16% per annum, there is an urgent need for more businesses to engage in e-commerce sales. It is believed 70% of online sales purchases made in Ireland are done in overseas markets.

According to Seán O'Sullivan, CEO of the Local Enterprise Office South Cork, the initiative offers businesses an unmissable opportunity to engage in the hugely powerful market of online sales.

"With the digital economy in Ireland set to grow to €21 billion by 2017, firms can no longer ignore the internet," he stated.

● Information seminars will be held on tomorrow, 9.30am — 1.30pm, Radisson Blu Hotel, Little Island.

Thursday, July 3, 9.30am—1.30pm, Radisson Blu Hotel, Little Island.

Friday, July 25, 9.30am— .30pm, Mallow GAA Complex, Mallow.

Wednesday, July 30, 9.30am—1.30pm, Celtic Ross Hotel, Rosscarbery.

For more information or to apply for the Online Trading Voucher Programme call (021) 4975281 or visit www.localenterprise.ie/southcork.



Cork puts best bib on for artisan food showcase



by Eoin English

Take one celebrity chef, several local food producers, a handful of food start-ups, add a sprinkling of major retailers and the public to taste — and mix.

A huge artisan food forum, the first of its kind, will take place in Cork later this month as part of a new drive to boost the food sector in Cork and Kerry.

Dozens of food start-ups and local producers from across the region are set to come together for a trade conference as part of the Cork and Kerry Food Forum in Cork's City Hall on June 30.

It will also feature a 'meet the buyers' session with retailers, and a series of free cookery demonstrations by celebrity chef Kevin

Dundon, and tasting sessions for the public.

The event is organised under a partnership between the Local Enterprise Offices (LEO) in Cork and Kerry, Cork City Council, Cork County Council, Bord Bia and SuperValu.

"Bringing the food producers, retailers, buyers and the public together for this showcase of artisan food will provide important support to the food sector in this region," said Joe Burke, of the

South Cork LEO.

"Everyone is welcome to attend and enjoy the magnificent diversity of food made locally, from cheeses to chocolate, from bread to probiotic drinks and prepared meats."

Dundon, the SuperValu brand ambassador, will use some of the local produce in his free cookery demonstrations which will run from 12.30pm until 3.30pm on the day.

Agriculture, Food and Marine Minister Simon Coveney will also open a conference at 9am for the region's food producers.

The trade-only conference aims to promote opportunities in food retail, and will highlight SuperValu's new Food Academy Start programme which supports start-up food businesses, with branding, market research, marketing and financial advice.

SuperValu trading director, Eamon Howell, said they were fully committed to supporting the Irish food industry, and buy almost €2bn worth of goods from Irish suppliers every year.

A Food Sensory Experience Award, sponsored by SRL Research, and which includes a €500 bursary for the winning food company, will also be presented on the day.



Pictured ahead of the Cork and Kerry Food Forum on Monday, June 30 at City Hall, are celebrity chef, Kevin Dundon, Zoe Walsh and Sarah O'Flynn.

Picture Gerard McCarthy



Get help to trade online

SEMINAR ON DIGITAL ECONOMY

HARRY PHIPPS

MALLOW GAA complex is the venue for a seminar on June 25 where newer businesses coming into the world of digital trading can snap up a bonanza in funding.

The initiative, known as the Cork Online Voucher Trading Information Seminar, funded by the local enterprise offices in Co. Cork, is offering small businesses €2,500 in funding vouchers and up to a maximum of 50% of the total cost needed to improve their presence on the trading market.

However, businesses who wish to apply for this golden opportunity must attend one of the information seminars to learn how to get the best out of the funding vouchers.

With the trend of spending and trading in Ireland becoming steadily digitalised by 16% each year it is widely believed that there is a very large need for Irish businesses to engage more in online commerce sales.

This rare initiative, now making its way to Mallow, is targeted mainly at smaller town businesses that are trading for longer than one year, employ less than 10 people, have limited online trading experience and have a turnover of less than €2 million.

The initiative offers businesses an unmissable opportunity to engage in the hugely powerful market of online sales, according to Michael Hanley, CEO of the Local Enterprise Office Cork North & West.

