

# SATURDAY 10am – 6pm



## MASTERCLASS TENT

Book on the day in Food Theatre, places limited, £5 per person

- 12.30pm** Preserving Fish Three Ways: Salt, Smoke & Pickle  
Vic North
- 2.30pm** Fermentation workshop  
Lauren and Phil, Parc y Dderwen, Llangolman
- 4pm** Gin masterclass and tutored tasting (over 18s only)  
Rob Higgins, Eccentric Gin

## MUSIC STAGE

- 10.15am** George Whitfield
- 11.30am** Tony Black
- 12.45pm** Lightship Duo
- 2pm** Davy Jones & Thomas Crimble
- 3.15pm** Daisy B
- 4.30pm** Saint City Jazz Band

\*Look out for Samba Doc in the High Street at 2.30pm and 4pm\*

## FREE CHILDREN'S ACTIVITIES with BIG PLAY NARBERTH

Accompanied children only

- 11am-noon** Re-usable sandwich wraps (over 4s)
- Noon-1pm** Wildflower seed bombs (over 4s)
- 1pm-2pm** Bee hotels (over 4s)
- 2pm-4pm** Mask making workshop (all ages)  
Plasticine modelling and quiz all day



Food Theatre is equipped with hearing loops



BSL interpretation for selected demos

## MUSIC STAGE

- 10.45am** Festival Opening Ceremony

## FOOD THEATRE – FREE entry

- 11am** Vic North  
Quick Fish Suppers
- Noon** Bryn Williams  
(compered by Simon Wright)  
Braised sweetcorn and wood pigeon
- 12.30pm** Restaurant Confidential  
Simon Wright in conversation with Bryn Williams and Matt Powell
- 1.30pm** Lia Moutselou  
My Greek Kitchen
- 2.30pm** Matt Powell  
(compered by Simon Wright)  
From My Wild Larder
- 3.30pm** Lia Moutselou  
My Greek Kitchen
- 4.30pm** Vic North  
Quick Fish Suppers

## FOOD THEATRE – FREE entry

- 11.30am** Sarah Philpott  
Easy One-Pot Vegan Meals
- 12.30pm** Ludo Dieumegard  
Slow roast shoulder of lamb with mixed spices
- 1.30pm** Sarah Philpott  
Easy One-Pot Vegan Meals
- 2.30pm** Allister Barsby  
Dish from Fernery Restaurant, The Grove of Narberth



## MASTERCLASS TENT

Book on the day in Food Theatre, places limited, £5 per person

- 12.30pm** Foraging workshop – From My Wild Larder  
Matt Powell, Fishing and Foraging Wales
- 2.30pm** Penderyn Whisky masterclass and tutored tasting (over 18s only)  
Mike Wheeler, Penderyn ambassador

## MUSIC STAGE

- 10.15am** ElderWood
- 11.15am** Jess Dando
- 12.30pm** Bob Fish & Holly Robinson
- 1.45pm** Jodie Marie
- 3pm** Carmarthen Ukuleles

# SUNDAY 10am – 4pm



## FREE CHILDREN'S ACTIVITIES with BIG PLAY NARBERTH

Accompanied children only

- 11am-noon** Re-usable sandwich wraps (over 4s)
- Noon-1pm** Wildflower seed bombs (over 4s)
- 1pm-3pm** Mask making workshop (all ages)  
Plasticine modelling and quiz all day

