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Wild Food Foraging  
with  
Gourmet Feast  
2019



Tel: + (0)7810 317 866 [www.thewildkitchen.net](http://www.thewildkitchen.net)

Coastal foraging & Gourmet feast with Lucia Stuart.  
Locations around Deal, Kent, 2 hours from London, UK.

- 13 Apr  
11-4 pm     Edible Seashore. Learn how to gather and cook edible seaweeds & succulent plants from the picturesque seashore. Wild food picnic with seaweed cookery in stylish beach hut.
- 9 June  
10 - 3pm     Meadow & Coast: Explore the beach for succulent plants & edible seaweeds to take home, then up to the Meadow for flora & blossoms. Luncheon feast at The Wild Kitchen, Deal.
- 26 May  
10 - 4pm     Sand, Swim & asparagus: Stunning spot for a delicious beach picnic. Fun as you forage plants. Sea swimming encouraged.
- 10 & 11  
August  
12-5pm     Midsummer gladness: Vegan Special: Gourmet wild food in beach hut under the White cliffs of Dover. Gather cliff herbs, then to the seashore for delicious seaweed & coastal plants.
- 24 Aug  
11-4 pm     Smugglers & coastal edibles: Stunning wilderness location with smuggler's tunnels. Find coastal plants & summer flowers. Fill your baskets with nature then relax in the sun for an enormous wild food gourmet picnic on the beach.
- 3rd Sept  
& 24 Oct     'Day off' delight: Shellfish special: Gourmet wild food picnic on the beach; fizz, mussels, oysters & stunning Kent skies.
- 12th Oct     Berry Bonanza: Autumnal forage & feast. Cosy and nutritious berry recipes to keep you healthy all winter.

Further Events [www.thewildkitchen.net](http://www.thewildkitchen.net)  
& information: Tel: 07810 317 866

