

Wild Edibles & Medicinal Plants

What to Expect...

Seeing through the Eyes of the Forager

Build your confidence and competence in identifying, gathering, and eating Wild Edibles and Medicinal Plants! Join Frank Grindrod of Earthwork Programs for a unique "how-to," hands-on experience in WILD FOOD and allow it to complement your current culinary habits and lifestyle.

Our wild edibles classes are designed to teach how to:

- Identify
- Process
- Prepare
- Cook
- Preserve
- Eat on the spot

Our Wild Edibles and Medicinal Plant classes provide valuable knowledge!

Discover how to identify, ethically harvest and prepare edible wild plants as food and medicines. Learn the plant rhythm of each season as we visit different ecosystems when certain plants are ready to harvest. Many of the wild plants we explore usually can be found close to home where you can continue to view and harvest them.



Fire Making & Shelter Building

What to Expect...

The Art of Fire

Can fire really be made by rubbing sticks together?

Yes! There are more than 30 ways to make a fire!

Experience this lost art that we are preserving and sharing with future generations...see our children rekindle this connection to our past and see for yourself why this is essential to witness. Give it a try yourself.

Lostproofing and Shelter Building

Learn the skills to have peace of mind in the woods. Be prepared for comfort in the outdoors—without a tent. This is an introduction to lostproofing and shelter building, and it will give you the skills to practice on your own. There is something magical about creating a home in the woods, and staying overnight in a shelter you have built is an amazing rite of passage. Think of it as your reward for practicing so many survival skills! Getting enough sleep is one of the most important things you can do in a survival situation so that your body can rest and your mind can stay strong.



Outdoor Adventure Skills

Here's an example of other curriculum that we offer:

- Knife/tool safety and care
- Carving
- Harvesting materials
- Language of tracking
- Learning animal gaits
- Camouflage and invisibility
- Creating set of tools for survival
- Natural sleeping bags
- Fire with rocks
- Introduction to flint knapping
- Baskets and containers
- Coal burning spoons and bowls
- Lost proofing
- Aidless navigation
- Traps setting
- Hunting methods
- Making hunting tools
- Community building

