



A report by
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and **Cordula**
Scherer

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Centre for
Environmental
Humanities, Trinity
College, Dublin, 2021

Food Smart Dublin

Workshops Report



Please quote as:

Cretella A., Scherer C., (2021), *Food Smart Dublin report on sustainable Irish seafood workshops*, TCEH, Trinity College Dublin.



Introduction

The background image shows a close-up of a rocky shoreline. Dark, leafy seaweed is piled on the rocks, interspersed with patches of bright green, feathery algae. The scene is set against a backdrop of a calm sea and distant hills under a soft, overcast sky.

The Food Smart Dublin Workshops took place between the 24th September and 30th October 2020. The focus was to promote sustainable seafood consumption among young students by building on the intangible coastal cultural heritage of Dublin Bay's biosphere. Five online workshops were co-hosted by the Food Smart Dublin (FSD) research team and ECO-UNESCO.

The workshop series brought together a total of 13 students aged 15-18, most of them local to the Dublin area.

This document is a report of the workshops, the outcome of which will inform an academic publication by the FSD team.



The Partners



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Marine Institute
Foras na Mara



IRISH RESEARCH COUNCIL
An Chomhairle um Thaighde in Éirinn

With the contribution of:

Irish Research Council – COALESCE
funding scheme.

Marine Institute - NETWORKING AND
TRAVEL GRANT.

The events were co-hosted by:

- **Food Smart Dublin** - Research project that promotes sustainable, local seafood consumption. Hosted by the Trinity Center for Environmental Humanities – Trinity College Dublin and funded by the Irish Research Council under COALESCE.

- **ECO-UNESCO** - Ireland's Environmental Education and Youth Organisation that works to conserve the environment and empower young people. Specialists in Environmental Education since 1986, this non-governmental organization is linked to UNESCO through the world federation of UNESCO clubs, centres and associations.

Our participants

The workshop series brought together 13 students (aged 15-18), most of them local to the Dublin area. The students' motivation and preparation was evaluated with a pre-workshop open questionnaire.

Their answers are presented in the next two pages:

Our participants

How much do you know about seafood?

- Not much
- not much
- I some information about seafood
- Not a lot
- Honestly not that much.
- a bit
- Not much
- somethings
- I know about food in general, but not a lot about seafood.
- Not as much as I would like
- A bit but my knowledge is limited - I studied fishing as part of the junior cert geography course and live very close to a fishing port.
- Not much

How did you/your parents find out about the workshops?

- Emailed by a friend
- From my friend
- Teacher in school
- I emailed ECO-UNESCO about work experience and they send me this
- I was looking around online for environmental TY Programmes to do.
- friend
- Email from ECO-UNESCO
- friend
- The school shared the information with me.
- Online
- By reaching out to ECO-UNESCO for transition year opportunities
- E ECO-UNESCO

Our participants

Why did you join the Food Smart 2020 programme?

- To try something new
- Do find out more information about the food I eat and how to eat more sustainably
- To learn more about seafood and how it can be more sustainable so that I can tell others about it too.
- To learn about how To help the environment
- To educate myself on how to lead a sustainable life for myself.
- I wanted to learn
- I wanted to learn more about food sustainability
- friends
- Because I love cooking and learning things about food and nutrition.
- I wanted to learn more about seafood sustainability
- To find out how to get people to transition to a more environmentally sustainable diet and lifestyle
- Through ysd

Which part of Dublin are you from? (Dublin 1,2 etc.)

- 5
- Dublin 13
- Dublin 12
- Wicklow
- I'm from Westmeath.
- Dublin
- Not from Dublin, Tipperary
- Dublin
- Dublin 14
- Not from Dublin, I live in Sligo
- Dublin 13
- Dublin 15

Overview of the workshops

Due to Covid-19 all workshops had to be carried out online via Microsoft Teams. All workshops were developed applying a blend-in approach.

25/09/2020 Workshop 1 – Sustainable Seafood

02/10/2020 Workshop 2 – Ireland and its seafood

09/10/2020 Workshop 3 – On our shores

16/10/2020 Workshop 4 – Sutton beach: Training for coastal foraging

30/10/2020 Workshop 5 – Final cooking workshop



Workshops 1 – Sustainable Seafood

Game: Guess that Fish

The workshop was kicked off with a warm-up game: Guess that fish.

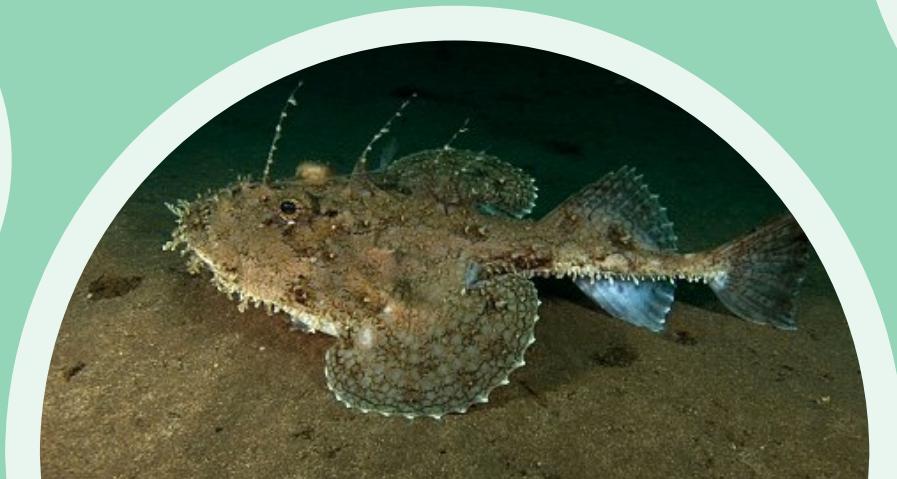
The participants were shown sea creatures and asked to answer the following questions in the chat:

What's the name/fictional name of this sea creature in what film/book does it appear?

What species does it belong to?

Should we eat it?

The experts then took the opportunity to elaborate a bit on each sea creature and its place in the marine ecosystem.



Exploring Sustainability



Through this game, participants familiarised with the concept of sustainability.



Sustainability focuses on meeting the needs of the **present** without compromising the ability of **future generations** to meet their **needs**. The concept of sustainability is composed of three pillars: **economic, environmental, and social**—also known informally as **profits, planet, and people**.



