

INVITATION to:
TREGAMINION WILD TREATS
Presenting Spring Wild Food
Forage, Cook & Dine on The Lizard Peninsula

FRIDAY 30th of MARCH TO SUNDAY 1st of April

Join Rachel Lambert & Sara Readman-Smyth on the Lizard Peninsula in Cornwall & allow them to share their passions for the Cornish landscape and its local & wild food. As seen on This Morning ITV, The Independent & more.

THE WALKS ~ Rachel is your wild food guide & will enthuse you through connecting with the natural world. Walks are a leisurely wander & include identifying & picking edible plants to use in your meals on the Saturday. Walks are about 2hrs long, with an average of a mile per hour!

THE FOOD ~ Delicious, nourishing, wholesome & delighting the senses... Guided by Sara, an artisan cook, who loves good, indulgent local food. Her specialities include wild risottos & pestos, wonderful bread, as well as her famous creamy fools. Food will be vegetarian.

Cost includes:

- 2 wild food walks (Sat a.m. & Sat afternoon) hedgerow & coastal
- Simple wild food lunch
- 3 course wild food dinner (meals combined with local/organic ingredients)
- Food demonstrations & hands on cooking opportunities in groups
- Recipe sheets to take home
- Minimum 6, Maximum 10 people
- 2 Nights B & B
- Price £215.00 per person
- Choice of accommodation. Gypsy wagon, Treehouse, Tipi, Bedroom in the house.
- Discount of £50.00 per person for non residents who prefer to stay in their own accommodation.

SCHEDULE (subject to change)

Friday p.m Arrival & settle in with light evening meal, chat by the fire.

Saturday a.m

8.30-10am Breakfast

10.30-12.30 Field & hedgerow foraging walk

12.30 Wild food demo

1-3pm Leisurely lunch with wild ingredients & time to relax

Saturday p.m

3-5pm Coastal & beach foraging walk

5-5.30pm Tea break

5.30-7.30 Wild food preparation - opportunities to 'get stuck in' to the cooking & learn through group work & food demos

7.30-10pm 3-course dinner with wild ingredients

Sunday a.m

8.30-10am Breakfast

10.30am Morning walk, or Tai-Chi warm up

Venue: TREGOSS BARTON, TREGAMINION, ST.KEVERNE, NR.HELSTON, CORNWALL TR12 6 QG

Choice of on-site accommodation see: www.holiday-cottage-let-cornwall.co.uk

Foraging with Rachel Lambert see: www.wildwalks-southwest.co.uk

Bookings: Contact Jonathan Tel: 01326 281253 Email: tregossbarton@yahoo.co.uk