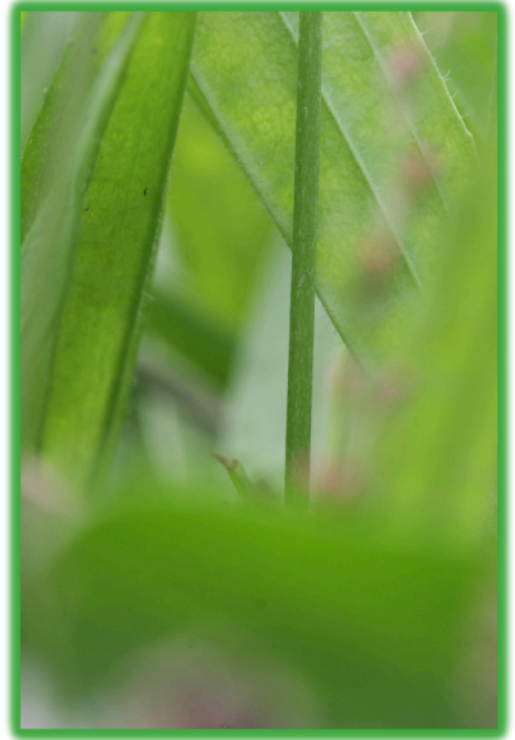


Herbal Nutrition and Cooking

One Day Workshops

Edible plants, ferns, Trees and Seaweeds

- Wild plant harvesting
- Edible plants and trees
- Native tree and plant recipes
- Seaweeds (red, brown and green);
- Uses and preparation of sea vegetables
- Mineral and vitamin composition



Very experiential...with full involvement in the preparation from hand-harvesting the plants to preparing beautiful dishes from the NZ bush...wild and healing food.

Please contact us if you would like to hold a wild food cooking workshop in your area. Phone: 021 897 874