"With the digital economy in Ireland set to grow to €21 billion by 2017, firms can no longer ignore the internet," he stated.

"Trading online offers a major opportunity to Cork retailers and SMEs, at a time when growth in these sectors is badly needed. Mr Hanley said Irish consumers currently spend about €4bn per year online, but only a quarter of that goes to Irish businesses, and only 23pc of Irish SMEs are trading online.

"International research shows that SMEs who adopt online trading grow twice as fast and export twice as much as their offline competitors," he added.

"Our role as Local Enterprise Offices is to assist and support the micro-busi-

ness community and this scheme is just one of the many initiatives offered."

The OTVIS will teach attendees about using their e-voucher wisely, finding and attracting wider markets, publicising their business online and how to increase the return on investments of individual businesses.

Vouchers received from the seminar can be used to develop or even upgrade an e-commerce website.

Admission to the three-hour seminar will be taking place on July 25 from 9.30am until 1.30pm at Mallow GAA complex, Carrigoon with no admission fee required. The Online Trading Voucher Programme can be contacted at (021) 4975281.



■ Pictured at the launch of the Online Trading Voucher Programme are Ita Murphy, Local Enterprise Office (LEO) Cork City, Clara McGee LEO South Cork and Joan Kelleher from LEO Cork North & West.



'GREENSHOOTS' READY TO GROW

ENTREPRENEURS CELEBRATE GRADUATION DAY

THE EMERGING entrepreneur programme, 'Greenshoots', based in the Macroom E centre, held a celebration, last Friday, marking the end of the fourth annual programme.

Ten new businesses have celebrated their launch, and take off, as guest speaker Juliet Murphy gave a speech praising the links between success in business and success in sport before giving a hand-crafted award to each participant.

Successful applicants to the programme are given the chance to avail of mentoring support, business training workshops, space at Macroom E Enterprise Centre plus access to enterprise development agencies and personal development coaching.

Cllr. Alan Coleman, the newly appointed mayor of the county, along with South Cork Local Enterprise Office CEO Sean O'Sullivan and recent **Greenshoots** graduate Kathy O'Connor, among others, each had a few words to say at the ceremony; and afterwards all were treated to a short film created by Roger Overall.

Among those to complete the nine month programme this year were Declan Sugrue who worked at '3DS designs', and Margaret O'Connor, who founded 'Alchemy coaching', Therese O'Leary on 'Blinks and Browz' and Geraldine Daunt with her Wedding planner and event stylist business.

The programme manager of **Greenshoots**, Catherine Costello said each year this 'graduation' event really has been a positive and celebratory affair.

"We are lucky enough to work with fantastic start-ups that are prepared to work hard and make their dreams a reality. We merely facilitate and empower that to happen," she said.

The fourth year is not the end of this programme's life, however; as Macroom E Enterprise Centre is 'currently accepting any expressions of interest for the course currently due to begin in early 2015 to anyone wishing to commence work on their own enterprise.

Macroom E can be contacted at 026-20520 for anyone wishing to make their career ideals come true!



■ Bronagh Twomey with her business 'The Declutter Diva' on her graduation day.



■ The ten start up businesses on their graduation day at the 2014 **Greenshoots** Programme with Catherine Costello, Enterprise Programme Manager (in red). Greenshoots is a nine month start-up support programme based at Macroom E Enterprise Centre. The aim is to assist small business owners get through the initial tough stage of starting out by providing key training, expert mentoring, guidance, peer support, office space and facilities within the creative and enterprising environment of the Macroom E centre.



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Cork and Kerry Food Forum launched

Orlaith McDonogh

omcdonogh@corkindependent.com

Food lovers are invited to attend the Cork and Kerry food forum that will take place in City Hall on Monday 30 June and will feature culinary tastings and advice for food producers and a cooking demonstration from celebrity chef and Supervalu ambassador Kevin Dundon.

The event will support local artisan food start-ups and producers from all over Cork and Kerry, with a trade conference, a meet the buyers session with retailers and a showcase of demonstrations and tastings of a variety of local food from unique cheeses to farm fresh herbs, confectionary, meat and fish produce, unique salads and delectable desserts for all those with a sweet tooth.

