



Wild Things Course 2017

A Year of Wild Food & Medicine

About the Course:

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.

Increasingly today our food and medicine is flown to us from far regions of the globe. Health food shops are stocked with 'superfoods' from rare and diminishing habitats, and we are commonly offered endangered species like Arnica & Echinacea. We have lost our connection to our local bioregion, and with it all of the history and traditions that our landscape and the plants that grow there can offer us. This course is about re-connection, about building sustainable & healthful practices through relationship with our local ecosystems.

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**

Course Dates & Venues:

Wild Things Course will run over eight months from March to October, with one three hour session per month, and seven herb walks in different locations. Four of the herb walks will be in Blackford Glen in South Edinburgh, and the others will be in three beautiful areas outside of the city: Dalkeith Country Park, Roslin Glen & Gullane's seafront.



There are two options for the course:

Group 1:
Thursdays 6pm to 9pm

Group 2
Fridays 1.30pm to 4.30pm

Both classes will be taught at:
Blackford Glen Farm, 51 Blackford Glen Road, Edinburgh EH16 6TP



Course Dates:

	Thursdays 6pm – 9pm	Fridays 1.30pm – 4.30pm
Session 1	Thursday March 16 th	Friday March 17 th
Herb Walk 1	Saturday 1 st April (2-4pm)	Friday 31 st March
Session 2	Thursday April 20 th	Friday April 21 st
Herb Walk 2	Thursday April 27 th	Friday April 28 th
Session 3	Thursday May 11 th	Friday May 12 th
Herb Walk 3	Thursday May 18 th	Friday May 19 th
Session 4	Thursday June 1 st	Friday June 2 nd
Herb Walk 4	Thursday July 6 th	Friday July 7 th
Session 5	Thursday July 13 th	Friday July 14 th
Herb Walk 5	Thursday July 27 th	Friday July 28 th
Session 6	Thursday August 10 th	Friday August 11 th
Herb Walk 6	Thursday August 24 th	Friday August 25 th
Session 7	Thursday September 14 th	Friday September 15 th
Herb Walk 7	Saturday Sept 30 th (2-4pm)	Friday September 29 th
Session 8	Thursday October 5 th	Friday October 6 th
End of Course Celebration	Friday October 6 th evening	

Price:

£300 - £450

This course is offered on a sliding scale basis, so please pay what you can afford.

£300-£350: unwaged

£350-£400: low waged

£400-£450: waged

The higher course rates help to enable us to carry out our core work providing low cost herbalism to people on low incomes. If you would like to discuss this, please contact us.

There are two options for payment. You can pay the full amount on booking, or pay a deposit of half of your chosen rate on booking, and then the remaining balance by March 6th 2017.

About Grass Roots Remedies Co-operative:

We are an Edinburgh based workers' cooperative whose central philosophy is that herbal medicine is the medicine of the people and should be accessible to everyone. We offer a series of practical courses and workshops, run the low cost Community Herbal Medicine Clinic in Wester Hailes and produce simple resources to enable folks to practice herbalism at home.

Our Members:

Soraya Bishop

Soraya read BSc Ecological Science and before joining Grass Roots Remedies worked as a community gardener for the last 3.5 years. With a love of growing food and foraging for it's ability to ground and connect us she has also studied her Permaculture Design Certificate and has a love for birds, the hills, creating, and cooking.

Bethia Evans

Beth recently finished the Diploma in Herbology at the Edinburgh Botanic Gardens and is soon to start a herbal apprenticeship. She is a gardener and practical herbalist, foraging and growing to produce remedies for the Wester Hailes Clinic and other co-operative projects. She has a specific interest in native herbs and local herbalism.

Ally Hurcikova

Ally is a Medical Herbalist (BSc MNIMH) and currently runs the Wester Hailes Community Herbal Clinic, providing low cost herbal medicine to local residents. She volunteers as a herbalist in the Herbal Unity Clinic in Glasgow: a free clinic for people affected by the asylum process. She is also a community gardener, remedy maker, forager, environmentalist and lover of making things, plants and wild places.

Contact Us:

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