The following questions were raised:



1) How can the concept of sustainability be applied to the fishing sector?



2) From what you know about current practices of consuming and producing seafood, do you think it is sustainable?



3) what would you suggest to make consuming and producing seafood more sustainable?

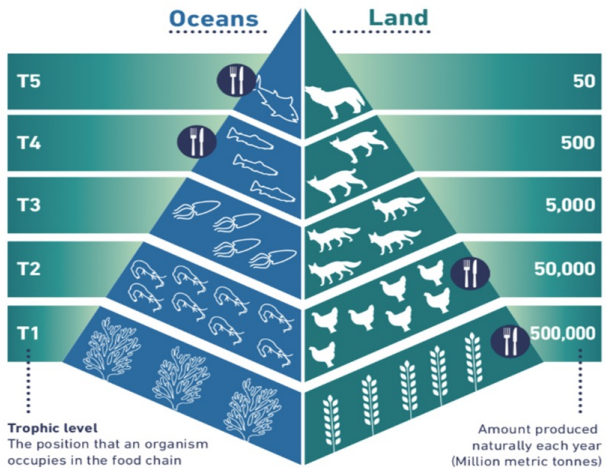
2015 7.3 BILLION

2050 9.6 BILLION

About 70% of the Earth's surface is covered in water

60% increased food demand by 2050

However, only 2% of human food currently comes from the oceans



Unsustainable consumption and fishing practices

Participants watched a Ted-Talk on four fish we are overfishing and what to eat instead by Paul Greenberg and were asked to get into three breakout rooms to discuss the following:

- Think back on the fish you eat most frequently; do you know where the fish comes from?
- Do you know how the fish was caught and how it got to the supermarket?
- Where was it caught? How was it caught? How did it travel?

Participants were then introduced to the most Destructive and Unsustainable Types of Fishing (Trawling, Blast fishing, Cyanide fishing, Seine fishing, Longline fishing, Drift net fishing, Ghost fishing) and asked to break into two final Break-Out Rooms to complete the following task:

- In your Break-Out Rooms do some research and come up with five suggestions about how we might use our ocean as a source of food in a more sustainable way.



Suggestions for a more sustainable seafood way

Group 1

- A quota on the amount of fish each person/boat can take in
- A quota on Salmon & Tuna
- Stricter laws and policing around overfishing
- Seasonally fishing- only allowed to fish during the season in which they are in season
- Advertising the more sustainable fish e.g. mussels
- Incentives on seaweed to make it more widely available to public

Group 2

- Increase the price of unsustainable seafood/fish and subsidies sustainable ones
- Make seaweed more available in shops/supermarkets
- Inform the public (public awareness) / marketing
- Introduce Seaweed recipes to chefs / restaurants / new dishes
- Oblige the use of bycatch

Outcomes and feedback - 1st workshop

According to the open questions on the feedback survey, the most interesting things the participants learnt were the marine food pyramid, the fishing techniques and how the fishing industry works. They were surprised by some of the scientific facts mentioned in the workshops, such as “How carbon intensive different fish are for food. Especially shrimp!”, “fishes are fed to chicken as food which end up being fed to fish” and “tuna are warm blooded fish and can swim at 40 miles per hour”, etc. They also expressed confusion about the order of the food pyramid and the various ways to catch fish, but most of them had no challenges in absorbing the knowledge from the workshop.

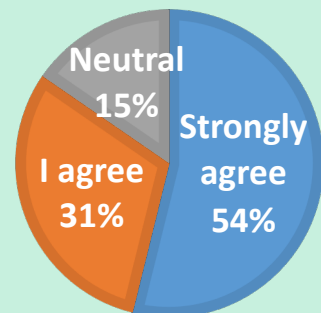
I LEARNT SOMETHING NEW TODAY

■ I agree ■ I disagree



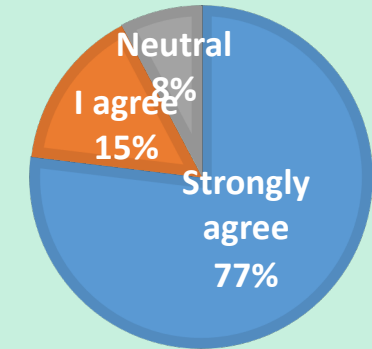
I WILL TELL OTHER PEOPLE WHAT I LEARNT TODAY

■ Strongly agree ■ I agree
■ Neutral ■ Disagree
■ Strongly disagree



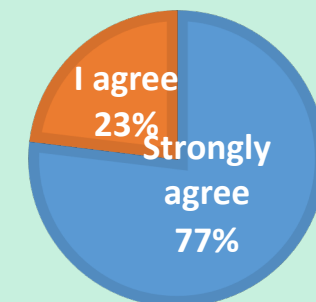
I THINK THAT OTHER YOUNG PEOPLE SHOULD KNOW THIS INFORMATION

■ Strongly agree ■ I agree
■ Neutral ■ Disagree
■ Strongly disagree



THE INFORMATION IN THE WORKSHOP IS INTERESTING

■ Strongly agree ■ I agree
■ Neutral ■ Disagree
■ Strongly disagree





Workshops 2 – Ireland & Its Seafood

Fish in Irish Mythological Stories



To kick-off the workshop a warm-up game was performed in which images of the story of Fionn Mac Cumhail and the Salmon of knowledge were shown.

The participants had to guess and piece together the story aided by the images if they didn't know it.





Ireland's Historical and Cultural Relationship with Salmon, Lobster and Oyster

Participants were introduced to seafood that we commonly like to eat in Ireland and the nation's cultural and historical relationship with this seafood.



The Irish and their Seafood in the 21st century

The topic started with an open discussion on the paradoxical situation of having all this fish in our waters but importing most of our cod and salmon – and the curious fact that Irish people don't eat as much fish as we would expect of an Island Nation with over 7000km of indented coastline and 10 acres of sea for each acre of land.

The following sub-topics were discussed with the participants:

- Salmon and cod are the most consumed seafood in Ireland but much of it is imported due to low quotas granted by the Common Fisheries Policy.
- Around 40 species of fish in Irish waters have great export value and are appreciated more elsewhere e.g. black bass.
- The European average of seafood consumption lies at 24kg per head per annum - in Ireland we eat seafood just below this average (23kg p/a) compared to Portugal who eat double this amount (57kg p/a).
- Many people believe that Ireland's low consumption is related to their association between eating fish and penitents.

