



Handmade in Blighty

Unique homeware, woodcraft and gifts

Spring Foraging Workshop

If you are looking to learn about foraging and the hedgerow treats that are available then this workshop is for you. We will look at trees, plants and fungi with fresh eyes. Join Greg Power for a full day of foraging and learning new skills in the grounds of the Award winning restaurant Clavelshay Barn.

During the workshop you will:-

- Have a full and comprehensive safety brief
- Learn about the edible plants that are available and how you can prepare them safely ready to eat
- Learn about nature's medicine cabinet and how it can help treat injuries
- Understand the history behind the plants and trees
- Learn basic animal tracking skills
- Learn how to prepare fish or game ready for lunch
- Learn basic knife skills and the law surrounding knives
- Learn which plants and trees aid you in creating fire by friction
- Understand the law and learn the lore that surrounds our countryside
- Have a final forage putting your new skills to the test

Here is a tiny taster of the course content. Greg has the answers for you.

- *Did you know you can eat the young leaves of a beech tree or make them in to a delicious warming winter liqueur?*
- *How does the elder tree and jelly ear fungi relate to Christianity?*
- *How do you make home-made pesto?*
- *Which woodland beast loves to eat bluebell bulbs?*

- *How can one of the most toxic plants in the UK be used in treating heart disease?*
- *Which tree aided Alfred in his dream of building England?*



Home-made pesto



Jelly Ears

Our courses are designed to stimulate the mind by way of understanding your surroundings and stir your soul through the story of each plant and tree.

All the necessary tools and materials will be provided, however if you would like to bring a foraging basket or similar item please bring it along. There are no skills required for this course; however comfortable walking boots and appropriate clothing for the weather are a must.

Lashings of tea and coffee and a bushcraft lunch of game or fish, cooked over an open fire are included in the workshop.

Price

£85 per adult



Saturday 2nd May 2015

The workshop starts at 10am and finishes at 4pm

Bookings

Bookings can be made direct through Clavelshay Barn

Tel: 01278 662 629

Email: query@clavelshaybarn.co.uk

Website: www.clavelshaybarn.co.uk

More information about your instructor for the day

Greg Power has been teaching bushcraft for well over ten years. Greg grew up in a small Somerset village and has been fascinated with the British countryside ever since he can remember. Time in the British Army allowed him to see many different countries and this simply confirmed his belief that our country holds the best wild areas in the world with a huge catalogue of flora and fauna to delve into. Greg also does wood-turning using British hard woods and creates beautiful crafted items including bowls, boards and salad hands available on www.handmadeinblighty.com



Things to note about the course

1. The course will go ahead in all weathers except in extremely high winds *
2. We will be on our feet all day except for the lunch break so you need good comfortable walking boots
3. We will be going at your pace so you can have plenty of time to take photos and make notes if you wish
4. A kit list, nutritional /medical needs form and directions will be provided once the course is booked.
5. If you have any questions or concerns about the course please contact Greg on 07931 834650

*If we cancel the course due to high winds we will aim to offer an alternative date.