

Foraging Day at Nantybedd Garden

With Liz Knight, Forage Fine Foods



2nd July 2018 £65.00

It's the height of summer & as the heat rises, flavours cool - now is the time for roses, honeysuckle, wild basil, wild strawberries and meadowsweet; sweet, sweet treats to cool the weariest of brows.

Join us at the beautiful Nantybedd Garden; an oasis in the middle of a deep wooded valley; it's one of our favourite, most magical places to forage & if you join us on the 2nd July you'll see why.

We'll be based around the gardens but you'll need sensible shoes, as this is no ordinary garden...

Times: 10am - 2pm

(meeting at 10 for tea & introductions - we'll spend the morning foraging & learning about key spring flavours & how to safely identify them. In the afternoon, we'll make lunch & wild cocktails with our finds & learn how to turn the wild into the most addictive of food.

Location: Nantybedd Garden, Forest Coal Pit, NP7 7LY www.nantybedd.com

Contact: Liz at Forage Fine Foods www.foragefinefoods.com