

# Wild Food Walk

discover edible delights that grow in our hedgerows and along the coast in a 2hr walk led by a local expert forager Rachel Lambert ([www.wildwalks-southwest.co.uk](http://www.wildwalks-southwest.co.uk))

## Thurs Aug 6th, 'Arthur's Field' Treloan, Gerrans

11am – 1pm: COASTAL WILD FOOD WALK, INCLUDING SEAWEEDS  
2 – 4pm: HEDGEROW AND COASTAL WILD FOOD WALK

£10 per person (book early as places are limited) tel: 01736 369719  
mob: 07903 412014 email: [rachel@wildwalks-southwest.co.uk](mailto:rachel@wildwalks-southwest.co.uk)



*a walk with Rachel May 23rd 2009*

'discovering what's on our doorstep'



[www.treloancoastalholidays.co.uk](http://www.treloancoastalholidays.co.uk)



[www.cornwallculture.co.uk/feast](http://www.cornwallculture.co.uk/feast)



<http://fieldsite.wordpress.com>