

SANCTUARY + SEED FORAGE + FEAST

EDIBLE INVASIVES & WILD FOOD

📅 MAY 17, 2025 | ⌚ 1:00 PM – 3:00 PM | 💵 \$25

👩‍🌾 INSTRUCTOR: DR. JEN REDMOND, SAMSARA
WELLNESS CENTER & CHIROPRACTIC MEDICINE

Learn how to forage safely, identify invasive and native species, and harvest edible plants that help restore our forests and gardens. In this hands-on, two-hour outdoor class, we'll uproot what harms the land—and turn it into a nourishing meal. Discover how to prepare foraged ingredients for breakfast, lunch, or dinner, and take home tools for living in harmony with the land.

*Dress for the weather and wear sensible footwear—
this class is outdoors and deeply rooted in the wild.*

