

Adventures *with* Wild Food

*Join nutritional therapist Belinda Blake & medical herbalist
Janine Gerhardt in a celebration of summer*



*summer*Flowers

Sunday July 15th 2018

1.00-2.30pm Herb & Foraging Walk

The Wilderness, West Molesey, Surrey

Meet at the West Molesey Wilderness and venture on a relaxing foraging stroll exploring the uses of common, medicinal plants for simple home herbal remedies, in cooking & for day to day pleasure. Look at plants with a botanical lens, collect a raw summer salad besides other relevant and nutritious herbs.

2:45-3:15pm Afternoon Tea & Cake

West Molesey, Surrey

Return to Belinda's kitchen to enjoy a delicious afternoon tea with recipes created from the foraged herbs, flowers & summer fruits. Experience the exciting tastes of the past and present.

3.15-5pm Wild Food & Herb Workshop

Make your own bespoke remedies and foods to take home, which includes:

Rose Petal Jelly

Lime Blossom Tea

Meadowsweet Cordial (sugar-free)

& Fragrant First Aid Balm for scratches and bruises

£65.00 per person

Includes herb walk, afternoon tea, workshop, homemade foods & remedies & handouts

Places limited to a maximum of 8 people

For more details and to book, please contact:

Belinda Blake on 020 8941 9259 / blakenutrition@goolemail.com

or Janine Gerhardt on 07930 901662 / info@roots-of-nature.co.uk

We are also taking bookings for two further adventures:

September 23rd 2018: *autumn* **Berries: A Colourful Feast**

December 2nd 2018: *winter* **Spices & Herbal Christmas Presents**