



Wild North Discovery

Professional Development Training Workshops

Developing skills in foraging for wild food Monday 1st June 2015

An introduction for outdoor practitioners

Who is this workshop for

People working with groups in the outdoors who want to develop foraging as part of their delivery package. Also accessible to anyone with an interest in enjoying wild food.
No prior knowledge required

Leader: Bruce Ferguson

Venue: Harehope Quarry, Frosterley, Weardale

Duration: 09.00 to 16.30

Cost: £30 person (£25 if booked with the forage cooking workshop on 3rd June)

Booking: download booking form www.natureholiday.co.uk and visit workshop page

The day is divided into a number of focussed sessions

Morning

Introduction to foraging and edible plants

Legislation

Safety and sustainability

Poisonous plants and fungi

A practical foraging session including preparing something to taste

LUNCH (Bring a packed lunch. Tea and coffee available.)

Afternoon

Basic plant identification skills

Familiarisation with key features used in identification

Plant foraging exercise

Discussion and feedback



Foraging Workshop Leader

Bruce Ferguson began foraging for wild food in the early 1980s. He has worked as a professional naturalist since 1985 and runs Wild North Discovery. He is a knowledgeable and skilled environmental interpreter as well as a qualified biologist and keen botanist. He has been involved in bushcrafts and woodcrafts since 1987. He regularly contributes articles on foraging and other nature based topics for publications such as the Northumbrian and he runs training courses and workshops in foraging throughout the year. He is currently working on a book to encourage more people to explore the free food resource on their doorstep.



Cooking wild foraged food in the wild

Tuesday 2nd June 2015

An introduction for outdoor practitioners

Who is this workshop for

People working with groups in the outdoors who want to develop foraging and wild cooking as part of their delivery package. Also accessible to anyone with an interest in enjoying wild food. No prior knowledge required

Leader: Bruce Ferguson

Venue: Harehope Quarry, Frosterley, Weardale

Duration: 09.00 to 16.30

Cost: £32 person (£27 if booked with the foraging workshop on 2nd June)

Booking: download booking form www.natureholiday.co.uk and visit workshop page

Further information

You'll need to bring a packed lunch as the food we cook to taste won't be ready till later in the afternoon. Tea and coffee available. There is a small added charge included in the price of £2 for the non foraged ingredients. Bring a tattie.

Participants will:

Learn a few different fire lighting techniques including for wet conditions

Learn a few different fire set ups for cooking

Cook 4 or 5 different dishes with a high component of foraged/wild food on an open fire.

Examples of dishes depending on availability include:

Fish baked in embers wrapped in burdock leaves

Smoked fish

Rabbit stew with ramsons, wild thyme, burdock shoot/root

Nettle soup

Bread flavoured with wild herbs

Crispy wood avens

Reedmace root baked in dock leaves

Share the food

Discussion and feedback



Wild North Discovery

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