

WILD FOODS FORAGING WEEKEND AT ELDERBERRY'S

MAY 31- JUNE 2, 2019

WITH KAT MACKINNON AND BRIANA WILES

5/31 Friday Afternoon

Arrive at Elderberry's, set up tents (or settle in to your tiny house, AirBnB or motel - see list provided). Have a look around - gardens, meadows, trails ... Welcome to Paradise - make yourself at home! Check out our Info Table ... browse the Library ...

5/31 Friday Evening

Free and Open to the Public

6 pm: Casual Potluck (bring your favorite dish and we'll make one too!) - meet your fellow participants; 8 pm: Opening Circle and Wild Foods of the Southwest talk with Kat Mackinnon and Briana Wiles.

6/1 Saturday 10 am - 1 pm

Identifying and connecting with our wild foods, including a native plants and weed walk, botanical exercises, and good harvesting practices.

Lunch - awesome organic, local food - allergen-free - vegan and paleo choices

6/1 Saturday 2 pm - 5 pm

Identifying poisonous plants, collecting and preparing for the evening wild Food Feast, including how to make delicious dishes with wild foods that can be easily incorporated into any diet.

Saturday Dinner and Saturday Night 6-8pm: This will be a working wild foods dinner! We'll be making our own ash cakes, learning the rock boiling technique for making soups and teas, and roasting tasty cattail treats! Music, stories, and tea around the fire for dessert.

You're also welcome to bring or cook your own dinner here at the farm, or if you've worked up an appetite for some more conventional fare, visit one of our excellent restaurants in town. The [Living Farm Cafe](#) is fabulous ... their seasonal, organic food comes straight from farms in the North Fork Valley.

6/2 Sunday 9:30 am - 1:00 pm

We'll go over how to preserve your wild harvest, including techniques for making storage and gathering containers. We'll also go into some of the medicinal uses of our common weedy foods.

6/2 Sunday, 1:30 pm

Closing Circle and Farewells