

# Hedgerow Herbcraft®

with Melanie Cardwell, *Master Herbalist*

11th May 2014 : 10am—4pm

Ickleton Village Hall  
Ickleton, Cambs  
CB10 1SL



*Working with Nature through the Seasons'*

Subjects covered include:

- Wild herbs for medicine & food
- Plant Foraging & Identification Walk
  - Outdoor survival first aid
- Making Herbal Preparations from hedgerow ingredients

Come and join us this autumn for 'hands-on' practical Herbcraft from Nature's abundance in the Cambridgeshire countryside.

We will explore herbal First Aid from wild 'weeds', forage for many edible and medicinal plants for use as 'wild medicine' and make a herbal 'potion' to take home.

Experience the delights of delicious vegetarian and 'wild' food for optimum health  
... all included in the price!

*Spaces limited ... Book early to avoid disappointment*

Book for the day **£55.00**

Book both Hedgerow & Kitchen  
Herbcraft Days together for **£100**

Book this workshop with a friend  
**Only £50 each**



[www.herbcraft.info](http://www.herbcraft.info)



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