



Workshops Offered

This is a list of our most commonly offered workshops. We facilitate them in pairs to ensure a high quality learning experience for participants. Our rates for private hire are £25-£40 per hour depending on the income of your organisation or group, with materials costs charged separately. Please get in touch for more information or to enquire about bookings.

Why Do We Use A Sliding Scale?

Our core aim in Grass Roots Remedies Co-operative is to try and make herbal knowledge, skills & consultations accessible to everyone. As well as running herb walks & workshops we also provide a community clinic in Wester Hailes by donation to local people (the only one of its kind in Scotland), and run free workshops & walks in Wester Hailes, Craigmillar, Pilton & Granton.

We use a sliding scale in our workshops and courses: a sliding scale is a mechanism where people pay different fees according to their income, so that services can be made accessible to as many people as possible, and folk aren't financially excluded. A sliding scale means that everyone pays a similar proportion of their income for the same service. This increases access for people who are systemically excluded from participating in community activities such as people of colour, people with disabilities or health conditions, immigrants, women-led groups, LGBTQ* & working class communities.

By paying a higher rate on the scale if you can afford it, you are enabling us to carry out our core work of providing free and low cost education & herbal consultations in areas of deprivation. We really appreciate your continuing support.

Botany & Plant Identification:

- Seasonal Herb Walks with Basic Botany, Ecology & Low Impact Foraging
- Introduction to Edible & Medicinal Fungi



Practical Remedy Making:

- Herbal Vinegars
- Herbal Syrups
- Herbal Ointments & Balms
- Herbal Tinctures
- Wild Weed Pesto from the Woods
- Mixing your own Natural Creams
- Herbal Lip Balms



Seasonal Medicine Making Sessions:

A series of workshops exploring the abundant wild herbs of each season & making a variety of medicines out of them

- Spring Medicine Making
- Summer Medicine Making
- Autumn Medicine Making
- Winter Medicine Making



Courses Offered:

Introduction to Herbal Medicine :

A six session course aimed at providing a foundation in home herbalism for beginners. We will cover sensory herbalism, body systems & appropriate herbs for treating common ailments, and practical remedy making skills. Some of the topics include: Exploring the Tastes of Herbs, Herbs for Stress, Sleep, Anxiety & Concentration, Foraging for Edible & Medicinal Plants, & Herbal First Aid.

Cost for Delivery: £750-£1000 + materials. Maximum group size is 12 people

Wild Things: A Year of Wild Food & Medicine:

The Wild Things Course is an eight month exploration of wild food and medicine growing in a variety of habitats in and around Edinburgh through the seasons. It includes opportunities to gain confidence in low impact foraging, beginners botany and ecology, and to develop a sensory approach to using wild plants both as food and medicine. There will be a combination of theoretical sessions, practical remedy making and outings into some of Edinburgh's most beautiful wild areas.

Course Outcomes:

- Develop an understanding of the ethics and practice of ecological harvesting and gain a confidence in low impact foraging
- Try out recipes and learn practical remedy making skills for home use



- Learn about the edible and medicinal properties of some of our common British plants and when to harvest them
- Develop a sensory approach to herbal medicine
- Beginners botany and ecology and the ability to confidently identify common species
- Gain an understanding of how to live more harmoniously with the seasons
- Visit distinct habitats around Edinburgh and see how the plant communities that live within them change over the year

Cost for Delivery: £1400-£2000 + materials. Maximum group size is 12 people

