

THE  
FORAGING  
COURSE

**THE FORAGING COURSE OUTLINE**

***Lesson 1: Introduction to Foraging***

- Introduction
- Why Forage
- Expanding the Palate For Wild Food (VIDEO)
- Ethics and Sustainability
- Ramps and Sustainability (VIDEO)
- Safety Considerations
- Foraging Safety and Bioaccumulation (VIDEO)
- Preparing to Forage
- Harvesting Tips and Techniques

***Lesson 2: Wild Edible Foraging***

- Wild Foods for Deep Nutrition
- Wild Foods Safety
- Wild Foods Nutrition (VIDEO)
- Plant Monographs

***Lesson 3: Incorporating Wild Foods into Your Diet***

- Easy Dishes
- Preserving Your Wild Edible Harvest
- Wild Edibles Recipes

***Lesson 4: Wild Foraged Herbs***

- Plant Walk (VIDEO)
- Monographs

***Lesson 5: Preserving and Using Wild Herbs***

- Preserving Your Wild Herb Harvest
- Recommended Dosage Guidelines
- Recipes