The Common Fisheries Policy



Participants were introduced to the common fisheries policy (CFP) and were encouraged to discuss the advantages of CFP and its negative impacts.

Role-Play

Participants were then divided into two Breakout Rooms with the following exercise:

The EU's Maritime Affairs Commissioner wants to tighten the rules on the CFP. A large-scale fisherman isn't happy as they think it will ruin their livelihood for reasons like those listed in the video. A small-scale fisherman who tries to fish sustainably off the Irish coast is more amenable to the changes. Assume your roles and come to a compromise.

Role Play: The Common Fisheries Policy



Group 1: Maritime Commissioners lobbying the EU to tighten CFP restrictions

The following suggestions were discussed:

- The group was not sure if they wanted it tightened so we listed the positives first then negatives and then took the negatives and tried to come up with solutions.
- Regulations on the size of the boats which could fish so more emphasis on small-medium companies and not large companies.
- Implement Rod & Rail fishing – one participant had googled it, and wasn't too sure what it was but believed it was type of fishing practice which was more sustainable
- Higher fines for fishing more endangered species and also fines based on seasonal fishing.
- Implementing 'good practice' in regards to the 'bycatch', they still get fined if they tried to sell but if extra fish were caught instead of putting the dead ones back in the water, there be a place for them to put them and they use it as food or for other something else which wouldn't lead to its waste. This would be abandoned if the numbers increased.
- Set up a task force with experts and commission research and report which explores new ways that would lead to more sustainable fishing practice.

Role Play: The Common Fisheries Policy



Group 2: Fisherman's lobby group requiring that CFP restrictions be loosened

The following suggestions were discussed:

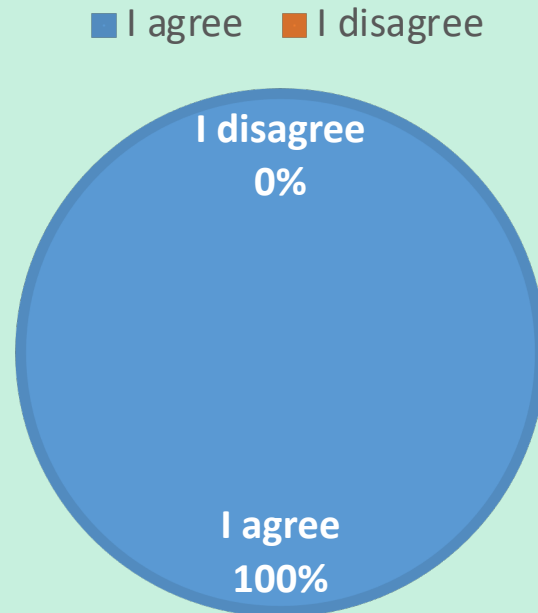
- That the restrictions are equal for all countries (loosened due to lowest common denominator).
- The group raised the issue of very differing populations in European countries adding to inequality in the restrictions.
- There is a particularly low quota for Ireland, this specifically needs raising.
- The restrictions on throw away could be loosened or at least changed so that bycatch is used.
- This could be done by increasing subsidies for landing all bycatch.
- There was also a suggestion of equalising all methods and techniques/technologies. across Europe to ensure an equal playing field for all different fleets.

Outcomes and feedback – 2nd workshop

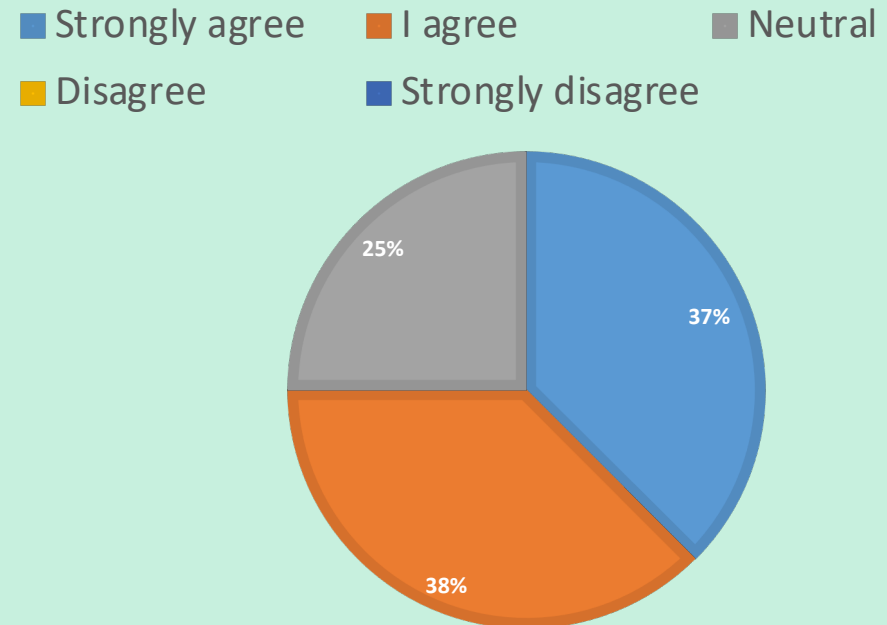
According to the open questions on the feedback survey, the most interesting things the participants learnt were:

- Oysters are environmentally friendly
- All of the oyster info
- About oyster were almost alive when you eat them.
- la papillon style of cooking salmon
- Lobster used to be everywhere in Ireland
- Lobsters were the poor man's chicken
- Oysters can filter water
- How quotas work - Although I knew what a quota was, I didn't realize how specific/technical it could be, e.g. a different quota for each species depending on different parts of the water

I LEARNT SOMETHING NEW TODAY



THE INFORMATION IN THE WORKSHOP IS INTERESTING

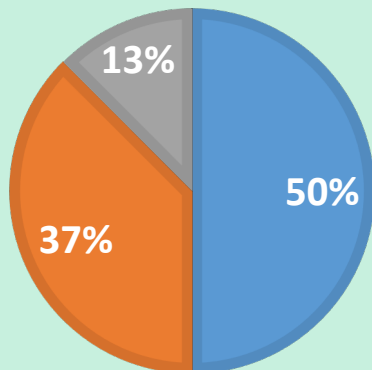
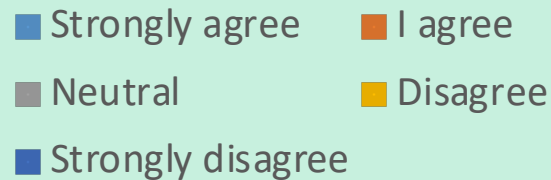


