

Foraging For Edible Weeds Green Smoothie Workshop

Held at Beate's Property
20 Flynn Road, Hillcrest
Hamilton

Sunday 13th September 11-2pm



You'll be amazed how many 'weeds' in your garden once identified you can safely eat. Forage for them, get to know them, learn their incredible nutritional properties & how to turn them into a delicious, green, superfood smoothie.

For more information and to register
Email (preferred) info@juliasedibleweeds.com
ph 0274308471



www.juliasedibleweeds.com/workshop
Cost \$40 (incl. ebook valued at \$9.95)
(book online to secure your place)

Julia Sich, Dip. Hort. (Distinction), BA has a passion for all plants, especially wild 'weeds'. She is a keen forager, photographer, health researcher and sustainable food grower. She loves to share her knowledge through workshops, her book "Julia's Guide to Edible Weeds and Wild Green Smoothies" and her website.