



Foraging

with

Maggie and

Chris

Beginners Guide to Foraging in Southland

Maggie Elford and Chris Rance

Date – Wednesday 8 March 2017

Venue – Southland Community Nursery Education Centre – park 183 Grant Road car park

Time – 6.30-8pm - evening workshop

Cost - \$5 – pay on the night no booking required,

For More Information email rances@ihug.co.nz or phone Chris 03 21231161 (evenings)

Workshop Description

Foraging – “To search widely for food or provisions”. Learn how to find, identify and safely use local herbs, weeds and native plants. Sample tisanes, wild nettle pesto, dandelion coffee (or Coprosma coffee), elderberry truffles. Workshop aimed at beginners with an interest in wild foods and those wanting to gain an insight into useful (and harmful) plants that grow specifically in Southland.

Why forage?

- Higher nutrient value of food
- Diverse diet
- Being self-reliant
- Connect with nature
- Being thrifty

Basic Rules

- Be able to identify your edible or poisonous plants
- Take only what you need and sustainably harvest
- Enjoy the experience

To bring – gumboots or sturdy shoes, wet weather gear. Plastic bags, pots, trowel for collecting.

Facilities and Equipment Provided – wild foraging places, fruit and nut orchards, native bush areas. Education Centre indoor facility. Samples of foraged delights!

References

A Foragers Treasury – Johanna Knox

Field Guide to Edible Plants of New Zealand – Andrew Crowe

Find It Eat It – Michael Daly

<http://www.thegreenkitchen.co.nz/>

<http://www.radionz.co.nz/national/programmes/thiswayup/collections/foraging>

<http://wildpicnic.blogspot.co.nz/>

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