



Foraging & Preserving (Spring & Autumn weekends)

Tutored by
Paul Rose & Sue Holland

As part of the growing movement to eat locally-produced food, join us to explore what we can safely forage in the hedgerows and fields around us. Then, we'll experiment with different ways to prepare and preserve these foods. Edible plant identification, cordial, 'champagne', birch-tapping, jams, salads, smoking, breads, herbal teas & tinctures might be in the mix. 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.

Camping available by our agroforest (bring your own tent, equipment and breakfasts) in Awliscombe, Devon, EX14 3PJ

There are 2 separate courses:

Fri 3rd May 19:00 – Sun 5th May 16:00
Fri TBC Sep 19:00 – Sun TBC Sep 16:00

£220 for each course. Concessions available. Fee includes tutors, camping, 2 lunches, 2 suppers and all materials. Children under 16 free. Book at:

www.creativebeings.uk/courses

