



A BLUEPRINT FOR OUR SUSTAINABLE FOOD FUTURE

*Scalable solutions for
global impact*

What sets Castle Leslie apart is its unique potential to create an integrated, sustainable, and regenerative land use model that directly connects with the food system. This model not only serves the local community but also extends its reach through hospitality and tourism, offering a blueprint for sustainable living to the region and beyond.





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What sets Castle Leslie apart is its unique potential to create an integrated, sustainable, and regenerative land use model that directly connects with the food system. This model not only serves the local community but also extends its reach through hospitality and tourism, offering a blueprint for sustainable living to the region and beyond.

The Leslie Foundation is a registered charity in Ireland, based at Castle Leslie which has been the home of the Leslie family for 360 years. Throughout its history, food and food innovations have been at the heart of the Estate. To date it has endured wars, the Great Famine, the Troubles and significant economic upheaval. However, our local, national and global current food models along with the associated impacts are the single greatest challenge which we, as a society, have ever faced. **We will outline how we proposed to become a key player in working to create meaningful change, by helping to shift public, producers and policy makers understanding and attitudes to food, all its touch points and impacts.**



Simply telling people what to do is ineffective, especially in today's cluttered and complex world.

To create meaningful change, we must shift collective consciousness and provide people with practical tools that resonate with their everyday lives, empowering them to make informed decisions.

Our approach involves co-creating and delivering a series of projects aimed at helping everyone—from schoolchildren to policymakers—grasp the true cost and current impacts of their diets and food production. We will achieve this by focusing on the interconnected health of our land, bodies, and brains, placing the individual and their dietary choices at the core of this transformation.

Leveraging Data to Transform Our Approach to Shopping, Cooking, Eating, Waste and Sustainability.

Access to clean water and nutritious, affordable, healthy food are a basic human need. Within our current siloed food models there is a severe lack of joined up thinking and we are paying the price in terms of:

Natural Capital Cost - Current food systems have major negative impacts on the nine planetary boundaries. Humanity needs a stable planet to thrive on.

Social Costs - Most groups within our societies lack access to affordable clean healthy sustainable food. Many people also lack the time, skills or facilities needed to cook. The convenience and subsidising of fast-food further compounds this.

Human Capital Costs - Just under 10% of the population of Ireland is employed in food production. In 2022 there were 135,000 farms, 2,000 fishing vessels & aquaculture sites and some 2,000-food production & drink enterprises.

These issues are common, not only in Ireland but internationally. This will allow for projects to be adapted and replicated in Ireland, UK, Europe and US, and further afield.

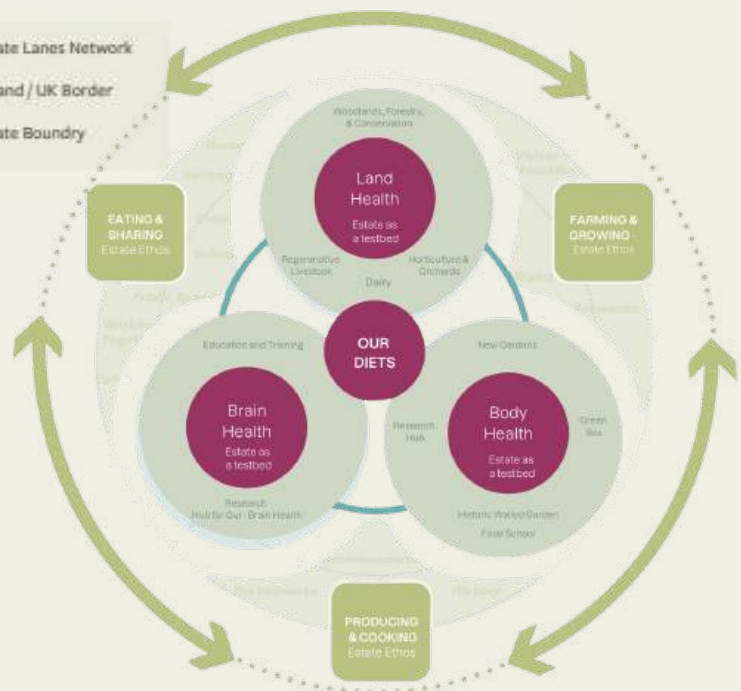


Key

	Famine Wall		Estate Lanes Network
	Famine Wall Interpretive Trail		Ireland / UK Border
	Famine Wall Visitors Centre		Estate Boundry

