



Blighty Bushcraft

www.blightybushcraft.com

Foraging Day

If you are looking to learn about foraging and the woodland treats that are available then this workshop is for you. We will look at trees, plants and fungi with fresh eyes. Join us for a full day of foraging and learning new skills in beautiful woodland settings.

The course outline for the day will be as follows:-

- Have a full and comprehensive safety brief.
- Take a short journey to the woodland.
- Learn about the edible plants that are available and how you can prepare them safely ready to eat.
- Learn about nature's medicine cabinet and how it can help treat injuries.
- Understand the history behind the plants and trees.
- Learn basic animal tracking skills.
- Learn how to prepare fish or game ready for lunch.
- Learn which plants and trees aid you in creating fire by friction.
- Understand the law and learn the lore that surrounds our countryside.
- Put your newly acquired skills to the test at the end of the day with a short knowledge test.

Here is a tiny taster of the course content. We have the answers for you.

- *Did you know you can heat the young leaves of a beech tree or make them in to a delicious warming winter liqueur?*
- *How does the elder tree and jelly ear fungi relate to Christianity?*
- *How do you make home-made pesto?*
- *Which woodland beast loves to eat bluebell bulbs?*

- *How can one of the most toxic plants in the UK be used in treating heart disease?*
- *Which tree aided Alfred in his dream of building England?*



Home-made pesto



Jelly Ears

Our courses are designed to stimulate the mind by way of understanding your surroundings and stir your soul through the story of each plant and tree.

All the necessary tools and materials will be provided, however if you would like to bring a foraging basket or similar item please bring it along. There are no skills required for this course; however comfortable walking boots and appropriate clothing for the weather are a must.

The course runs from 10am – 4pm (unless otherwise advised)



We run our foraging courses, throughout the year, however the best time is Spring and Autumn.

Bookings

Bookings can be made through www.blightybushcraft.com or contact us for further information.

Numbers are limited so please book early to avoid disappointment.



Group Foraging Day

More information about your hosts for the day

Greg Power has been teaching bushcraft for well over ten years. Greg grew up in the lovely Somerset village of Brewham and has been fascinated with the British countryside ever since he can remember. Time in the British Army allowed him to see many different countries and this simply confirmed his belief that our country holds the best wild areas in the world with a huge catalogue of flora and fauna to delve into. Greg also does wood-turning using British hard woods and creates beautiful crafted items including bowls, boards, spoons and salad hands available from www.handmadeinblighty.com



Things to note about the course

1. The course will go ahead in all weathers except in extremely high winds *
2. We will be on our feet all day except for the lunch break so you need good comfortable walking boots
3. We will be going at your pace so you can have plenty of time to take photos and make notes if you wish
4. A kit list, nutritional /medical needs form and directions will be provided once the course is booked.
5. If you have any questions about the course content please contact Greg on 07931 834650

*If we cancel the course due to high winds we will aim to offer an alternative date or if this is not possible we will issue a refund.