Outcomes and feedback – 2nd workshop

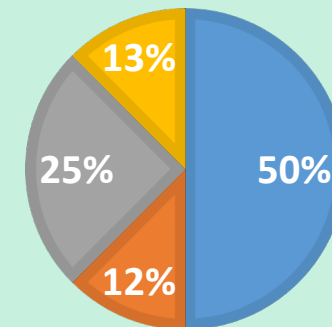
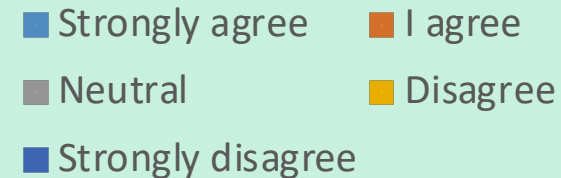
According to the open questions on the feedback survey, the most surprising things the participants learnt were:

- That lobster was fed to chickens and pigs
- The decrease in Salmon population
- Was that oysters were a fast food
- Ireland has around 40 species of fish in its waters yet like 60% of the fish on the market is just salmon and cod (with salmon being endangered species too!)
- Lobsters can bite off your finger??
- That lobster were used to feed animals.
- Oysters are alive until just before you eat them and lobsters are boiled alive
- That the CFP, something I had previously heard mostly good things about, has so many disadvantages and opposers, e.g. the number of small fishermen going out of business.

I THINK THAT OTHER YOUNG PEOPLE SHOULD KNOW THIS INFORMATION



I WILL TELL OTHER PEOPLE WHAT I LEARNT TODAY





Workshops 3 – On Our Shores

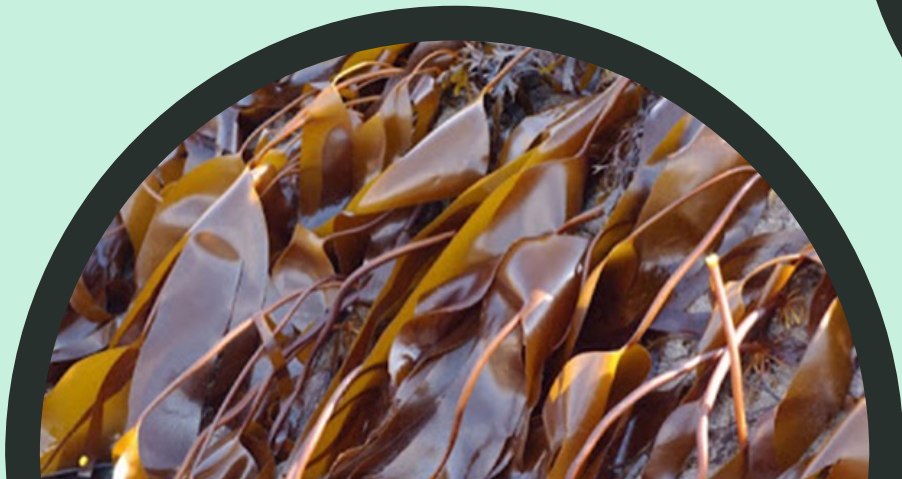


Game: What is on our Dublin shores?

Participants were asked to guess the name of the shore's wildlife in the pictures (rayed trough, common whelk, crab, periwinkles, moon jelly, seaweed (wrack)).

The world of seaweed

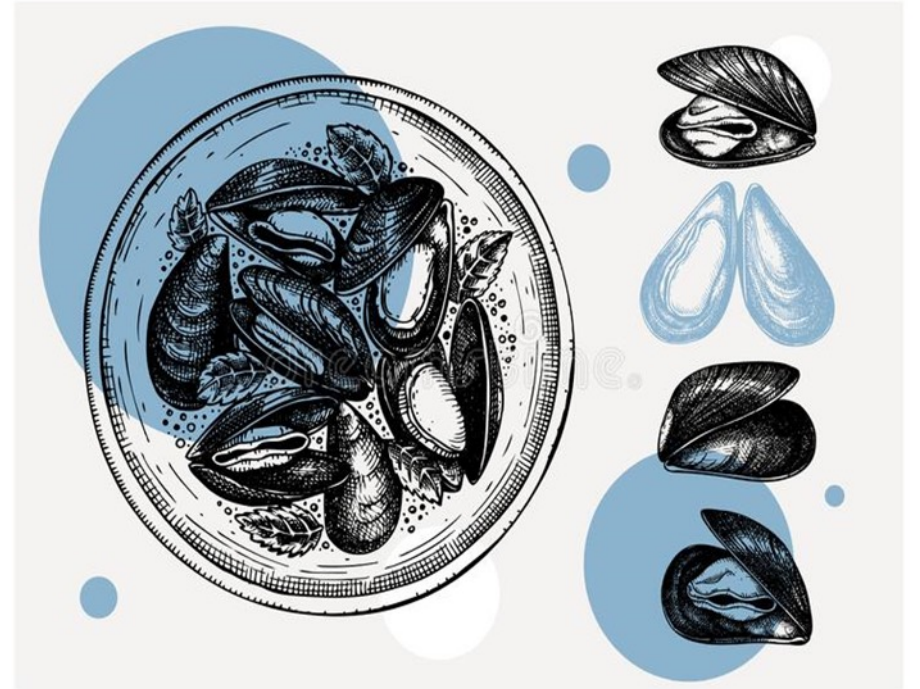
Participants were invited to dive into the wonderful world of seaweed. Some of the different varieties of seaweed were introduced as well as the different uses of seaweed. Participants also watched a clip of Eco-Eye about seaweed.



Role Play: Imagine a recipe

In this activity, participants were placed into three Break-Out Rooms. Each team in each Breakout Room was given the ingredients of a recipe, which included an ingredient from Dublin Bay. The team made up the recipe and guessed what they think the recipe's end product was. They presented their recipe to the other groups in plenary and then discovered what the real recipe was.

The recipes were Periwinkle Butter with Wilted Samphire on Toasted Ciabatta and Pickled Mussels with Horseradish.



Seafood event for young people

Participants were tasked with creating their own Seafood Festival that is aimed at young people. The festival had to aim to promote low-trophic seafood found along the coasts of Ireland.

