



# Foraging Taster Session

Saturday, 8<sup>th</sup> October 2011

10.30 – 12.30

Essex Wildlife Trust  
Abbotts Hall Farm  
Great Wigborough  
Colchester, CO5 7RZ

**Edible Essex**, in collaboration with Essex Wildlife Trust, is offering a fantastic opportunity to learn about finding and identifying edible plants, fruit, nuts and fungi that grow wild in our countryside.

The session will involve:

- a wild food foraging guided walk
- cooking on an open fire and recipe suggestions
- sampling some wild food.

The session is **free** and open to anyone who wants to learn more about edible wild food. Families are very welcome, but children must be over the age of 8.

Participants should bring a plastic container and wear suitable outdoor clothing.

Booking is **essential** and places are strictly limited. For more information, or to book a place, please email [sophie.blythe@essexrcc.org.uk](mailto:sophie.blythe@essexrcc.org.uk) or call 01376 574 330.