The food forum is organised by a partnership with the Local Enterprise Offices (LEOs) Cork and Kerry, Cork City Council and County Council, Supervalu and Bord Bia and aims to promote local producers as well as creating jobs for the local economy.

Joe Burke from LEO South Cork explained that "bringing the food producers, retailers, buyers and the public together for this showcase of artisan food from Cork and Kerry will

provide important support to the food sector in the region".

"This is a free event, that is full of foodie fun and value for young and old, families and friends," Mr Burke said.

Trading director for Supervalu, Eamon Howell explained their involvement in the event saying, "as the leading Irish food retailer, we are fully committed to supporting the Irish food industry. We are delighted to be part of the Cork and Kerry food forum as it provides a great platform for suppliers coming through our Food Academy programme to further strengthen their partnership and showcase their products to our buyers and retailers, and also to their prospective consumers at the afternoon event."

Chef and Supervalu brand ambassador Kevin Dundon will use local produce in his cookery demonstration from 12.30pm to 3.30pm on the day, where visitors can experience a taste of food from more than 60 local food producers. The event will also include a conference for food producers in the morning, opened by Minister for Agriculture, Food and Marine Simon Coveney TD. The trade-only conference aims to promote opportunities in food retail, consumer trends and the new

Food Academy 'Start' programme supporting start-up food businesses with branding market research, marketing and financial advice.

Speakers from Bord Bia and Supervalu will also be on hand at the event to share information and insights into the food business and retail. The event begins at 9am on the Monday.



Chef Kevin Dundon preparing for the Cork and Kerry Food Forum with helpers.



Opportunities for businesses to gain online vouchers worth €2,500

Brian Hayes Curtin

bhayescurtin@corkindependent.com

Cork businesses can take advantage of Ireland's €4 billion online sales market through the launch of the Online Trading Voucher Programme. Smaller Cork companies can access funds to improve their online capability.

The scheme is being rolled out by the local enterprise offices in Cork city and county and offers small businesses funding to the value of €2,500 up to a maximum of 50 per cent of the total cost to develop and improve their online trading presence.

With the trend ever increasing towards online spending and digital trade in Ireland growing at a rate of 16 per cent per annum, there is an urgent need for more businesses to engage in e-commerce sales. It is believed 70 per cent of online sales purchases made in Ireland are done in overseas markets.

According to Adrienne Rodgers, head of the Local Enterprise Office Cork city, the initiative offers businesses an unmissable opportunity to engage in the hugely powerful market of online sales.

"With the digital economy in Ireland set to grow to €21 billion by 2017, firms can no longer ignore the internet," she stated. "Trading online offers a major opportunity to Cork retailers and SMEs, at a time when growth in these sectors is badly needed.

"Irish consumers currently spend about €4bn per year online, but only a quarter of that goes to Irish businesses, and only 23 per cent of Irish SMEs are trading online. International research shows that SMEs

who adopt online trading grow twice as fast and export twice as much as their offline competitors.

"Our role as Local Enterprise Offices is to assist and support the micro-business community and this scheme is just one of the many initiatives offered."

To apply for the funding, applicants must attend one of the upcoming information seminars to learn how to get the best value and use of the voucher.

The Online Trading Voucher Programme is supported by the Department of Communications, Energy and Natural Resources through the National Digital Strategy which aims to get a further 2,000 businesses trading online by the end of 2015.

The initiative is targeted at businesses that are trading for over 12 months and have a limited online trading presence; less than 10 employees and a turnover less than €2 million.

The voucher can be used for the development or upgrade of an e-commerce website such as implementing online payments or booking systems. Other usage includes the purchase of internet related software, online advertising, development of an app, implementation of a digital marketing strategy, training/skills development to establish and manage an online trading activity.

Information seminars will be held on:

Tuesday 17 June,
9.30am - 1.30pm, Radisson Blu Hotel, Little Island

Thursday 3 July,
9.30am - 1.30pm, Radisson Blu Hotel, Little Island

Friday 25 July, 9.30am - 1.30pm, Mallow GAA Complex, Mallow

Wednesday 30 July,
9.30am - 1.30pm, Celtic Ross Hotel, Rosscarbery

For more information or to apply for the Online Trading Voucher Programme call 021-4975281 or visit www.localenterprise.ie/southcork.

