

**Type:** Ecological agricultural cooperation  
**Country:** Ireland



**Why it is a good practice?**  
 Neantog have dedicated their lives to good food and passing their knowledge onto others. Through their school they teach the benefits of eating healthily, organic gardening, foraging, fermenting, plant-based cooking, and sourdough baking. Their ethos revolves around a sustainable lifestyle and all their teachings promote this and eco-tourism for their region.

**About**  
 Neantóg is the Irish word for nettle and the name of their organic farm in Sligo because the cottage they moved into was surrounded by nettles, which are nourishing, healing, and energizing. Neantóg was founded by Gaby and Hans Wieland who moved to rural Ireland from Germany in 1985 and lived in a tent for two years becoming farmers, growers, cheese-makers and bakers. They were one of the first local producers to supply shops in Sligo and among the first to make sourdough bread in the region. In 1987 they bought their farm, and as well as being their home, it is where offer courses and workshops at their Kitchen Garden School and where Gaby runs her Naturopathic Clinic. Gaby and Hans got involved with the organic movement in the Northwest of Ireland and especially The Organic Centre project, where they began giving courses as early as 1996. Gaby, with a background in nursing, graduated as a Naturopath and Herbalist in 2004. Hans dedicated the next 16 years to developing courses and training programmes in organic horticulture, sustainable living and eco-tourism helping to make The Organic Centre renowned nationally and internationally as a centre of excellence. Together they now concentrate on developing Neantóg Kitchen Garden School's programme of courses, tours, workshops, and mentorships.

*“At Neantóg we aim to provide a space for learning skills, gaining knowledge and sharing ideas for a healthy and sustainable life. All our courses are based on our experience as growers, producers and practitioners.”* In 2019 they took on another venture, when they started Sligo Food Tours sharing the culinary history of the area while also enjoying food at some of the best cafes, restaurants, and locations in the area.

**Healthy**  
 Nourishing, healing and energizing just like their motto is the basis for the range of courses in organic gardening, plant-based cooking, sourdough baking, fermenting and foraging that Neantog offer. They promote plant-based food for all its health benefits and have an abundance of recipes on offer to give variety and inspiration.

**Sustainable**  
 The Wielands way of life and courses are all centered around sustainable living and practices. They teach from their own experiences in farming, food production and alternative remedies and therapies.

**Use of technology**  
 There is also an extensive website with news, recipes and more: <https://www.neantog.com/>. Gaby has also written the bestselling Neantóg Cookbook and the couple have made several appearances on national television.

### Follow Neantog’s story

