<table>
<thead>
<tr>
<th>pictures</th>
<th>key words</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.jpg" alt="Image of farm land" /></td>
<td>farm, farming, land</td>
</tr>
<tr>
<td><img src="image2.jpg" alt="Image of fields" /></td>
<td>field, hedge, wall, boundary</td>
</tr>
<tr>
<td><img src="image3.jpg" alt="Image of tractor" /></td>
<td>thresher, tractor, potato, harvest</td>
</tr>
<tr>
<td><img src="image4.jpg" alt="Image of sheep and flock" /></td>
<td>sheep, flock, cow, cattle, herd</td>
</tr>
<tr>
<td><img src="image5.jpg" alt="Image of potatoes" /></td>
<td>potatoes, lamb, berry, blaeberrries</td>
</tr>
<tr>
<td><img src="image6.jpg" alt="Image of sheepdog" /></td>
<td>sheepdog, crouch, shepherding</td>
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</table>
theme 3
Food from the Mournes

Farming  Agriculture has been central to people in the Mournes over the centuries. The lowland areas of Mourne have a pattern of fields, hedges and stone walls, while upland areas are more open. The Mound shown in the second photograph is from a booley hut or shepherds shelter. The icehouse shows innovative techniques to preserve food in times gone by. Women played an important role in the fishing industry, for example as in the right hand photo where they are gutting and packing herrings.

Food Production Today  The Mourne landscape consists of a mosaic of small and larger farms. The larger farms tend to occur on the flatter lands to the south east. Cattle and sheep are still central to agriculture. Fishing has long been an important industry in Mourne. European and world trends have led to changes in subsidies, markets and environmental protection.

Mourne Field Walls  The pattern and mosaic of the drystone walls has had a very strong influence on the landscape character of the Mournes. Stone has been collected over the centuries to make strong field boundaries. The Mourne Wall is 35Km long and has sheep holes built into the wall for moving sheep between areas on the high Mournes. The wall also has stones built into the wall for people to climb over it and more recently stiles have been introduced to protect the wall.

Changing Agriculture  Farming has changed over the years. Seaweed was harvested to fertilise farmland. All the family would have been involved in working during harvest times. In the past there were few large agricultural buildings and hay was left outside in stocks instead of being baled. Nowadays large tractors are used to cut grass which is either dried and baled as hay or is wrapped or stored moist to make sileage.

Local Food Production  Sheep fairs and festivals held by local communities would have been frequent. Today local recipes are lost to modern convenience foods. Lamb, potatoes and beef are the main agricultural products in Mourne. More people see the importance of eating local produce which supports the local economy and is fresher with less ‘food miles’. Livestock markets are held regularly in Hilltown, Kilkeel and Rathfriland.
### theme 3 - Food from the Mournes project ideas

#### KEY STAGE 1

<table>
<thead>
<tr>
<th><strong>Literacy</strong></th>
<th><strong>Numeracy</strong></th>
<th><strong>World Around Us</strong></th>
<th><strong>Creativity &amp; Expression</strong></th>
<th><strong>Information Communication and Technology</strong></th>
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</table>
| - Talk to farming families about the changes over 50 years – equipment used then and now.  
- Describe the difference between an old barn and a new livestock building.  
- Describe the different breeds of livestock. | - Compare the size of stone used in different drystone walls within the Mournes - e.g single and double coarse walls, roundstone wide walls at Castlewellan and bigstone walls on the Kilkeel plain.  
- Compare a farm in the Mournes uplands and lower lands – what type of farm, the livestock they have and what is produced. | - List farm animals and crops, which are grown in the Mournes.  
- Talk about what kinds of machinery are found on farms.  
- Compare farming in the Mournes with another country.  
- Produce a food chain line – from farm to shop.  
- Find out more about farm dogs in the Mournes and how they are trained.  
- Visit an open farm or farm museum. | - Create your own granite wall with collected stones or make your own from clay.  
- Draw a large picture of a farmed landscape – upland farms, farm animals, the sea, fishing boats and farm workers in the Mournes and the same for an African landscape.  
- Design a menu card with local food. | - Research farming and food information for a website to compare farming from the Mournes with another country. |