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Pictured at the launch of the Online Trading Voucher Programme are Ita Murphy, Local Enterprise Office (LEO) Cork city, Ciara McGee LEO South Cork and Joan Kelleher from LEO Cork North and West. **Photo: Gerard McCarthy**



Support local food producers at Artisan market

THE largest Artisan Food market in Cork and Kerry is coming to City Hall on Monday, June 30, and all are welcome to attend to support local food producers.

The Cork and Kerry Food Forum is supporting food startups and local producers with a trade conference, 'meet the buyers' session with retailers, and a showcase of food with demonstrations and tastings of local produce.

The event is organised by a partnership of the Local Enterprise Offices (LEOs) Cork and Kerry, Cork City Council, Cork County Council, Bord Bia and leading Irish retailer, SuperValu.

"Bringing the food producers, retailers, buyers and the public together for this showcase of artisan food from Cork and Kerry will provide important support to the food sector in this region," explained Joe Burke, LEO South Cork.

"Everyone is welcome to come along to the Food Forum and enjoy the magnificent diversity of food made locally, from cheeses to chocolate, from bread to probiotic drinks and prepared meats.

"Celebrity chef, Kevin Dundon, the SuperValu brand ambassador will be using local produce in his cookery demonstrations which will run from 12.30pm until 3.30pm on Monday, when visitors can experience and taste a variety of food from more than 60 local food producers.

"This is a free event, that is full of foodie fun and value for young and old, families and friends."

The first Cork and Kerry Food Forum 'Food Sensory Experience Award' will be sponsored by SRL Research, and will include a bursary worth €500 to be presented on the day for the winning food company.



City Hall to showcase diversity of artisan food

THE largest artisan food market in Cork and Kerry is coming to City Hall Cork on Monday, June 30, supporting food startups and local producers.

The Cork & Kerry Food Forum will feature a trade conference, 'meet the buyers' session with retailers, and a showcase of food with demonstrations and tastings of local produce in City Hall. The event is organised by a partnership of the Local Enterprise Offices (LEOs) Cork & Kerry, Cork City Council, Cork County Council, Bord Bia and leading Irish retailer, SuperValu.

Joe Burke, LEO South Cork, said: "Bringing the food producers, retailers, buyers and the public together for this showcase of artisan food from Cork and Kerry will provide important support to the food sector in this region.

"Everyone is welcome to come along to the Food Forum and enjoy the magnificent diversity of food made locally, from cheeses to chocolate, from bread to probiotic drinks and prepared meats.

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A recent survey found that seven out of 10 Irish consumers are making a conscious effort to purchase local food. The Food Forum wants to increase this number.

The event will also include a conference for food producers from 9am to 1pm, opened by Minister for Agriculture, Food and Marine Simon Coveney T.D. The trade-only conference aims to promote opportunities in food retail, consumer trends and the new Food Academy 'Start' programme, which supports start-up food businesses.

The first Cork & Kerry Food Forum 'Food Sensory Experience Award', sponsored by SRL Research, will include a bursary worth € winning food company.



Graduates of 'Greenshoots' business course ripe for success

BY CATHERINE KETCH

MACROOM E's **Greenshoots** programme, which has seen some 70 jobs pass through the programme in the past four years, is to be reviewed, with possible add-ons for graduates.

Sean O'Sullivan of the South Cork Local Enterprise Office told last Friday's awards ceremony that a full review would be carried out before next year's start date is announced.

Eight times All Ireland medal-winning footballer Juliet Murphy presented awards to ten **Greenshoots** graduates.

Drawing comparisons between sport and business, she told the gathering that it was her tenacity, determination and guts that got her noticed, rather than any natural ability and that those traits had served her well over the years.

'I think there's a massive correlation between sports and business. To have success in business you need to lead with passion and drive. You must unrelentingly believe in yourself and the product or service you are offering,' she said. Harnessing self-doubt, challenging yourself at every opportunity, and giving yourself credit when you've ticked all the boxes, were essential traits, she said. The downturn had helped her re-focus her business.

