

Foraging Course Itinerary

Friday's Itinerary:

- **7.00pm** Safety Brief
- **7:30pm** Make Camp (light fires, put up tents)
- **8:30pm** Safe Foraging, Conservation and Foraging within the Law
- **9:30pm** Make foraging and digging sticks.

Saturday's Itinerary:

- **8:30am** Plant ID (Looking at edible, medicinal and poisonous plants) and reading the landscape
- **12:30pm** Lunch
- **1:30pm** Cooking methods and making the most of your meals
- **3:30pm** More Foraging. This time you go out and forage for your evening meal. Especially ingredients to go in a rabbit stew
- **5:00pm** Ingredients, food preparation and hygiene
- **7:00pm** Woodland Cooking. You cook the meal that you've been foraging and hunting for all day.

Sunday's Itinerary:

- **8:30am** Recipes and a woodland breakfast
- **10:00am** Tree ID, learning how to identify trees and what we use them for in the woods and at home.
- **Midday:** Photos, certificates and sadly, as all good things must come to an end, depart.

The itinerary may change depending on the weather. Please note that only the Foraging part of this course is NCFE CQ Accredited.