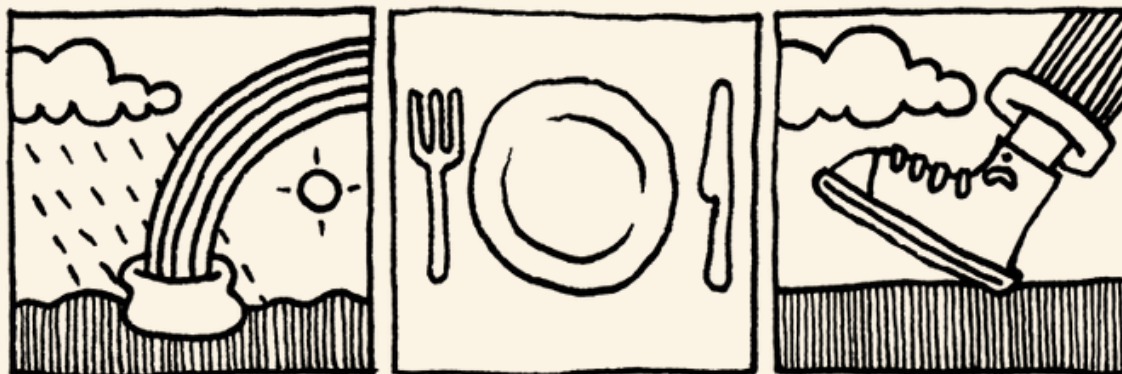


WILD FLAVOUR EXPERIENCES



FLAVOUR FRED.*

www.flavourfred.com







INTRODUCTION TO FLAVOUR FRED



SHOWCASING WILD FLAVOURS AND THEIR HISTORY ACROSS THE UK. ALWAYS FORAGING, BLENDING, DISTILLING AND COOKING UP FLAVOURFUL EXPERIENCES.

PROFESSIONAL FORAGER WITH 20 YEARS EXPERIENCE IN WILD FLAVOURS IN PARTICULAR CULINARY USES, PRESERVATION, DISTILLATION, FOLKLORE & HISTORY SURROUNDING THEM.

10 YEARS RUNNING WILD FOOD PUB/RESTAURANT LISTED AS 7TH BEST UK PUB IN THE TIMES. WITH APPEARANCES ON BBC COUNTRYFILE, & FOOD UNWRAPPED



OPTION 1 – 2.5 HOUR FLAVOUR-LED FORAGING WALK

LONDON LOCATIONS: BOSTALL WOODS (SE2), OR HACKNEY MARSHES (E9)

OUTSIDE LONDON LOCATIONS: WOODOAKS FARM (HERTFORDSHIRE), SHERMANBURY ESTATE (WEST SUSSEX),

TILLINGHAM WINERY (EAST SUSSEX), THE GRANGE HAMPSHIRE

I'LL TAKE YOU INTO NATURE AND SHOW YOU HOW TO FIND AND IDENTIFY MY FAVOURITE WILD PLANTS, FRUITS
AND FUNGI.

ALONG THE WAY YOU'LL LEARN SOME SCIENCE AND FOLKLORE, PICK UP TIPS ON SURVIVING IN THE WOODS,
HAVE A FEW LAUGHS, GET TO TASTE SOME OF THE BOOZY CONCOCTIONS AND DELICIOUS WILD FLAVOURS THAT
CAN BE MADE WITH WHAT WE FIND.

PRICES: £600 (UP TO 18 PEOPLE – £20 PER ADDITIONAL PERSON – OVER 25 PEOPLE MAY
REQUIRE ANOTHER FORAGER) – ADDITIONAL TRAVEL COSTS MAY BE INCURRED



OPTION 2 "MEET YOUR INGREDIENTS" – WILD FORAGING & WOODLAND WALK FOLLOWED BY FIRE COOKED FOOD AND DRINK

LOCATIONS: WOODOAKS FARM (HERTFORDSHIRE), SHERMANBURY ESTATE (WEST SUSSEX), TILLINGHAM
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CONCOCTIONS AND DELICIOUS WILD FLAVOURS THAT CAN BE MADE WITH WHAT WE FIND. ARRIVING BACK
TO ENJOY A WILD COOKED FEAST WITH PAIRED COCKTAILS.