1:10,000 @ A3

Disclaimer: This map is for illustrative purposes only. Project locations are indicative.





RESEARCH
1 MILLION
MEALS - using
True Cost Acc.

WHAT WE WILL DO TO DELIVER
OUR PREFERRED FOOD
FUTURE FOR SOCIETY

LAND
Health
232ha

BODY
Health
12ha

BRAIN
Health

- Regenerative Livestock 110ha
- Horticulture & Orchards 7ha
- Dairy 17.5 ha
- Woodlands and Forestry Conservation 97.5 ha

- Food School
- Walled Garden
- Green Portal
- New Garden

- Research
- Education and Training

- IMPROVING HABITS/ BEHAVIOURS
- IMPROVING WHAT AND HOW WE GROW
- IMPROVING OUR HEALTH
- IMPROVING THE WAY WE DISPOSE
- IMPROVING US AND OUR PLANET

HOW WILL WE DO IT

WORK AREA: Research

Unpacking Our Plates – Analysing the impact of 1 million meals to shape healthier lives for people and planet.

People are at the centre of defining our work, so we begin with people to understand:

- **Our current food choices (shopping), cooking, eating, waste and sustainability of food-** Working with communities to analyse the dietary patterns of 1,000 individuals. This equates to approx. 1 million meals a year, across all age groups, including the residents of Glaslough, Castle Leslie staff and visitors to the Estate. This will allow us to gain insights into current eating habits, trends, preferences and nutritional intake. It will also allow us to assess the natural, human, social and production impacts of these choices.
- **The efficiency of the existing agri-food system** in supporting these dietary needs, identifying strengths and shortcomings in food availability, quality, and accessibility.

And to develop recommendations for sustainable and regenerative practice regarding both diet and agriculture – feeding into our project work and delivery.

WORK AREA: Land and Food Health *Cultivating Sustainable Nutrition for People and Planet*

Our land will serve as a testbed for implementing solutions that drive meaningful change. Co-creating an Integrated Land use System to address gaps in the agri-food system with local producers, to enhance the dietary health of the local population through sustainable and locally produced food solutions. A recent assessment by Agriolo on our Estate identified we can leverage our land resources to create an integrated land-use system that produces food, enhances conservation efforts, improves the climate, and engages the community e.g.



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- **Horticulture & Orchards:** Establish small-scale horticultural enterprises to grow fruit and vegetables that can supply the estate's hospitality business and the local community.
 - **Dairy:** Establish Grass-Based Dairy Production via a dairy enterprise focused on producing milk from grass, showcasing sustainable practices like low-input and organic production.
 - **Regenerative Livestock:** Establishing Adaptive Multi-Paddock Grazing we can implement regenerative grazing practices to manage livestock, which is beneficial for the environment, increases stocking density, and sequesters significant amounts of carbon.
 - **Woodlands, Forestry, & Conservation:** Via regenerative forestry we can restore and manage the estate's woodlands to produce timber and other forest products while enhancing biodiversity and carbon storage.

WORK AREA: Body Health
*From Farm to Fork:
 Producing, Sourcing, and
 Consuming Healthy Food*

We have been selected as a regional hero project with the [National Tourism Agency](#) and are currently in the concept development phase of our Green Portal initiative. We envisage this will create a series of interconnected, collaborative spaces (some that exist already such as our Historic Walled Garden) designed to engage stakeholders in the development and implementation of sustainable food practices and futures. Spaces will serve as a canvas where the future of agriculture and food can be reimaged—where cultural and behavioural changes are fostered, and where the symbiotic relationship between people, place, village, and estate can be explored and shared.



