

Outline for May 7-8 Gardening/Wildcrafting Workshop

Here is your basic outline, and please find attached a vendor application. Please feel free to share to as many as you feel may be interested.

I am 13 kms from Sangudo and 25 kms from Mayerthorpe, sadly there are no hotels in Sangudo, but there is one in Mayerthorpe.

Camping and meals are included in the price of the workshop.

Smoking of any kind is not allowed on my property, the risk of fire is too great, but you're more than welcome to use alcohol responsibly. That being said, I will put some butt cans at the end of my driveway for those who must smoke 😊

Weekend outline is as follows:

These workshops will start at the BEGINNING. From the very basics of planning a garden and Spring Wildcrafting.

We will start with choosing the best garden spot, and preparing the soil

We will go through what/when/where/how to plant.

We will discuss seed starting, cuttings, companion planting, and bedding plants

We will go through the different types of gardens: in the ground, raised beds, straw bales, etc

There will be a fireside gathering after dinner on Saturday

Then on May 8th

We will start with some early spring Wildcrafting, called Food Underfoot

Food under foot (Spring, Early Summer, Late Summer, Autumn)

Are you curious about what you can do with the “weeds” in your backyard or the plants you see on the trails when you are out hiking? Are they edible? Medicinal or have some other cool use?

Come and join us for a guided wild food foraging walk where we will harvest some ingredients for our lunch while we discuss the ethics of foraging wild food and the medicinal, culinary and magickal properties of the wild bounty around us.

We will then create a meal with our foraged plants. Sandy will share recipes and cooking techniques for the plants harvested and the various wild food accompaniments used to create the meal. You will have hands on experience in each step of your wild food meal, harvesting, preparation, cooking and eating.

Learning the basic plants to use, and how to use them as food and medicine

These are all-inclusive weekends, meals (6) and class materials are provided, camping is available. All you need to provide is your tent/camper (no power), yourself and proper weather appropriate clothing, work gloves, and weather appropriate footwear; I suggest rubber boots, hiking boots and solid running shoes. **NO OPEN TOED FOOTWEAR WILL BE ALLOWED!** Classes will run rain or shine

I will have a registration form available now. If you would like to sign up for more than one workshop,

discounts will be available for blocks of 4 or more weekends

Classes are limited to 20 participants and the cost is \$300/participant for the weekend.

The two main textbooks we will be using throughout the entire season are:

The Boreal Herbal by Beverly Grey

Natural Healing, Wisdom and Know-How by Amy Rost

Garden Wisdom & Know-How is a recommended reading as it is full of relevant information and project ideas

I will have class outlines available with Registration Forms. Pre-registration and payment is required one month before each class. I will provide a recommended book list as well.

Please Note: These are intense workshops, so no cell phone use is allowed. Internet and cellular service is virtually non-existent, so we will be learning hands on and with field guides, textbooks and experienced instructors. Notebooks will be provided with class materials to create plant journals

when Wildcrafting, or if you prefer I will have some hardcover Foraging Journals and Herbal Recipe Keepers available to purchase, this is not required, but an available option.

Anyone who wishes to enrol directly in the more advanced medicine making classes in August and September **MUST HAVE VERIFIABLE EXPERIENCE...NO EXCEPTIONS!** This is for the safety of ALL participants.