

# BIOBASED IN MONAGHAN



**SomaTech** is a solid-state fermentation platform that uses fungal mycelium to upcycle locally produced byproducts to create functional ingredients for food.

## INGREDIENTS FROM NATURE

Monaghan is home to many innovative companies that harness the power of nature to bring you healthy nutrition.

*harnessing the power of fungi*



**mBio** Natural meat free foods and superfood ingredients made of mushrooms. They have a sustainable solution for food producers looking to improve the taste or nutritional profile of their meat-free products.



**Bio-marine Ingredients Ireland Ltd** - a marine biorefinery based in, they produce a specialty of marine proteins, minerals and lipid powders. They supply nutritional and functional ingredients which deliver tasty and sustainable products, bringing better marine nutrition to people, pets and the planet.

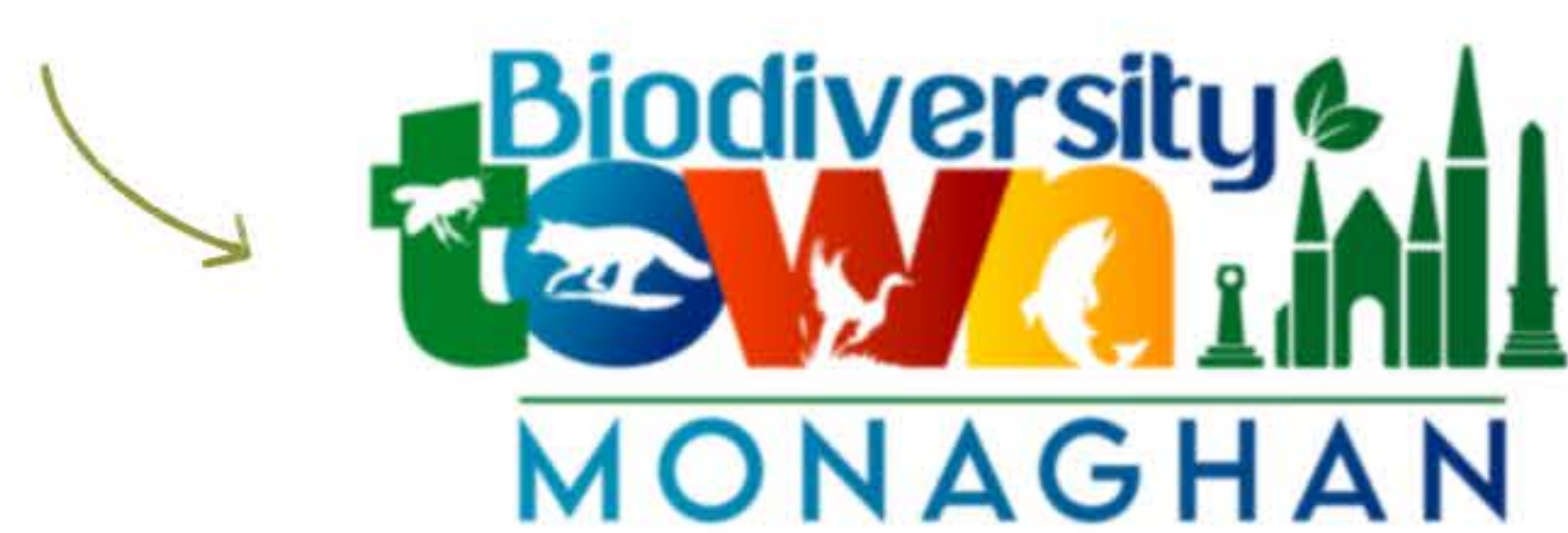
## ENVIRONMENTAL GROUPS

There are many environmental groups around, find one near you! The **Tidy Town** groups, for example, work to keep Irish towns in good shape, with the environment and sustainability in mind. That's why the Monaghan Tidy Towns Committee has created the biodiversity town initiative, seeking to educate locals on preserving and protecting local biodiversity.



## LOCAL AND MINIMAL WASTE SHOPPING

A great way to be environmentally friendly is to buy local. The farmers market is a great place for that, and so are shops that sell close-range products! You can find some around Monaghan.



**Crafty** Based in Castleblayney, this is a spot to find gifts and other products, with an emphasis on items handmade in Ireland, and a focus in sustainable and plastic-free living.

**Farm shop and café**  
Based in Culloville, here you will find fresh and frozen produce from local farms prepared by local business and other goods from farther afield provided by Irish wholesalers and suppliers.



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