

# WILD & WONDERFUL

## Food and medicine on your doorstep

*Foraging is all the rage – and there are many opportunities to sample the fruits of the wild as a “survivalist” or as a connoisseur of haute cuisine. But what about using foraged ingredients in an ordinary household?*

*In Scotland’s Year of Food & Drink 2015, it’s time to ditch the hype, head outdoors, and discover the wonderful versatile wild plants on our doorstep.*

*Led by a qualified medical herbalist, these courses explore locally available seasonal plants, their nutritional and health-giving properties and their uses past and present. You will learn how to identify and harvest wild plants safely and sustainably, and how to turn them into tasty foods, drinks – and remedies.*

*The day includes a foraging walk (dress appropriately!) along the beautiful Water of Leith and/or the Union Canal, followed by a hands-on session to make some nutritious eats and drinks to share and remedies to take home.*



## 1-DAY COURSES for 2015

**Mellow fruitfulness: Saturday 29 August 10.30-15.30**

**Winter warmers: Saturday 24 October 10.30-15.30**

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**Water of Leith Conservation Trust Visitor Centre  
24 Lanark Road, Edinburgh EH14 1TQ**

*Cost: £45/£35/£25 per person, including materials, food and notes*



**Places limited – book NOW!**

To book or find out more, contact Anna on  
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