They had to consider:

- A location for the event
- Time of year & day
- How they would promote the event to young people, especially
- What activities they would put on to attract young people
- How they would change young people's opinion of low trophic seafood

Each seafood festival was peer-assessed in the plenary chat.



Outcomes and feedback – 3rd workshop

According to the open questions on the feedback survey, the most interesting things the participants learnt were:

- That you can harvest seaweed in Sligo
- Many different recipes can include seaweed
- recipes
- About the dangers in over harvesting seaweed.
- That there is so much seaweed so close to me
- That there are 500 species of seaweed
- Multiple different recipes can include seaweed.
- About the different types of seaweed
- How versatile seaweed is for cooking and eating it and how beneficial it is for marine biodiversity, reducing the harm of climate change and how it acts like a natural storm barrier
- How important seaweed is for coastal protection and in the blue carbon cycle (It was described as a bioengineer). Although I have always seen it on beaches, I wasn't aware that it played such an important role in their preservation.
- That seaweed can reduce the methane of cows

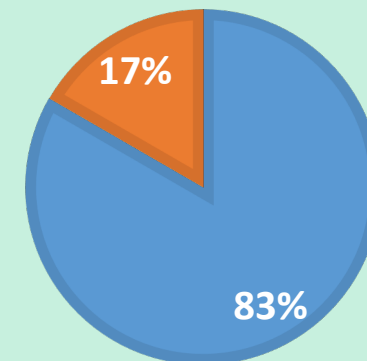
I LEARNT SOMETHING NEW TODAY

■ I agree ■ I disagree



THE INFORMATION IN THE WORKSHOP IS INTERESTING

■ Strongly agree ■ I agree ■ Neutral
■ Disagree ■ Strongly disagree

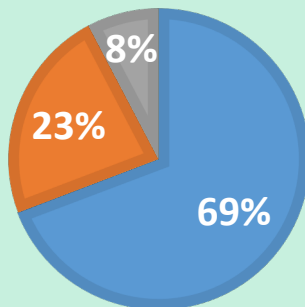
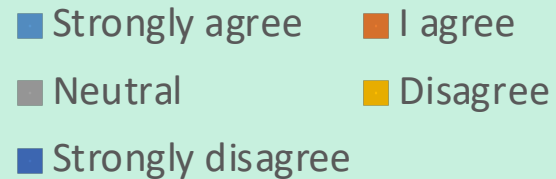


Outcomes and feedback – 3rd workshop

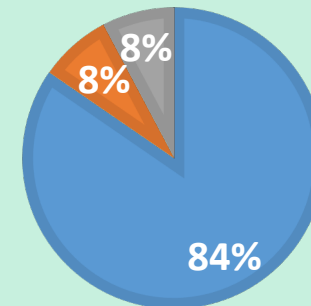
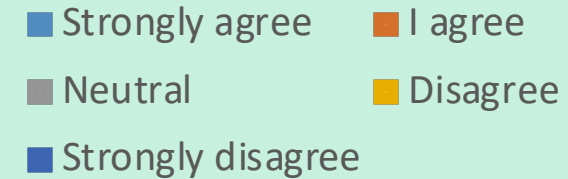
According to the open questions on the feedback survey, the most surprising things the participants learnt were:

- That there are so many types of edible seaweed
- There are multiple seaweeds native to Ireland.
- the number of seaweed there are
- That there are many different types of seaweed
- That Ireland has over 500 species of seaweed
- About over harvesting seaweed
- That Ireland has over 500 species of seaweed
- How important seaweed is to Gaeltacht communities - I didn't realise the practice was so crucial to people's livelihoods and wasn't aware of the adverse effects that giving licenses to other companies would have on them.
- How edible seaweed is
- Seaweed is a natural antibiotic
- Multiple varieties of seaweed are native to Ireland.

I THINK THAT OTHER YOUNG PEOPLE SHOULD KNOW THIS INFORMATION



I WILL TELL OTHER PEOPLE WHAT I LEARNT TODAY





Workshops 4 – Sutton beach: Training for coastal foraging

Sutton beach – remote fieldtrip

Due to Covid-19 and its mobility restrictions, the workshop organisers visited Sutton beach and produced a series of short video clips to be presented to the students in an online workshop. The videos covered the history, landscape and the wildlife that can be found along Sutton's shores.



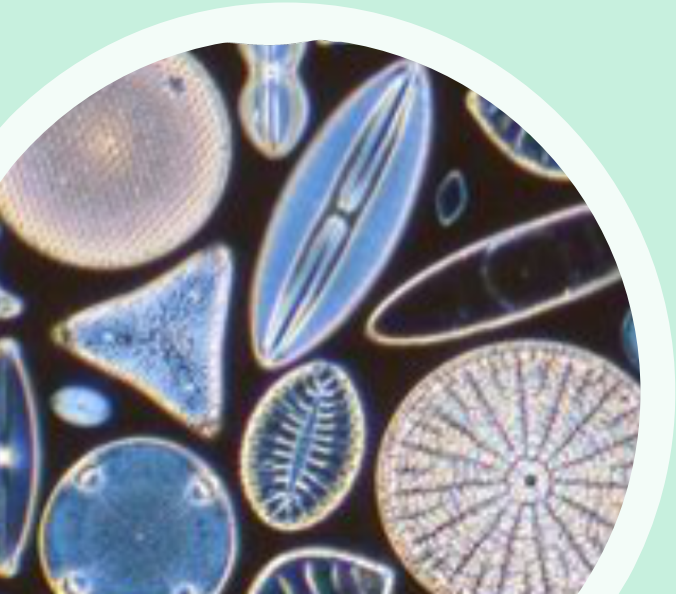


Participants were actively involved in identifying some of the wildlife captured in the videos:

Blenny & Goby, Sandfleas, Crabs, Lichens etc....



Sutton beach – Wildlife



Participants were actively involved in identifying some of the wildlife captured in the videos:
Cockle & Blenny, Diatoms & Winkle Tracks, Nori seaweed etc...

Foraging tips



Participants were told to be very aware of their foraging location and how to forage sustainably while respecting the local environment. It was pointed out that Dublin Bay was not the most suitable foraging area due to sewage and other pollution aspects. The water quality of an area affects the quality of the organisms inhabiting this region. But although Dublin Bay and particularly Sutton beach were considered unsuitable for seashore foraging, it is a fantastic place to explore the great biodiversity of our local coast.

