

Spiritual, Moral, Social and Cultural Development Links to the National Curriculum

We believe that emotional and social well-being, self-esteem and confidence are of prime importance and are inextricably linked with academic progress.

The Family Foraging Kitchen is able to organise safe but challenging expeditions for young people, with links to the curriculum and defined outcomes.

Through our programmes, participants are able to embrace the spirit of wilderness, an awareness of past cultures and a sense of new social responsibility. Importance is placed on personal development, respect



Wild Food Practitioner

Vix Hill-Ryder is a wild food practitioner and educator who runs regular foraging courses privately and for the general public. She dedicates her life to researching and experimenting with wild food. This is both her passion and meaningful vocation, to not only inspire her surrounding community but to feed her own family in a sustainable and nutritious way.

Vix has certificates in Food Hygiene, can provide comprehensive risk assessments and is insured with both public and product liability insurance.

of diversity, togetherness, simplicity of experience and learning about the richness of a natural environment.



Location

Our walks can be tailored so that we can lead a Hedgerow Foraging Expedition in your particular schools area / choice of location. Alternatively, the Family Foraging Kitchen primarily operates its guided walks at Maker Heights, situated on The Rame Peninsular in Cornwall. Maker has provided a base for childhood adventures since the 1920's when Lady Astor, the UK's first women MP, instituted Maker Camp as a place for young people to come to from Plymouth and other inner city locations to escape urbanisation, war and austerity.

Maker is a unique base for schools and other groups to continue to experience the magic that the Rame Peninsula has to offer. Schools can book to visit the Family Foraging Kitchen on this special site and enjoy the beautiful space and hedgerows it has to offer.

For more information contact:

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 familyforagingandwildrecipes

 @familyforaging

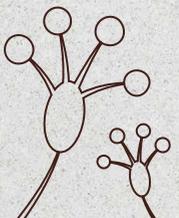
FORAGING IN CORNWALL

Outdoor Learning for Schools

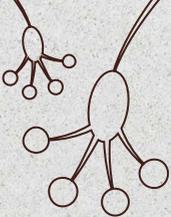


Edible Hedgerow Walks & Wild Cookery

familyforagingkitchen.co.uk



World exploration begins at home.



The Family Foraging Kitchen works to inspire both pupils and teachers alike, educating them about their local environment and the abundance of wild food it can provide. Working with local schools and colleges, our interactive foraging and wild cookery walks focus on learning traditional skills and knowledge.

There is a good deal of fear and misinformation surrounding the use and consumption of wild plants, and we believe that the best way to combat this is to share knowledge about how these plants can be used.

Modern agricultural methods have meant that foraging, once a part of our ancestral daily life, has faded away, replaced by regular family trips to the supermarket.

Many children are now disconnected from the food that they eat. Given the ecological, social and environmental crises that we now face globally, humanity needs to – rather urgently and radically – examine its relationship with food, and how we acquire it.

Foraging is about more than just food and nourishment; it gets us out into the countryside, helps to cultivate an intimate appreciation of nature, lets us explore history, science and folk lore; can bond families, strengthen communities and re-establish connections severed by modern life.



We reconnect young people to:

Education through plant identification, in both wild food edibles and poisonous species.

The changing seasons, climate and the landscape surrounding them.

Sustainable nutrition without food miles, additives or modification.

To inspire a life that is sustainable, fun, creative and fulfilling for the whole family.

To combine learning with adventures in the wild, increasing pupils' core skills (such as self-confidence).

Cost - £15pp*

(half day session - 3 hrs)

Each session includes the basic aspects of foraging for wild food with a strong focus on child safety. Risk assessments have been carried out if schools need help completing their own.

*based on a minimum group size of 12 mid week during term time.

Outdoor learning for schools.



The Family Foraging Kitchen can provide a programme of 'Hedgerow Foraging Expeditions' tailored to meet the needs of either primary or secondary school aged children. The main aim of this programme is to empower young people, giving them the knowledge to be competent and confident when finding nourishment in the great outdoors (and a chance to try out the skills our ancestors would have had to had).

Above all we aim for students of this programme to have fun while they are learning basic foraging skills, enjoying first-hand experiences in the natural world. Sustainability is a key topic in many areas of the primary and secondary school curriculum. It is our aim to nurture that topic by engaging your pupils' awareness of the environment and the part that we all play within it.

Programme

- An introduction to the historical value of British hedgerows and their uses for food, medicine and for wildlife
- How foraging has been used for survival by great world explorers on expeditions
- An expedition into the hedgerow
- How to forage for wild food and the safe identification of common wild edibles
- Interactive wild cookery workshops

Students attending the programme will achieve:

- Increased motivation gained from adventurous activities & opportunities for kinesthetic/active learning
- A chance to encounter nature
- A chance to have different social interactions with staff and other pupils
- Personal, social and emotional development
- More physical activity & mental wellbeing from an enhanced sense of place
- Inspire passion, motivating young people to become successful learners and to develop as healthy, confident, enterprising and responsible citizens
- The opportunity to explore and discover
- Greater understanding of the role and importance of hedgerows for the environment, sustainability and nutrition

