

WILD SPIRIT BUSHCRAFT & SLEDDOGTOURS

WILD FOOD FORAGING COURSE

THE WILD FOOD FORAGING COURSE IS CONDUCTED BY RICHARD REES OF WILD SPIRIT AB. THE COURSE WILL TAKE PLACE AT EITHER HUSÅ OR OTTSJÖ ON THE 3RD OR 4TH AUGUST

THE COURSE WILL START AT 10AM AND FINISH AT 4PM

THE COST OF THE COURSE WILL BE 1500 KR EACH PERSON, AND THIS INCLUDES INSTRUCTION, FIKÅ AND LUNCH, TEAS, COFFEES AND SOFT DRINK.

DURING THE COURSE YOU WILL BE TAKEN OUT INTO THE MOUNTAINS AND FOREST REGION, LEARNING ABOUT THE WILD FOOD AND HERBS THAT ARE ABUNDANT IN THIS LOCAL AREA

YOU WILL LEARN:

HOW TO IDENTIFY WILD FOOD, AND WHAT TO DO WITH IT

WHAT THEY ARE GOOD FOR BOTH MEDICINAL AND IF THEY ARE GOOD TO EAT

THE LATIN NAMES

ANY HISTORY

10:00 - MEET AND GREET WITH A COFFEE/TEA ETC

10:30 - THE HISTORY BEHIND WILD FOOD FORAGING AND INTERESTING INFORMATION REGARDING THE WILD FOOD

11:00 - 13:00 WILD FOOD FORAGING WALK

13:00 - FIKÅ

13:30 - PICKING WILD FOOD FOR YOURSELF

14:00 - PUTTING ALL THE WILD FOOD TOGETHER AND COOKING UP A DELICIOUS MEAL OVER A WOODEN OVEN OR FIRE PLACE

15:00 - EATING THE MEAL THAT HAS BEEN PREPARED

15:30 - EVALUATION