This year's graduates were: Declan Sugrue, 3DS Designs, Carrigrohilly; Alison Moloney, Tax Zapp, Macroom; Therese O'Leary, Blinks & Browse, Douglas; Liz O'Connor, Startright HR, Rylane; Margaret O'Connor, mentor and educator, Millstreet; Frank Guilfoyle, SinUisce, Cork; Kathy O'Connor, Sherkin North Shore, Millstreet; Bronagh Twomey, The Declutter Diva, Rylane; Geraldine Daunt, wedding planner and event stylist, Kilnamartyra and Cherie McCarthy, Irish Crafting, Passage West.

Speaking on behalf of her

Greenshoots colleagues, Kathy O'Connor of Sherkin North Shore, said the course provided 'a wonderful toolkit' for the fledgling businesses. The business, which she has recently set up with her husband, will feature on 'At Your Service' on RTE in January.

Sherkin North Shore is a new centre for island living and learning being developed on Sherkin Island off Baltimore.

The centre, which has comfortable accommodation for up to 42 guests, includes a common room, which can host groups for yoga, art, mindfulness, team-building, and any range of activities.

Kathy praised the generosity and openness of the mentors on the course, who taught the participants to stretch themselves, to change and to stay awake in the marketplace.

She said she now knew about 20 people she could ring up to get advice. 'Having that back-up is a huge advantage,' she said.

Sean O'Sullivan said he empathised with the start-ups, due to the changes resulting from the dissolution of the enterprise boards in a move to bring the focus on enterprise closer to local government.

An online trading initiative is also being piloted by a number of counties, including Cork he said.

It was Cllr Alan Coleman's first official function as Mayor of Cork County. The **Greenshoots** programme was a good example of the public and private sectors working together, he said.

Mayor Coleman encouraged **Greenshoots** graduates to keep in touch with each other and to continue to draw inspiration, encouragement and support from each other. 'Together you can make a great contribution to the economy,' he said.

Catherine Costello of Macroom E, who coordinates the

programme, complimented the participants on the long hours, small successes and big successes along the way, encouraging others to participate in the programme.

For more, see www.greenshootscork.ie



Participant Kathy O'Connor praised the useful course



Macroom successful Greenshoots programme up for review

by Catherine Ketch

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■ For more information see www.greenshootscork.ie



A shore thing

Seaweed is nutritious, abundant and free, and can easily be added to your diet, says Brian Moore

SEAWEED conjures up stories of a good day at the beach ruined by an encounter with slimy, smelly sea vegetation. Anglers hate seaweed, having to regularly remove it from their hooks and lures.

However, seaweed was once prized by the communities living and working along our 6,500km coastline.

"In pre-famine Ireland, seaweed was key to ensuring the health and wellbeing of the family, the land and the livestock.

Today, the benefits of seaweed are being appreciated again, with companies making delicious food from the incredible variety of seaweed available from our seas and coast.

Food writer Sally McKenna (far right) has long been a champion of seaweed.

"I always quote the phrase, from pre-famine times in Irish history: 'potatoes, children, seaweed.' That was the order of care for the women of the house. Seaweed was right up there.

"But we've forgotten how to use it, and we tend to just blame it for spoiling our swimming.

"Seaweed is not only a great food, it's medicine and fertiliser, too.

"I'm glad to say, I think there is renewed interest in it, which is positive. It's important, though, that we see it as something we have to care for. It needs sustainable harvesting," she said.

Sally's book, *Extreme Greens*, is a good source on seaweed.

"The benefits of seaweed are mind-blowing.

"Basically, it is a plant that absorbs all the minerals from the sea. It is full of iodine, selenium and magnesium, for example.

"Most people in the world exist in a state of chronic mineral deficiency, and seaweed reverses that.

"As a kayaker and a food writer, I just put the two together and saw something I could gather on my boat and then cook. Once you get interested in seaweed, it's a little bit addictive. You want to know more.

"It's such fun gathering it, understanding how it grows, and then it's so good for you and so delicious, too," Sally said.

Sally wants seaweed as part of our everyday diet — adding seaweed to our food is easy, she said.

