

Colchester's rapeseed oil
is grown organically

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of Kilkenny Food Trail, which
was established two years ago,
has also — quite literally — put
many of the county's food
producers on the map.

Breakfast started with Lavis-
town gourmet sausages, made
by Olivia Goodwillie from
locally reared pork and given a
touch of magic with garlic and
a clever use of spices. They are
sold frozen because they have
no preservatives, and are
perfect for coeliacs because they
contain no wheat.

Spices, of course, aren't
cheating, thanks to the Marco
Polo rules: the Locavore creed
offers exceptions for salt, spices
and seasoning, as well as other
ingredients such as yeast,
baking soda and baking powder.

The sausages were cooked in
Kitty Colchester's cold pressed
Happy Heart rapeseed oil from
Second Nature oils. The rape-
seed is organically grown on the
family's Drumeen Farm, near
Urlingford, and the product re-
cently featured at the state din-
ner in Dublin Castle last year for
the visit of Queen Elizabeth.

The oil can be purchased at
Knockdrinna farm shop in
Stoneyford, 14km south of the
city, which is co-owned by
Helen Finnegan. Here we
picked up Knockdrinna dry-
cured free-range bacon and
locally produced eggs to help
finish off the full Irish start to
the day. Mosse's Farm apple
juice from Bennettsbridge was
also purchased along with
locally produced jams.

The main reason for this
visit, however, was to secure