Big Green Box

A green high-tech space to create impactful digital exhibitions, tailored to the visitor group, to explain how food impacts our lives and our planet.

Historic Walled Garden

To restore as it was in 1840 to explain food and its many impacts as a market in time.

New Garden

To create new garden to demonstrate teaching, research and future proofed food production

Food School

A hands-on learning space for everyone to learn about food, all its circular impacts, in a fun and engaging way.

Food Shop

Selling produce directly from the land.



WORK AREA: Brain Health – Nourishing the Mind: The Critical Link Between Diet, Gut, and Brain Health

Despite autism affecting 75 million people worldwide, with rates increasing by 178% since 2000, traditional therapies and dietary interventions often fail to address the complex challenges of neurodivergence. Systemic issues like insufficient research on diet and gut health, underdeveloped professional fields, and inadequate support from governments and private sectors exacerbate these shortcomings. As a result, autistic individuals face higher risks of poor health, educational setbacks, and social isolation, all worsened by inadequate dietary support. This global issue requires a unified approach that integrates diet, therapy, and education to improve outcomes for those with autism and their families. We are cocreating a concept that will incorporate:

Research - dedicated to advancing autism research, including neuroscience, genetics, brain imaging studies, and gut microbiome studies, behavioural studies, and therapeutic interventions.

Education and Training Centres - Schools and training facilities offering specialised programmes tailored to the needs of autistic individuals, emphasising visual learning, sensory integration, and life skills.

**BE THE CHANGE - THE
FUTURE OF FOOD STARTS**

NOW: We invite you to join us in this transformative journey. With your support, we can set a new global standard for sustainable living, directly impacting the health and well-being of communities around the world

Our Vision: Transform Castle Leslie into a living laboratory where innovative food systems are tested, refined, and shared. By leveraging our unique land resources and integrating them with the food system, we seek to create a model that not only sustains the local population but also serves as a global standard for sustainable living.

What We Need: To bring this vision to life, we seek strategic investment to fund the following key areas:

Research: Unpacking Our Plates – Analysing the Impact of 1 Million Meals in 1 year to Shape Healthier Lives for People and Planet

Purpose: To gain deep insights into current dietary patterns, food choices, and their associated environmental, social, and health impacts. By examining the consumption of 1 million meals, this research aims to identify key trends and challenges in how food is sourced, prepared, consumed, recycled. The findings will be used to inform and develop sustainable, health-focused practices and policies that can improve individual well-being and reduce the ecological footprint of our food systems, ultimately contributing to a healthier future for both people and the planet.

Land Health Projects: Land and Food Health Cultivating Sustainable Nutrition for People and Planet.

Purpose: To develop regenerative agricultural practices on the estate covering 244ha - horticulture, grass-based dairy production, and adaptive multi-paddock grazing. These projects will enhance biodiversity, sequester carbon, and produce sustainable food for the community.

Body Health Projects: Body Health From Farm to Fork - Producing, Sourcing, and Consuming Healthy Food.

Purpose: To create the Green Portal, a series of interconnected, collaborative spaces that engage stakeholders in sustainable food practices over 12ha. This includes developing the New Garden, Food School, and Big Green Box as educational and experiential hubs for both the local community and visitors.

Brain Health Research: Brain Health – Nourishing the Mind: The Critical Link Between Diet, Gut, and Brain Health

Purpose: To advance research on the critical link between diet, gut health, and brain health, particularly in relation to autism. This includes establishing research centers and education facilities dedicated to studying and supporting neurodivergent individuals.

The Impact: Your investment will enable Castle Leslie to become a testbed for integrated sustainable food systems that can be replicated worldwide. By supporting this project, you are contributing to a future where land, food, and health are integrated in a way that benefits people, the planet, and future generations.



CASTLE
Leslie
ESTATE

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