

Eatweeds Foraging Course

with Robin Harford
and **Agroforest Tour**
with Sue Holland

Course covers:

- How to safely identify wild edible plants
- How to cook, prepare and preserve wild plants
- Past and present uses of wild plants as food and medicine
- Forgotten stories and folklore

Foraging wild edible plants can be a gentle way to come to our senses, a way to experience the world and the plant kingdom through new eyes.

On the day, we will learn about the wild edibles around us, respectful gathering protocols, Robin's experiences meeting remarkable indigenous plant-workers, and the importance of embodied practices for connecting back to the living earth.

Wild food is the ultimate in local and seasonal produce and has historically been a source of nourishment for country people.

Indeed, foraging is an ancient way to feed and sustain ourselves slowly and gracefully.



Robin Harford



- Bestselling author of *Edible and Medicinal Wild Plants of Britain and Ireland*
- Foraging courses listed at top of *BBC Countryfile* 'Best foraging courses in UK'
- Creator of eatweeds.co.uk, in *The Times* Top 50 Websites For Food and Drink

Dr Sue Holland



- Botanist and Plant Biochemist
- Growing an edible Agroforest, now in its fourth year, replacing a monoculture with 150 species in an acre
- Developing a tree micro-nursery in conjunction with *Devon Wildlife Trust*

Either **Thur 13th April, 10:00 – 15:30**
Or **Thur 11th May, 10:00 – 15:30**

£115 includes tutors, refreshments, lunch

Please bring clothing appropriate for wet weather: walking boots, raincoat, hat

Creative Beings CIC, The Old Rectory Studio,
Awliscombe, East Devon, EX14 3PJ

Book at: www.creativebeings.uk/courses



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