

Wild Food Foraging for Mental Health

Thursday 29th March 11am - 4pm

A free one-day course in wild food foraging in Compton Dundon, just outside Street and Glastonbury, for anyone experiencing challenges with their mental health.

A day exploring the hedges and edges for wild plants that we can eat for food and health.

We will use a sense-based approach to plant identification, focusing on learning a few plants well. This will include learning about plants that are not to be confused for edible ones.

We will also consider the cycles of the seasons and plant growth, and how this relates to our own health and well being, the signature of spring being 'bitter' that cleanses and invigorates us.

About the Tutor: Tim Lawrence has been working with plants for more than a decade, firstly as a gardener and vegetable grower before switching emphasis to wild food and medicine. Tim has learnt his craft under the guidance of respected Teachers both in terms of food and medicine. He has been facilitating experiential learning in various forms for over two decades.



Max 14 places, please book early. This course is free to anyone from Somerset who experiences challenges with their mental health.

To book please email
eat@feedavalon.org.uk
www.feedavalon.org.uk/foraging

