

Foraging

**Saturdays 9th April, 21st May, 4th June, 2nd July, 27th August, 1st October, 5th November
2022 10.00 to 3.30pm**

Led by Liz Knight

at Nant-y-Bedd Garden, Fforest Coal Pit, Abergavenny, NP7 7LY

Once again, we welcome Liz for a series of foraging days around the garden. Liz likes coming to Nant-y-Bedd because we have so many different wild plants (or weeds, if you prefer) scattered around the garden, meadow and forest. Liz is so wonderfully enthusiastic and knowledgeable that we never cease to learn something new from her.

Synopsis

- An introduction to the garden and the basics of foraging
- The morning spent in whatever part of the garden is best suited to the time of year - come on more than one day to experience different 'finds'
 - Learn how to identify and use all kinds of plants
- Lunch - usually on an open fire by the pond - with lashings of food some of which you will have foraged earlier, and of course no Liz lunch is without a cocktail or two!
- If you can tear yourself away from the succulent feast, a further look around for more everyday plants that you can eat.

Level of expertise required? The workshops will be equally suitable for novice or expert.

Bring with you Sensible shoes and layered outdoor wear. Unless it is absolutely pouring down you will be outdoors all day

Go away with loads of enthusiasm - we guarantee!

Booking a place Days are restricted to about 10 people to ensure everyone gets the best experience.

To book please go to www.foragefinefoods.com/pages/foraging-courses-talks

Costs: £95.00 includes tea and cake on arrival, wild lunch and drinks

Liz is a wild-food guide, cook and author. Her first book, 'Forage; Wild Plants to Gather, Cook and Eat' was published in spring 2021. In addition to leading these wonderfully informative and fun workshops, Liz also produces foraged gems for the kitchen under the name of Forage Fine Foods, which can be found in all the top stores.