



Wild Things Course 2019

A Year of Wild Food & Medicine (Year One)

About the Course:

The Wild Things Course is an eight month exploration of wild food and medicine growing in a variety of habitats in and around Edinburgh through the seasons. It includes opportunities to gain confidence in low impact foraging, beginners botany and ecology, and to develop a sensory approach to using wild plants both as food and medicine. There will be a combination of theoretical sessions, practical remedy making and outings into some of Edinburgh's most beautiful semi-natural areas.

Increasingly today our food and medicine is flown to us from far regions of the globe. Health food shops are stocked with 'superfoods' from rare and diminishing habitats, and we are commonly offered endangered species like Arnica & Echinacea. We have lost our connection to our local bioregion, and with it all of the history and traditions that our landscape and the plants that grow there can offer us. This course is about re-connection & about building sustainable, healthful practices through a deepening relationship with our local ecosystems.

Course Outcomes:

- Develop an understanding of the ethics and practice of ecological harvesting and gain a confidence in **low impact foraging**
- Try out recipes and **learn practical remedy making** skills for home use
- Learn about the edible and **medicinal properties of some of our common British plants** and when to harvest them
- Develop a **sensory approach to herbal medicine**
- **Beginners botany and ecology** and the ability to confidently identify common species
- Gain an understanding of how to live more harmoniously with the seasons
- **Visit distinct habitats around Edinburgh and see how the plant communities that live within them change over the year**



Course Dates & Venues:

The course will run over eight months from March to October, with one three hour session per month, and seven two hour herb walks in different locations. Four of the herb walks will be in Blackford Glen in South Edinburgh, and the others will be in three beautiful areas further out of the city: The River Almond walkway, Roslin Glen & Gullane's seafront.

Please note the below course dates are provisional dates only.

Unfortunately the venue is not wheelchair accessible - if this has stopped you from coming to the course please let us know so we can look for future accessible venues.

There are two options for the course:

Group 1:
Thursdays 6pm to 9pm

Group 2:
Fridays 12.30pm to 3.30pm

Both classes will be taught at:

Blackford Glen Farm, 51 Blackford Glen Road, Edinburgh EH16 6TP

Course Dates:	Thursdays 6pm – 9pm	Fridays 12.30pm – 3.30pm
Session 1	Thursday March 14th	Friday March 15th
Herb Walk 1	Saturday 30 th March (2-4pm)	Friday 29 th March
Session 2	Thursday April 11 th	Friday April 12 th
Herb Walk 2	Thursday April 25 th	Friday April 26 th
Session 3	Thursday May 9 ^h	Friday May 10 th
Herb Walk 3	Thursday May 16th	Friday May 17th
Session 4	Thursday June 6th	Friday June 7th
Herb Walk 4	Thursday July 4th	Friday July 5th
Session 5	Thursday July 18th	Friday July 19th
Herb Walk 5	Thursday August 1st	Friday August 2nd
Session 6	Thursday August 15th	Friday August 16th
Herb Walk 6	Thursday August 29th	Friday August 30th
Session 7	Thursday September 12th	Friday September 13th
Herb Walk 7	Saturday September 28th (2-4pm)	Friday September 27th
Session 8	Thursday October 10 th	Friday October 11 th
Course Celebration	Friday 25th October	



Course Price: Sliding scale £300 - £700

Why do we use a sliding scale?

Our core aim in Grass Roots Remedies Co-operative is to try and make herbal knowledge, skills & consultations accessible to everyone. As well as running herb walks & workshops we also provide a community clinic in Wester Hailes by donation to local people (the only one of its kind in Scotland), and run free workshops & walks in Wester Hailes, Craigmillar, Pilton & Granton.

We use a sliding scale in our workshops and courses: a sliding scale is a mechanism where people pay different fees according to their income, so that services can be made accessible to as many people as possible, and folk aren't financially excluded. A sliding scale means that everyone pays a similar proportion of their income for the same service. This increases access for people who are systemically excluded from participating in community activities such as people of colour, people with disabilities or health conditions, immigrants, women-led groups, LGBTQ* & working class communities.

By paying a higher rate on the scale if you can afford it, you are enabling us to carry out our core work of providing free and low cost education & herbal consultations in areas of deprivation. We really appreciate your continuing support.

How much should I pay?

We acknowledge that the average annual full-time salary in Scotland is roughly £20,000 but there are many other factors which determine how much expendable income and financial security folks have. Below are some guidelines to inform which course fee is most appropriate for your situation. We appreciate that everyone's situation is different and this is a guideline only. We won't ask for any proof of your personal circumstances and trust each person to judge for themselves which price feels right for you.

(We are very open to feedback about these guidelines, so if you have any comments or examples of statements that feel more fitting, then please do get in touch).

£300-£450 Places (4 available)

I have access to benefits or am employed but have very limited expendable income
I may have limited savings and/or limited access to any financial support from others
I may be a carer and/or have dependents
I may have no recourse to public funds
I may have chronic health issues which impact my financial security

£450-£550 Places (up to 16 available combined with £550-£700)

I am able to meet my basic needs and have some expendable income
E.g. I can afford to go on holidays.
E.g. I can access public transport. I may have access to a car and can afford fuel.

£550-£700 Places (up to 16 available combined with £450-550)

I comfortably meet my basic needs, have savings and an expendable income

Any debt that I have doesn't impact my daily life

E.g. I own my own property, or comfortably rent a property

Eg. I own a car and can afford fuel

There are two options for payment. You can pay the full amount on booking, or pay a deposit of half of your chosen rate on booking, and then the remaining balance by March 7th 2019. Booking information is detailed in separate booking form.

About Grass Roots Remedies Co-operative:

We are an Edinburgh based workers' cooperative whose central philosophy is that herbal medicine is the medicine of the people and should be accessible to everyone. We offer a series of practical courses and workshops, run the low cost Community Herbal Medicine Clinic in Wester Hailes, a private clinic in North Edinburgh, and produce simple resources to enable folks to practice herbalism at home.

Wild Things Course organisers:

Soraya Bishop

Soraya read BSc Ecological Science with conservation & ecological management, & before joining Grass Roots Remedies worked as a community gardener in Wester Hailes & Craigmillar, Edinburgh. She has studied the Royal Botanic Garden Edinburgh Diploma in Herbology and a Permaculture Design Certificate. Soraya is part of the Scottish Radical Herbal Network - a community of activists placing herbalism as one necessary tool to challenge social & environmental injustice. She also spends time heading to the hills, listening to the birds, cooking and creating.

Ally Hurcikova

Ally is a Medical Herbalist (BSc MNIMH) and currently runs the Wester Hailes Community Herbal Clinic, providing low cost herbal medicine to local residents, and a private clinic in her home in North Edinburgh. She volunteers as a herbalist in the Herbal Unity Clinic in Glasgow: a free clinic for people affected by the asylum process. She is also a community gardener, remedy maker, forager, environmentalist and lover of making things, plants and wild places.

Contact Us:

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