



Practical Foraging Program

Guided by Barefoot Brian

Program Overview

The Practical Foraging Program offers an immersive, seasonal learning experience designed to help participants build confidence in identifying, harvesting, and preparing wild foods and herbal medicines. Sessions blend hands-on foraging with preservation, cooking, and medicine-making practices, creating a grounded connection to the land and to community.

Is This Program Right for You?

You may find this program especially meaningful if you:

- Are new to foraging or have some experience and want to deepen your skills.
- Want more control over your health through nutritious, organic, wild foods.
- Are seeking a slower, more intentional lifestyle.
- Want to meet like-minded people and strengthen your sense of belonging.
- Wish to spend more time outdoors and develop a relationship with the land.
- Want to learn to make your own herbal medicines at home.
- Hope to reduce grocery costs by tapping into seasonal abundance.

Locations

- **Basecamp:** Heathcote
- **Foraging Areas:** Collingwood, Beaver Valley, Blue Mountains, and surrounding region
- **Exact Locations:** In order for the best possible foraging or learning potential, location will be announced a few days prior to each class.



Seasonal Schedule & Investment

Spring Session

May 2, 16, 30; June 13, 27 (Saturdays)

5 classes — \$280

Summer Session

July 8, 22; August 5, 19 (Wednesdays, 6–9 PM)

4 classes — \$225

Autumn Session

September 12, 26; October 10, 17, 31 (Saturdays)

5 classes — \$280

Three-Season Package

- Early Bird (until March 15): **\$645**
- Regular: **\$700**

Drop-In Classes

\$70 per class

Not all classes will offer a drop-in option .

What to Expect in Each Session

- Spring and Autumn sessions begin at **9:00 AM** and run **3–5 hours**, depending on seasonal abundance and activity.
- Activities vary by each class and may include: foraging, preserving, cooking, medicine making, herb and mushroom identification, and more.
- Participants may want to bring a snack or lunch; occasionally the group will cook and eat what is foraged together.
- Light “homework” may include oil infusions, tincture preparation, and dehydration projects. Optional Zoom support may be offered.



- Handouts and resources are provided each season.
- If a session is missed, a summary will be shared in the group chat.
- Group size is capped at **8 participants** to support intimate learning and sustainable foraging practices.
- A WhatsApp group is provided for updates, Q&A, and community support.

Seasonal Learning Highlights

Spring

Japanese knotweed pickles, wild greens powders and pesto, fiddlehead pickles, spruce tip oxymel, dandelion flower oil, forest green salads, dryad saddle mushroom powder, detox tinctures, teas.

Summer

Daylily pickles, mulberry vinegar/wine, permaculture garden tours, milkweed pickles, tree and mushroom identification, summer greens salads, pestos, powders, salve making, teas.

Autumn

Elderberry syrup/drying, mushroom foraging and tinctures, wild apple cider/vinegar/drying, root and seed foraging, fall greens powder, fall berry forage, wild ketchup/BBQ sauce, teas.

Program Outcomes

By the end of the program, participants will:

- Confidently identify, forage, and prepare a variety of herbs for food and medicine.
- Understand seasonal eating and know which plants to harvest at different times of year.
- Learn preservation methods such as drying, pickling, and fermenting, as well as the fundamentals of teas, tinctures, vinegars, and oils.
- Build a collection of preserved foods and medicines from program activities.
- Feel empowered, more self-reliant, and more connected to their health and environment.
- Know how to significantly reduce grocery costs by utilizing wild foods.



Recommended Equipment

To make the most of the program, participants are encouraged to have:

- **Dehydrator** — Useful for efficient herb drying and expanded preservation options.
- **Jars in various sizes** — Essential for storing dried herbs, fermenting, and pickling.
- **Plant and mushroom guidebooks** — Helpful for continued learning and independent exploration.
- **Teapot or strainer** — Valuable for preparing the many teas made during the program.
- **Vacuum or freezer bags and containers** — Important for long-term storage of berries and other frozen items.
- **Food processor or blender** — Useful for making pesto and other preparations.
- **Bugnet or spray** — Recommended for Spring sessions when insects are abundant.
- **Pocket knife** — A versatile tool for harvesting and preparation.
- **Harvest bags or basket** — Essential for gathering foraged materials.

Registration

For questions or to register:

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