"To begin with, I would suggest

people buy a bag of seaweed salad, where all the seaweed has been processed and chopped. Just hydrate it in a bit of water for a few minutes, and spin dry with a salad spinner.

"Then, add to a salad. Or, buy some seaweed sprinkles, and add a tablespoon here or there to any casserole, stir fry, Bolognese, bread, anything really.

"Many diseases of our world are cured or prevented by the properties in seaweed: it is used in cancer treatment, it detoxifies, and it is full of antioxidants.

"It's also packed full of vitamins — more vitamin

C than orange juice, more calcium than cow's milk, more antioxidants than raspberries.

"On a basic level, it's good for your skin and hair, and even for weight

loss.

"Populations who eat a lot of seaweed tend to live longer. It's as simple as that," Sally said.

Another foodie who enthuses about the value of seaweed is Caroline Crowley, from Irish Seaside Kitchen, on the Sheep's Head peninsula.

Caroline has created a range of carrageen moss puddings and seaweed granola bars.

"I grew up in the 1970s, eating mam's homemade carrageen moss pudding, using seaweed harvested by friends and milk from our dairy cows.

"This seaweed has been used by generations of Irish families to ward off colds and coughs, and modern research has confirmed its anti-viral properties.

"What more gems from our food heritage are waiting to be rediscovered?" Caroline asked.

In Cork City, Healthy You Salads have created the perfect way to try seaweed with their range of salads.

Healthy You Salads are participants in the Cork & Kerry Food Forum Showcase, where you can try their seaweed salads, and many other artisan goodies from the region, at Cork City Hall on Monday, June 30.

"I've been in the food industry all my working life and I know that the health benefits you get from seaweed are second to none.

"Not only are our salads good for you, they taste great, as well," Dermot

Twomey, of Healthy You Salads, said.

"We want people to come along

and experience the wonderful food culture here, and we guarantee to give visitors food for thought in more ways than one.

"Entrance is free and there will be a cookery demonstration with celebrity chef, Kevin Dundon," said Joe Burke, Local Enterprise Office, South Cork.

So, the next time you go to the beach, remember, seaweed is good for you.

■ The Cork & Kerry Food Forum Showcase takes place at Cork City Hall on Monday, June 30. Admission is free and the door opens to the public from 1pm.

SEA SPAGHETTI PICNIC TORTILLA

- 4 eggs, beaten generous
- Handful sea spaghetti
- ½ onion olive oil
- 3 medium potatoes, peeled

Cook the sea spaghetti for 5-10 minutes in boiling water. Remove, chop, and add to the eggs. Dice the onion and fry in plenty of olive oil until soft.

Dice the potato and add to the onion. Cook until the potato softens. When the potato is cooked, remove and stir into the beaten eggs. Have the oil in the pan very hot, add the egg mixture and cook until the bottom layer is set, and then either place in a hot oven to set the top, or flip over and cook for a minute more.



ALBACORE TUNA CARBONARA

- 1 thickly-cut tuna steak, on the bone
- Juice of half a lemon
- 1 tablespoon olive oil
- 1 handful fresh sea

grass, finely chopped or milled in food processor

- 1 clove garlic, finely chopped
- 1 egg, beaten
- 50g grated Parmesan
- 200ml cream
- 100g butter
- Soft sea salt and freshly ground black pepper
- 200g broccoli 500g penne

Poach the tuna steak gently in a mix of water, lemon juice and olive oil, until it is just cooked, and still moist — it is important that the tuna is not dry, so don't overcook. It should still be pink in the centre. Remove from the poaching liquid and leave to cool.

Pull the fish away from the bone and flake roughly.

In a large bowl, toss in the chopped sea grass, chopped garlic, beaten

egg, grated Parmesan, cream, soft butter, flaked tuna and a

generous sprinkling of sea salt and black pepper. In a separate pan, cook the broccoli in heavily-salted boiling water. Cook the penne until al dente. Drain the hot pasta and add it immediately to

the ingredients in the bowl. Toss gently until

everything is mixed, and the egg cooks in the ambient heat, then add in the hot cooked broccoli and toss together.

Bring the bowl to the table and serve into warmed dishes, with more Parmesan and some good olive oil.



CORK & KERRY

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