



Enough is Plenty: The Year on the Dingle Peninsula

Felicity Hayes-McCoy

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An emigrant to England in the 1970s, Felicity Hayes-McCoy knew she'd return to Corca Dhuibhne, Ireland's Dingle peninsula, a place she had fallen in love with at seventeen. Now she and her husband have restored a stone house there, the focus for this chronicle in response to reader requests for an illustrated sequel to her memoir, *The House on an Irish Hillside*. *Enough Is Plenty* celebrates the seasonal rhythms in and around the author's house and garden at the western end of Ireland's Dingle Peninsula. It is about ordinary small pleasures, such as the smell of freshly baked soda bread, that can easily go unnoticed, and offers recipes from Felicity's kitchen and information on organic food production and gardening. It views the year from a place where a vibrant 21st-century lifestyle is still marked by Ireland's Celtic past and the ancient rhythms of Samhain (winter), Imbolc (spring), Bealtaine (summer) and Lughnasa (autumn). In this way of life, health and happiness are rooted in awareness of nature and the environment, and nourishment comes from music, friendship and storytelling as well as from good food. * Foreword by Alice Taylor

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