#### KEY STAGE 2

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| - Conduct interviews with family members involved in farming or food production.  
- Write up a local history. Collect relevant old photographs and describe the scene.  
- Draw up a calendar of events throughout a farming year.  
- Collate a book of local recipes based on your interviews with farming families.  
- Research local literature referring to the farming history in the area to include local writers. | - Calculate how many stones are used to build a 100m stretch of granite dry stone wall.  
- Change an old recipe from imperial to metric. Cook a local recipe. | - Look at the impact on farming over the centuries on the local landscape character – buildings, remnants of buildings, new buildings, impact of agricultural improvements.  
- Compare the different fertilisers used to improve crop production – where they came from, how they were modified and the impact on the wider environment.  
- Research different food festivals around the world.  
- Assess the impacts and potential alternative uses of waste materials from farming. | - Design packaging for a local food product.  
- Produce a booklet of local recipes and illustrate it.  
- Find the words to a Percy French song that mentions the harvest. | - Research webpage about sustainable farming issues – managing waste from farms, organic farming, local food and markets.  
- Produce your own webpage that promotes local food products. |
Theme 3
Food from the Mournes

Summary Information
Theme 3 focuses on the Mournes area as an area of food production - the history, the impact on the local landscape, the stories behind the farming communities, the changes to agriculture over the centuries and the changing impacts on biodiversity and landscape character. In addition the workshops touch on the human side of food production - changes to settlements and the pattern of farming, local recipes, markets and festivities.

The sheets provide photographic resources and promote the key issues and topics to assist in learning more about food production in the Mournes – food production over the centuries; shepherding in the hills and the use of the booley huts; the network of walls, field boundaries, gates and farm buildings that contributes to the local landscape character; the range of traditional farm buildings; local festivals and markets and the changes to agriculture.

Food from the Mournes

The farmland landscape that stretches from the coast up the slopes of the mountains is a result of centuries old agricultural practices. The earliest farmers began the laborious process of clearing the land of its countless granite boulders. The stones were built into dry stone walls serving as sturdy field boundaries which still remain today. Traditionally smaller farms would have been on higher ground with larger farms on the flatter ground. To improve agricultural practices. The earliest farmers began the laborious process of clearing the land of its countless granite boulders. The stones were built into dry stone walls serving as sturdy field boundaries which still remain today. Traditionally smaller farms would have been on higher ground with larger farms on the flatter ground. To improve

To improve the soil in the potato fields, seaweed was gathered from the coast and spread for use as a fertiliser. Seaweed was a valuable commodity with permission for harvesting being granted to local farmers in the form of wrack rights.

Drystone walls dominate the landscape in parts. The drystone walls were constructed using stones that sit comfortably together and are balanced without using mortar or cement. It is estimated that approximately 400,000 kilometres of stone wailing in Ireland, much of which is only 150 years old having resulted from the breakdown of the Rundale Village System of open farming and the redistribution of the land that followed. There are a variety of designs based on single stone, double stone and random stone walls. The single stone walls are mainly found in Donegal and Down. Most of the Mourne Wall is a double wall and climbs to the summits of many of the highest peaks. The wall was built both to demarcate the catchment of the Silent Valley and to create local employment in times of famine and hardship in the early decades of the last century.

Farming today is facing many changes associated with trends in consumer buying, world markets, subsidies, concerns over environmental pollution and the health issues around food. These issues will impact on the farming families and the people that live and work in the area.

Resources and Websites

‘Mourne Country - Landscape and Life in South Down’ E Estyn Evans, 2005, Dundalgan Press, Dundalk

www.mournelive.com
www.dardni.gov.uk
www.ruralni.gov.uk
www.defra.gov.uk
www.bbc.co.uk/northernireland
www.untime.org.uk
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www.wini.org.uk
www.slowfoodireland.com
www.irishcultureandcustoms.com
www.bim.ie
www.niseafood.com
www.farminglife.com
www.farmersjournal.ie
www.rspb.org.uk
www.nienvironmentlink.org

This is Sheet 3 of a series of 7 themes - Mountains of Mourne, Evidence of the Past, Food from the Mournes, Living in the Mournes, Biodiversity in the Mournes, The Mourne Coast and The Mournes - A Place to Visit.

The education sheets should be used in conjunction with Mourne Heritage Trust Facts Sheets to be found in the education folder. Additional information about the Mourne Heritage Trust and its activities is available on the mournelive.com website. More copies of these sheets (and CDROM version) can be obtained from the Mourne Heritage Trust. This includes an electronic version for a classroom whiteboard education system.