

# Wild Food Foraging Course in Cornwall



## Highlights

**Ever tried nettle gnocchi? Or drunk dandelion coffee? Forget what you think you know about food with this fascinating weekend foraging course in Cornwall.**

Cornwall is Britain's wild west; to the north of the county you'll find sweeping heathlands, peat bogs and stunted forest, while the south enjoys a sub-tropical ecology courtesy of the warm gulf stream. This means palm trees, rare flowers, seals, porpoises and sharks, as well as some spectacular anthropogenic landscapes, such as the Lost Gardens of Heligan and the Eden Project, the world's largest greenhouse biomes. Cornwall has a distinct cultural and linguistic identity, a product of its history of relative autonomy, and an awesome mythology, from Celtic to Arthurian!

This weekend wild food foraging course might well change the way you think about food forever! From your base in the ancient town of Lostwithiel, you'll head out into the surrounding countryside with your expert guide ready to prove to one and all that there is such a thing as a free lunch! You'll gain hands-on experience in identifying and harvesting between 50 and 90 (dependent on season) edible wild plants, which'll then go into the pot for a scrumptious meal. Whether you want to cut down on your food bills, find that elusive new flavour or forage like a hermit, the Wild Food School never disappoints!

## Is it for me?

We think this is a really wonderful course, and judging by reviews from previous 'pupils' we're not the only ones! It's fair to say that it can be pretty life-changing; a countryside walk is no longer just that, instead it's like a trip to an exotic greengrocer (where everything's on special offer!). These courses involve a bit of walking, some getting down on hands and knees, maybe a nettle sting or two, so if you're not ok with any of this you might not get much from the foraging experience. However, if you like the sound of learning something new and practical in a spectacular setting, this is just the break for you.

## Accommodation

Food, glorious food, and all of it free and fresh! These weekend courses include tasty lunches with ingredients handpicked that day, from acorns to nettles, chickweed to bulrush. You'll be involved in both the foraging and cooking, giving you the perfect introduction to working with wild foods, and you'll take home shed loads of new recipe ideas. Accommodation is not provided on these courses but can be arranged by the School in advance.

## Itinerary


The course involves guided walks and hands-on foraging. The programme is tailored to the season and the interests of participants, with subjects including survival food, ethno-botany, traditional uses of wild greens and edible weeds and beginners' foraging. Guests also have the opportunity to get into the kitchen to learn how to cook with wild foods, then finally there is the all-important tasting, with a hearty lunch served back at base.

## Details

Prices from

**140** GBP (2 days) per person

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**Getting there**

On the London-Penzance trainline; near Plymouth, Newquay and Exeter Airports and Plymouth ferry port.

**Price details**

Includes lunch (made from foraged food)

**Typical Duration**

2 days

**Experience required**

A reasonable interest is all that is needed

**Travellers should bring**

Waterproofs and comfortable walking shoes