



## ***Workshops at The Organic Centre***

### **Wild food from hedgerows with tastings**

An interactive walk around the hedgerows at The Organic Centre, finding and identifying wild foods along the way, followed by a session on how to best use wild plants and herbs with a few recipes.

### **Growing and using herbs**

A tour around the gardens and herb displays at The Organic Centre identifying herbs for kitchen, health and beauty with advice given on planting followed by tastings and recipes.

### **Healthy eating with vegetables from the garden**

A seasonal workshop on how to incorporate more vegetables into your diet with advice given on the nutritional benefits of various vegetables, followed by demonstrations and tastings.

Duration 3 hours

Minimum participants 10