



Wild Food Wellbeing Weekend

**Feast from hedgerows & a Food Forest
Learn how to smoke, ferment & cure**

Make & taste delicacies like:

- * Elderberry cordial
- * Juniper-cured pheasant
 - * Winter elixir
- * Smoked wild garlic salt
- * Gourmet gravadlax
- * Revitalising energy balls

And blend your own herbal teas & infusions

Take samples home with you!

Join guided foraging walks with bush-craft trainer Paul Rose. Then come indoors for food preserving, led by botanist Sue Holland. Experiment safely. Enjoy smorgasbord-style lunches and an evening barbecue feast.

Camp by the Food Forest (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 2 tutors, camping, 2 lunches, 2 suppers, all materials, take-home samples. Concessions available – please ask.

Book at: www.creativebeings.uk/courses



CREATIVE BEINGS

Cultivating creative practices for wellbeing