

Food for Free! Foraging session

This taster session of foraging will give you a fascinating insight into the wildfoods of the season. We will spend some of the session in the Dene with experienced forager, Dave Tully from Woodwise learning to find and identify edible plants, seeds, nuts, flowers and fungi that grow wild in the British countryside. Dave will guide you through the identification and harvesting of wild ingredients and will demonstrate how to turn your foraged ingredients into simple and exciting dishes.



For further information or to book contact: Gillie on 0191 3711387 or email breathingspacedurham@gmail.com

Meeting place:
St Michael and All Angels
Church, Coach Lane,
Witton Gilbert, DH7 6SX



When?

Tuesday October 4th
5-7pm Come weather
prepared
Meet in the Church
£1
Booking required

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