



Foraging & Preserving

Tutored by

Paul Rose & Sue Holland

As part of the growing movement to eat locally-produced food, join us to explore what we can forage safely in the hedgerows and fields around us. Then, we'll experiment with different ways to prepare and preserve these foods, perhaps including making cordial, 'champagne', jams, salads, smoking, sourdough, oxymel, herbal teas & tinctures. Take some samples home with you!

The foraging will be led by bush-craft and survival trainer Paul Rose and the preserving will be led by botanist Sue Holland. If the weather is fine, we'll have a barbecue by the Food Forest on Sat evening.

Join us for camping (bring your own tent, equipment and breakfasts). Some B&B available (additional fee) at The Old Rectory, Awliscombe, Devon, EX14 3PJ
www.creativebeings.uk/bnb

Fri 30th Aug 19:00 – Sun 1st Sep 16:00

£220. Fee includes tutors, camping, 2 lunches, 2 suppers, all materials, take-home samples. Concessions available – please ask.

Book at: www.creativebeings.uk/courses



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