Workshop 5 – Cooking sustainable seafood

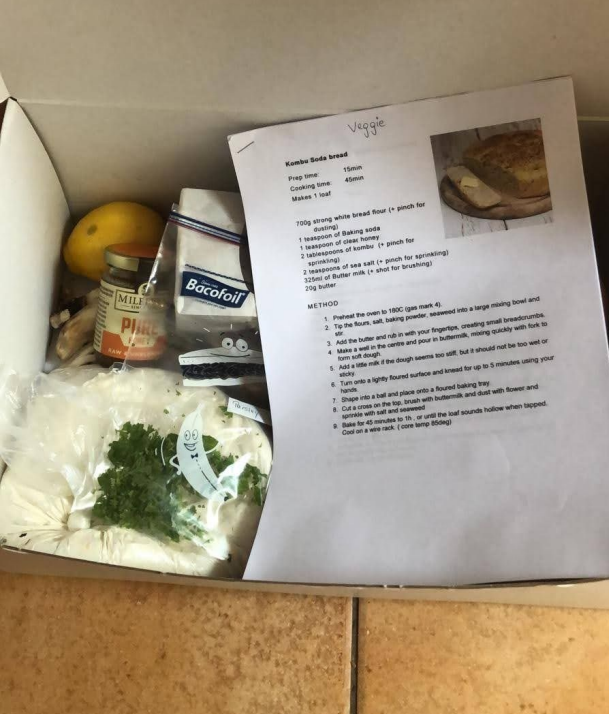


Cooking together in Covid times

Due to Covid-19 the in-person cooking class could not take place as planned. The cooking was delivered in the kitchen of our food industry partner chef Niall Sabongi and his sue-chef Adam with the participants following their instructions at home in their own kitchens through virtual media. Seafood kits were prepared for each participant a day before and delivered to their door.



Sustainable seafood



Participants were invited to join Chef Niall Sabongi to cook sustainable seafood from lower trophic levels, such as flatfish, Dublin Bay prawns, sea lettuce and carrageen moss. In the cooking workshop, the students learned how to bake seaweed bread, prepare prawns and fish for cooking, hydrate seaweed, as well as plate and serve these delicious seafood dishes.



The final results

These are some of the delicious dishes prepared by our young participants at the end of the cooking workshop. Left to right and top to bottom: flatfish in lemon butter, prawn on toast, carageen pudding, seaweed soda bread



Outcomes and feedback – 5th workshop

According to the open questions on the feedback survey, these are things that were liked the most about the recipes:

- They were very tasty
- I liked the fact that they were different - I have never cooked with seaweed before so it was fun to try out new things and taste new flavours.
- How they tasted!
- They were interesting and different from standard recipes
- The new techniques I learnt in the making and the taste and simplicity of them
- I liked how quick and sustainable they are
- They were fairly quick and easy to make and had few ingredients
- Seaweed

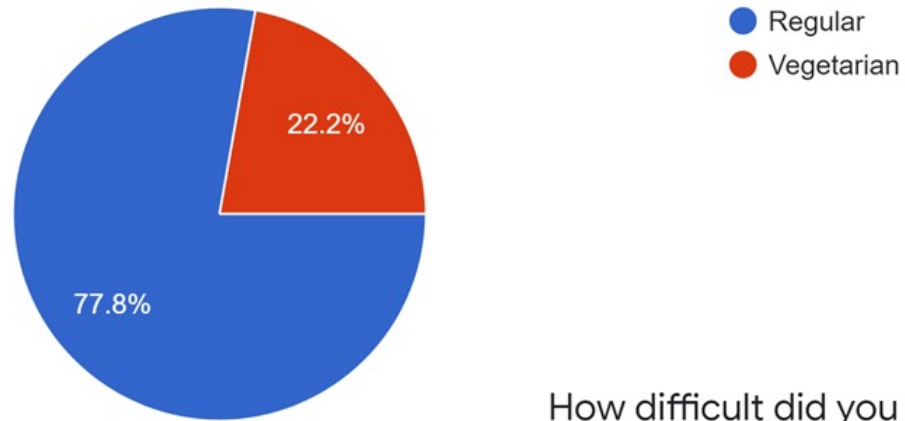
These are things that were disliked the most about the recipes:

- I liked everything
- I would have preferred if there had been more vegetarian dishes/a more substantial vegetarian main dish but otherwise everything was great.
- Having to prepare the fish
- Nothing
- The recipes themselves had typos and so weren't always very clear.
- So much cream and butter

Outcomes and feedback – 5th workshop

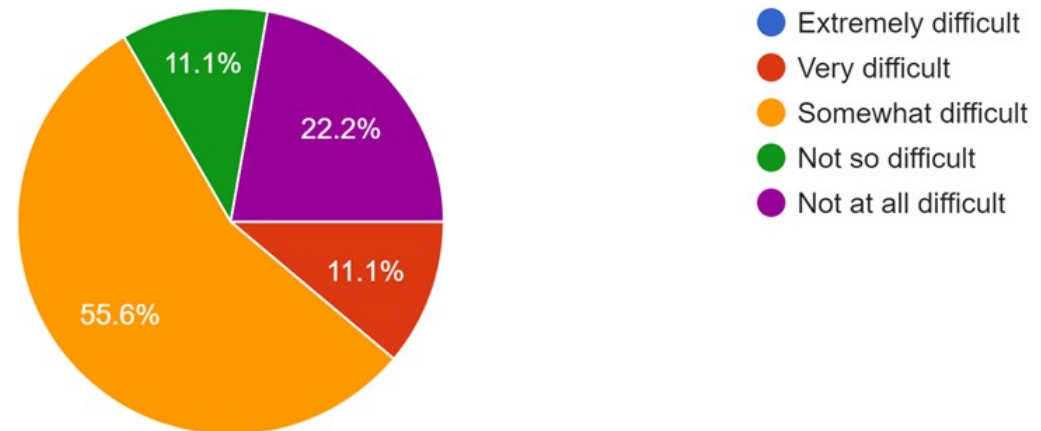
Which of the two menus did you select for the cooking workshop?

9 responses



How difficult did you find cooking the recipes?

