

# Adventures *with* Wild Food



Join nutritional therapist **Belinda Blake** & medical herbalist  
**Janine Gerhardt** in a celebration of the seasons

Join us for a foraging walk through the Wilderness in West Molesey and learn about the history, medicinal and culinary uses of our local flora.

Return to Belinda's kitchen to enjoy a delicious afternoon tea with recipes created from the foraged herbs and flowers, experiencing the exciting tastes of the past and present.

Finally, enjoy the pleasure of making your own bespoke remedies and foods to take home.

**fermented foods**

8<sup>th</sup> & 15<sup>th</sup> March, 2020

**spring leaves**

17<sup>th</sup> May, 2020

**summer flowers**

12<sup>th</sup> July, 2020

**autumn berries**

20<sup>th</sup> September, 2020

**winter spices**

**Herbal Christmas Presents**

29<sup>th</sup> November, 2020

**each adventure: £65.00 per person**

*Includes herb walk, lunch, workshop, afternoon tea, homemade foods & remedies & handouts*

*Places limited to a maximum of 8 people*

**For more details and to book, please contact:**

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