



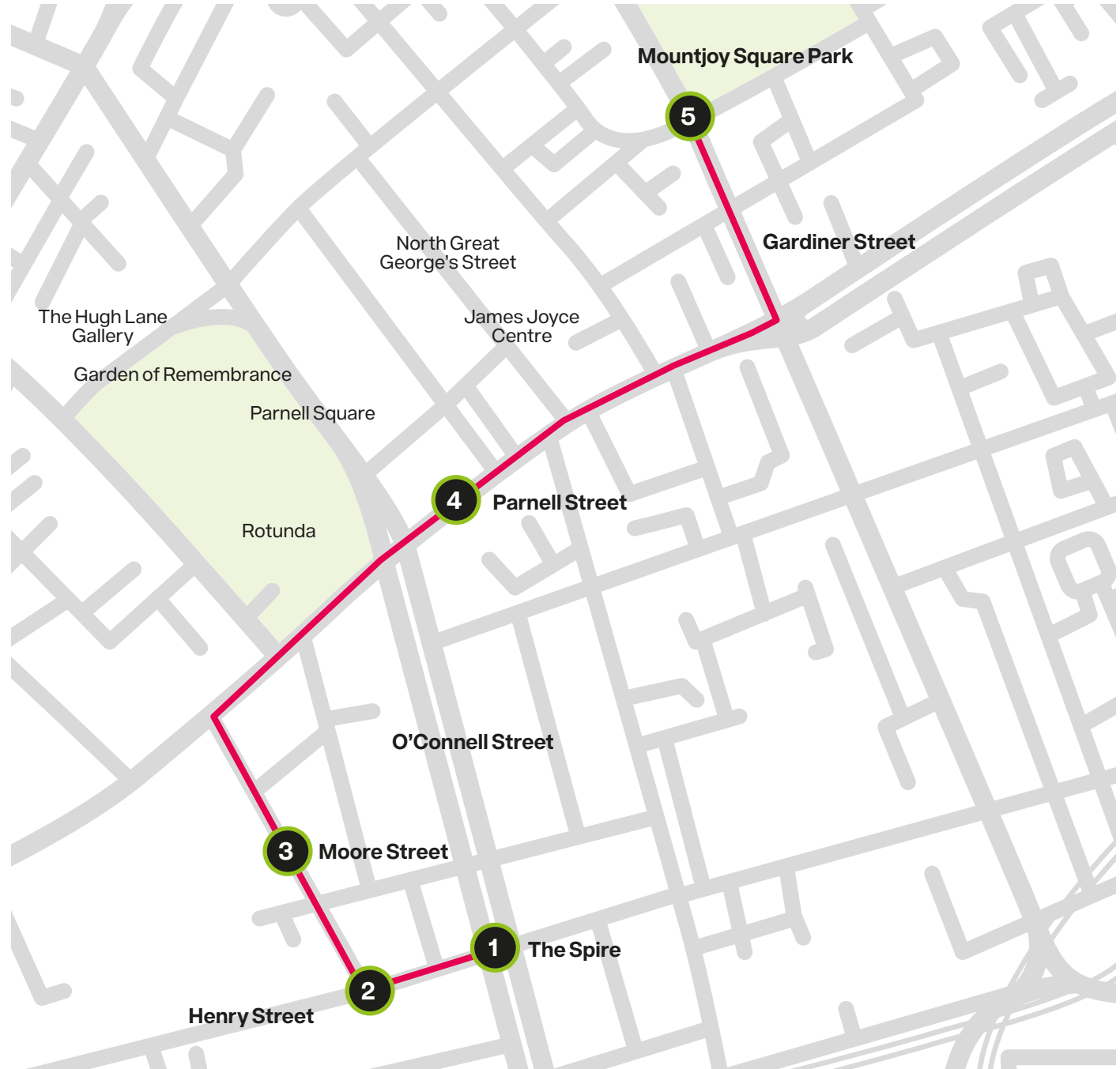
The sun is out and Dublin's Streets are getting busy again. This summer we are all set for meeting and eating outdoors. I'm on the Northside, and I'm about to let my dogs lead me on a walking tour. While they sniff out the perfect picnic spot, I'll be pondering Dublin's rich food history...

The Route:

1. Start at the Spire on O'Connell Street.
2. Walk west along Henry Street.
3. Turn right and walk along Moore Street.
4. Turn right on to Parnell Street.
5. Turn left on to Gardiner Street and you will arrive at Mountjoy Square.

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#EatTheStreets



1. Start at the Spire on O'Connell Street.

We're setting out from the Spire on O'Connell Street, and perhaps because it's barbeque season and I've got food on my mind, this elegant monument looks like a giant skewer. The very spot where I'm standing has a food related link to James Joyce's *Ulysses*. This is where "two Dublin vestals... elderly and pious... purchase four and twenty ripe plums from a girl at the foot of Nelson's Pillar."

Ulysses also references a dish that's unique to the city and dates back to the late 1700s — coddle is an Irish stew with boiled sausages, streaky rashers and root vegetables. It is best served with soda bread and a pint of the black stuff. Beyond our traditional cuisine there is a multi cultural food heritage in this part of the city. In the late 1950s, O'Connell Street was home to one of Dublin's first Chinese restaurants, Luna. Today the streets are full of flavours, from Dutch doughnuts to falafel and everything in between.



Fruit and flower traders at the foot of Nelson's Pillar on O'Connell Street, 1946.



Moore Street, photographed by Marek Ślusarczyk.

2. Walk west along Henry Street.

As we cross over to Henry Street, there's hustle and bustle and happy crowds, queuing for ice cream. From here I can see a spot that has a food link to a significant moment in Irish history. In the early 1900s number 21 Henry Street was the Irish Farm Produce Company. It was a food shop and restaurant, popular with the vegetarian community, run by Jennie Wyse Power. This is where the 1916 Proclamation was signed by five of its seven signatories. There's a plaque outside to mark this historical place, but before we reach it the dogs turn right and we are on Moore Street.

3. Turn right and walk along Moore Street.

The famous open air fruit and veg market on Moore Street has been a landmark of Dublin City since the 18th century. Bustling with colour and sound, the family-run stalls and international traders bring the street to life. Described as an ethnic melting pot, you can choose from African, Polish and Asian food stores. While I buy fruit from a vendor, my dogs become fixated with FX Buckleys, a butcher that has been here for almost 100 years. These days the marketeers are in competition with the supermarkets, and this important chapter of our heritage food story could be at risk.

4. Turn right on to Parnell Street.

The dogs pull me along to the end of Moore Street and we turn right on to Parnell Street, a Luas rumbles past as we ramble onwards. We clock The Ambassador theatre and the Rotunda. On our left and cross the busy thoroughfare to an informal food quarter where the diversity of food stores represent all the flavours of our modern city. Dubbed as Dublin's China Town for its burgeoning rows of Chinese restaurants, food stores and businesses, you'll also find all manner of sweet and savoury eateries and international markets – Turkish, Brazilian, Indian, Korean, Vietnamese, Pakistani... the dog's noses are in overdrive.

5. Turn left on to Gardiner Street and you will arrive at Mountjoy Square.

We wander down Parnell Street and then turn left onto Gardiner Street – our picnic spot is in view. Mountjoy Square Park is one of Dublin's five Georgian Squares and it's buzzing with activity. If you're planning a picnic with friends or family, there's a playground, three tennis courts, a football pitch, and it's wheelchair accessible.

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Parnell Street, photographed by William Murphy aka Infomatique.