



Irish American Heritage Month - March 2025

Irish American Heritage Month, observed in March, celebrates the contributions and rich cultural heritage of Irish Americans to the United States. It coincides with St. Patrick's Day on March 17th, a day widely associated with Irish culture and festivities. During this month, various events, parades, concerts, and cultural exhibitions are held across the country to honor the legacy, traditions, and achievements of Irish Americans, highlighting their impact on American history, arts, literature, politics, and society. It serves as a time to recognize and appreciate the enduring influence of Irish heritage and the contributions of Irish Americans to the multicultural tapestry of the United States.

HOW CAN WE CELEBRATE?

- **Cook traditional Irish food** such as soda bread, Irish stew, and boxty
- Support Irish organizations in the Pacific Northwest:
 - The Irish Heritage Club - www.irishclub.org
 - Ceol Cascadia Irish Music Association - www.ceolcascadia.org
 - Irish Network Seattle - www.irishnetworkseattle.org
- Visit www.bit.ly/Irish_American to learn more about the origin of Irish American Heritage Month