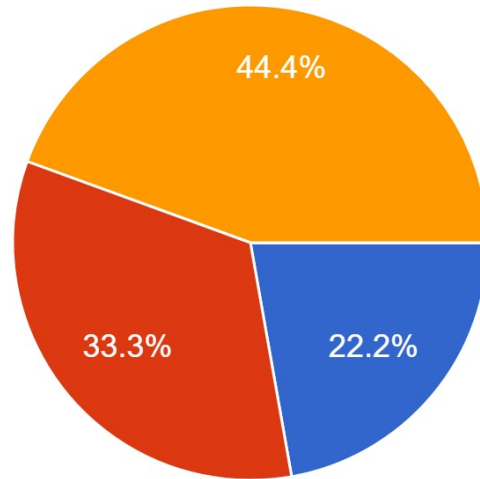
9 responses



Outcomes and feedback – 5th workshop

How likely are you to prepare these recipes again?

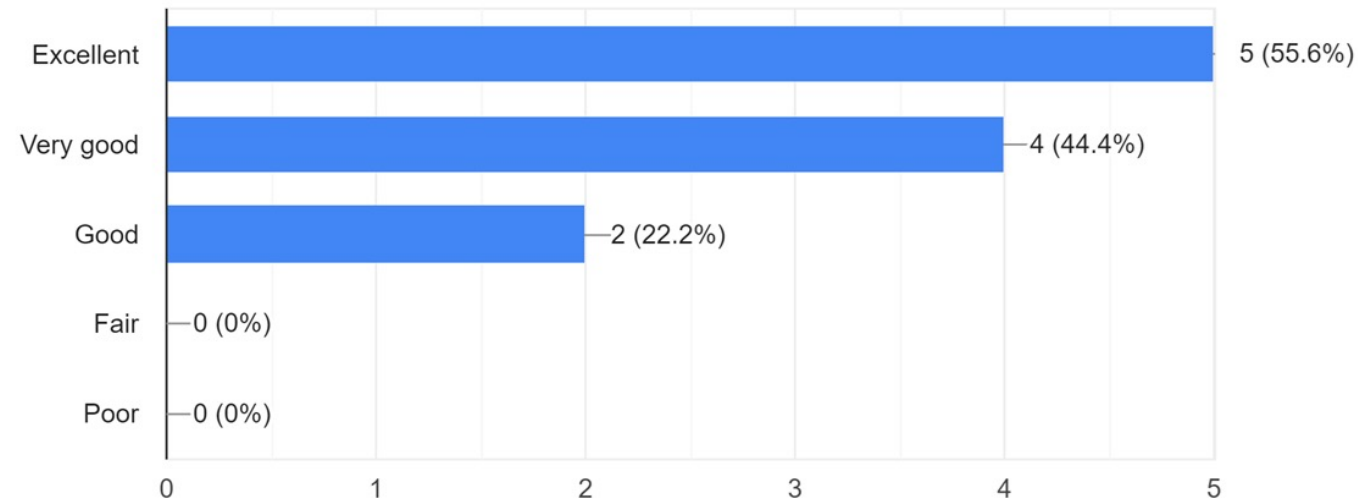
9 responses



- Extremely likely
- Very likely
- Neutral/ Neither likely nor unlikely
- Not so likely
- Not at all likely

Overall, how would you rate your cooking experience?

9 responses



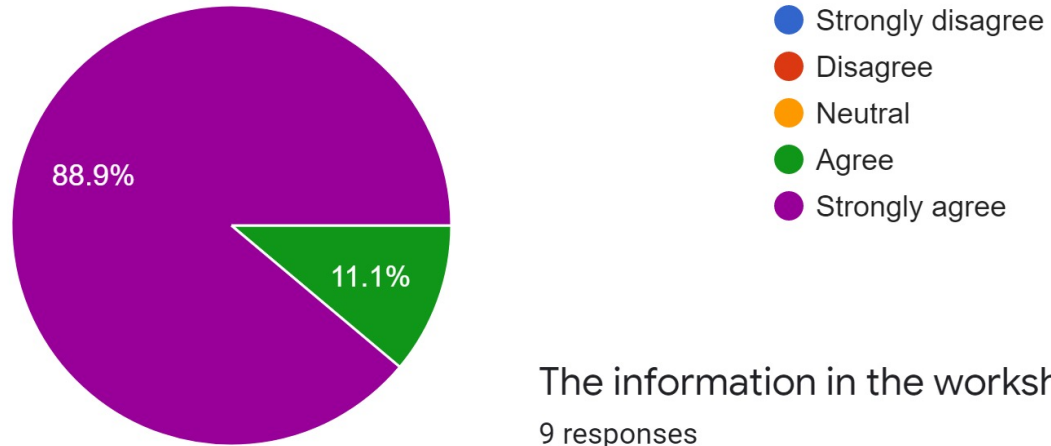
Final feedback – FSD workshops



Outcomes and feedback – FSD workshops

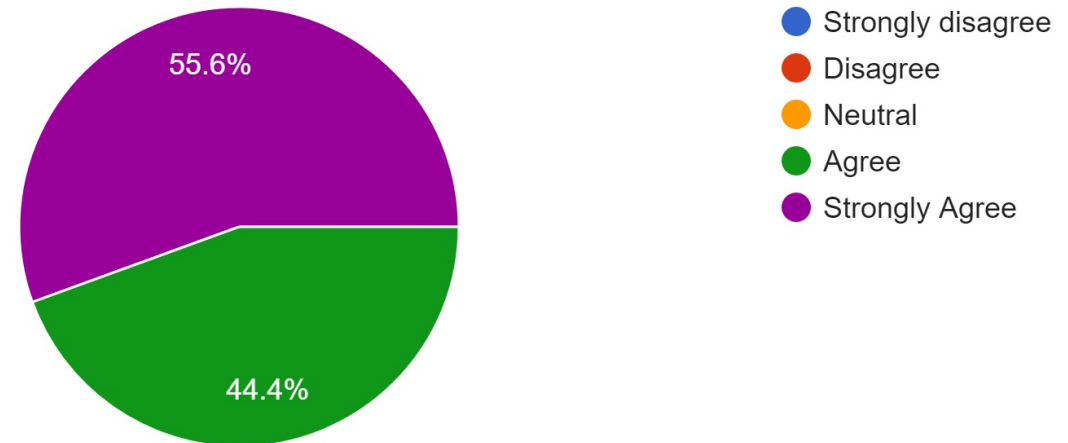
I learnt something new with the FSD workshops

