



FORAGE WILD EDIBLES

**4 x Monday Evenings Course: Sept.26th - Oct.17th 2022 from
7pm-9pm Swavesey Village College, Cambridgeshire, CB24 4RS**

Suitable for Beginners or Improvers

2 LOCAL WEEKEND FORAGING WALKS INCLUDED!



Led by: Dr. Michael J. Meredith: www.sunflower-health.com/healing.htm

"A very practical course with emphasis on wild foods that are available locally at this time of year"

Connect with Nature + Low-Cost, Healthy Eating!

We evolved to eat a wide-range of fresh and organic wild plants and fungi rather than a limited range of artificially-grown foodstuffs...

Wild plants and fungi are rich in vitamins, minerals, enzymes, antioxidants, fibre, plus bioactive 'functional food' molecules like flavonols, xanthophylls and β -Glucans.

Wild food foraging is a great way to get outdoors and learn, smell and taste more about our fantastic range of local wild foods!

Health & Safety are paramount considerations in this course so we will be covering important ways to keep safe when foraging and consuming wild foods, including recognising some local poisonous plants that foragers – and countryside users in general - need to be well aware of.

TO BRING: bottle of water plus a cup for the EVENING CLASS TASTINGS of wild herb & fungi cook-ups, teas and soups. There will be a choice of dates and venues for your 2 free weekend forages.

COURSE COST = £48

Enrol: www.swaveseyvc.co.uk OR by phone: 01954 234488 or Email: community@swaveseyvc.co.uk

Equalities statement

"The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust."