

SPRING HERBS AND THEIR PROPERTIES

Taught by Dee Dade

Sat 4 May 2019



As new growth appears everywhere, you will be amazed as we explore the remarkable world of the wild medicinal herbs that grow amongst our hedgerows, gardens and green spaces.



This day workshop gives you the opportunity to learn about the wild medicinal herbs growing around us. Not only are we able to eat a lot of these wild plants, but they also have amazing medicinal and health-giving properties, useful in preventing and treating our seasonal ailments.

During the day you will be out and about learning easy ways to identify a variety of spring herbs. Learn all about the medicinal/health giving properties of the herbs we find and how you can use them to enhance your day to day health and wellbeing. Forage and use the bounty we find to cook lunch together; giving you a variety of recipes to take home with you. Learn to make delicious infused vinegars and spring time tea blends.

Gardening, walking and weeding will become an opportunity to create wellness for the whole family in a way that is fun, easy and tasty.

Dee's interest in herbs started as a young girl, decades later it now fills every corner of her life and cupboards. It started out as something that was just for her but has developed and deepened over the years. Dee's formal studies were spent in apprenticeship out in nature and she knew then that it was important to be sharing this knowledge.

Note: This event is part of our wider work on surveying our SSSI reserves. We do not allow any private foraging on our reserves at any time.

Day Workshop: £80 pp includes all tuition, materials, morning tea, lunch and afternoon tea & cake.

Times: Arrive at 9.45am for morning tea. The course will start at 10.00am and finish at approx. 4pm.

What to bring: A selection of 3 or 4 jam jars or similar, with lids. Please wear an apron or old shirt in case of splashes.

Find your connection to nature

Book online at www.kingcombe.org or call our Booking Office on **01300 320684**

Why should I choose The Kingcombe Centre?

- Set in 180 ha of stunning nature reserve in west Dorset, you can escape, recharge and be inspired by your surroundings.
- We offer comfortable accommodation and delicious homemade food for individuals and small groups
- Our people include leading national experts, inspirational teachers and a small professional customer service team focused on you.
- We are proud to say that all our heating and hot water is generated onsite using the latest environmentally sensitive wood pellet boiler system and photovoltaic solar panels.
- Our food is either grown in our gardens or sourced locally, as much as possible.

Here are some of your Frequently Asked Questions:

What type of accommodation is included?

We offer comfortable accommodation in our lodge right next to the Centre with all en-suite rooms except one with private bathroom (all linen is included). Guests have the use of a communal kitchenette with tea and coffee making facilities and lounge area. There is free WIFI throughout the Centre. We have one disabled access room on the ground floor.

Can you tell me more about the food?

Homemade honest food is at the heart of our menu. Homegrown produce from our veggie garden, fruits from the orchard, and fresh beef and lamb from our own cattle and sheep grazed on the Kingcombe Meadows all feature seasonally. We can cater for all dietary requirements.

I live locally or wish to stay with friends, can I still book as non-residential?

Yes of course, we offer a non-residential price which includes everything except for Bed and Breakfast. This includes dinner and evening lectures / activities on specific courses.

Are partners able to join me at Kingcombe while I am on a course?

If your partner would like to join you at Kingcombe while you are on your course, we offer excellent Partner Package rates. They can join you for meals and then explore our beautiful reserves or further afield around Dorset. Just ask the booking team for more details.

Can I extend my stay?

If you are coming from further afield or wish to make a longer break to explore the stunning countryside of Dorset, we offer additional Bed and Breakfast, subject to availability.

What is the nearest train station?

From London direction – Dorchester South station is a 30 minute taxi ride away.

From Bristol direction – Maiden Newton is only 3 miles away, but taxis require pre-ordering.

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