9 responses



The information in the workshops was interesting

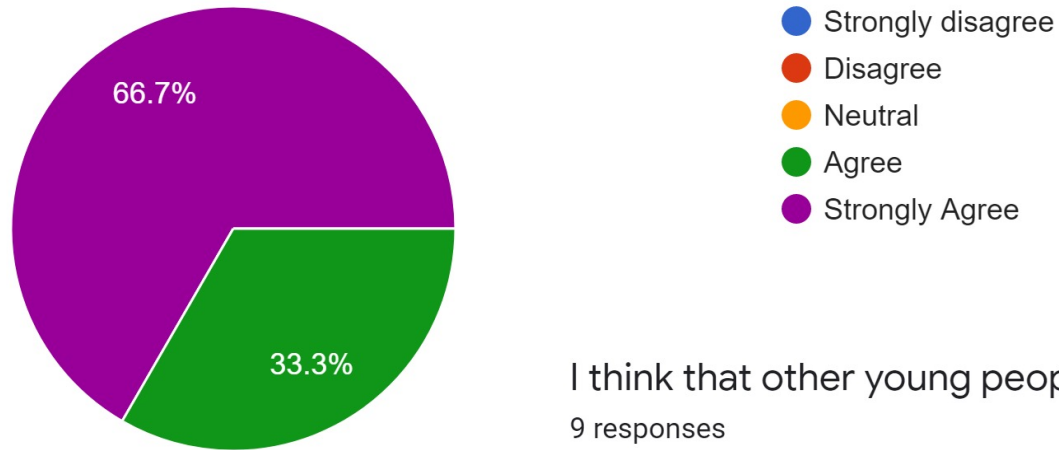
9 responses



Outcomes and feedback – FSD workshops

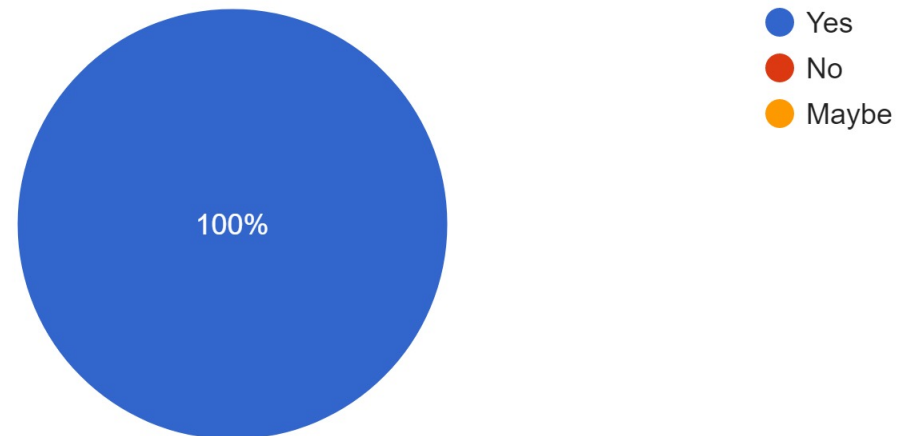
The information in the workshops was clear and understandable

9 responses



I think that other young people should know this information

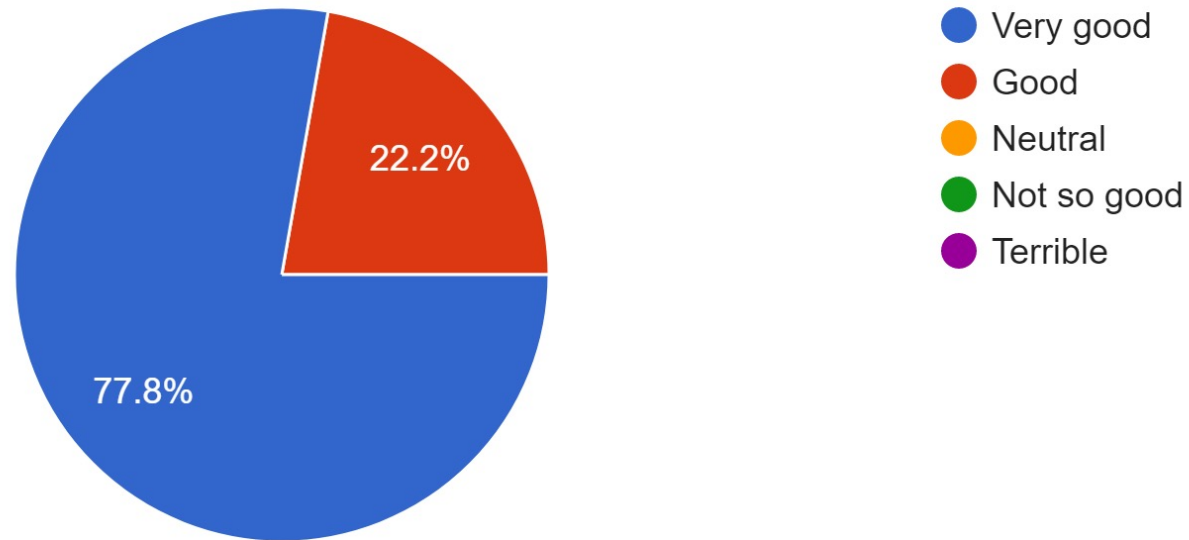
9 responses



Outcomes and feedback – FSD workshops

Overall, how do you rate your experience with the Food Smart Dublin Workshops?

9 responses



Outcomes and feedback – FSD workshops

ECO-UNESCO's Young Environmentalist Awards (YEA) is an all-Ireland environmental awards programme that recognises and rewards young people who raise environmental awareness and improve the environment.

Another exciting outcome of the workshop was that half of the students participating in the Food Smart Dublin workshops subsequently subscribed to take part in the YEA!

This clearly shows how the FSD workshops encouraged in students a stewardship towards their coastal heritage by enabling a feeling of belonging, and with that, a sense of responsibility for the protection of the environment.





Thank you!



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Marine Institute
Foras na Mara

A huge thank you to everyone who participated in the workshop and shared their understanding about sustainable seafood.

All research outputs will be updated at

<https://www.tcd.ie/tceh/projects/foodsmartdublin>

You can also follow us through FSD's social media accounts!



IRISH RESEARCH COUNCIL
An Chomhairle um Thaighde in Éirinn

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