£95 – £145 PER PERSON, UP TO 18 PEOPLE – THESE NEED TO BE AGREED

NEXT SLIDE IS AN EXAMPLE



FLAVOUR
FRED*



OPTION 2 EXAMPLE "MEET YOUR INGREDIENTS" – WILD FORAGING & WOODLAND WALK FOLLOWED BY FIRE COOKED FOOD AND DRINK @ THE GRANGE HAMPSHIRE THE GRANGE HAMPSHIRE ([HTTPS://THEGRANGEHAMPSHIRE.CO.UK/](https://thegrangehampshire.co.uk/))

THE GRANGE HAMPSHIRE IS A NEW SITE CONSISTING OF MIXED LAND INCLUDING WOODLANDS, STREAMS AND MANY BOUNTIFUL HEDGEROWS. IT ALSO IS A VINEYARD SO WE CAN ADD A WINE TASTING TO THE OPTIONS BELOW FOR AN ADDITIONAL **£25** PER HEAD.

THE TRAIN FROM WATERLOO GOES TO WINCHESTER STATION WHERE WE CAN ARRANGE A MINIBUS PICKUP SO PLEASE LET ME KNOW IF YOU WOULD LIKE TO ARRANGE THAT AND I'LL GET SOME QUOTES.

FORAGE & SNACKS **£600** (UP TO 18 PEOPLE) – PLANT BASED

3 HOUR WALK WITH TASTERS AND SNACKS ALONG THE WAY (SIMILAR TO WHAT YOU EXPERIENCED ON HAMPSTEAD HEATH)

FORAGE & WILD PIZZAS **£85** PER HEAD (MINIMUM **£850**, UP TO 18 PEOPLE – PLANT BASED)

3 HOUR FORAGING WALK FOLLOWED BY "MAKE-YOUR-OWN" WILD PIZZAS, WITH MANY WILD TOPPINGS AVAILABLE

ADD WILD COCKTAIL (NEGRONI OR SPARKLING OR WILD KOMBUCHA) APERITIF: **£10PP**

FORAGE & FEAST **£115** PER HEAD (MINIMUM **£1,150** SPEND, UP TO 18 PEOPLE) – PLANT BASED

3 HOUR WALK FOLLOWED BY AN INDOOR MEAL WITH A SPREAD OF PLATES THAT UTILISE MANY OF THE ITEMS WE WILL HAVE SEEN ON THE WALK & MY OWN WILD PICKLES AND PRESERVES.

ADD WILD COCKTAIL (NEGRONI OR SPARKLING OR WILD KOMBUCHA) APERITIF: **£10PP**

FORAGE, WILD MEAT & WILD FOOD **£145** PER PERSON (MINIMUM **£1,450**, UP TO 18 PEOPLE)

3 HOUR FORAGE FOLLOWED BY A SELECTION OF WILD ITEMS, VARIOUS PLATES AND DISHES ALSO UTILISING THE WILD MEAT FROM THE ESTATE INCLUDING FALLOW DEER, HARE, RABBIT, WOOD PIGEON. ALSO INCLUDES A GLASS OF THE SITE'S SPARKLING WHITE WINE.

ADD WILD COCKTAIL (NEGRONI OR SPARKLING OR WILD KOMBUCHA) APERITIF: **£10PP**



BESPOKE EVENTS

INTERESTED IN SOMETHING SPECIFIC? PLEASE FEEL FREE TO ASK AS RUN MANY COURSES TO ALIGN WITH SPECIFIC PROJECTS. MOST POPULAR PREVIOUS PROJECTS HAVE BEEN FORAGE & DRAWING SESSION AND WILD FERMENTATION EXPERIENCES

FLAVOUR & FERMENT FOCUSED FORAGING

A FORAGING WALK WITH A SPECIFIC FOCUS ON HOW TO PRESERVE FLAVOUR THROUGH FERMENTATION WITH TASTERS & DISCUSSION POINTS FROM VARIOUS CULTURES* METHODS AND PROCESSES INCLUDING

- PINE CONE CHEONG
- SAUERKRAUT & FERMENTED WILD SEASONINGS
- NATURAL SODA'S & WINE/MEAD MAKING
- WILD MUSHROOM FERMENTATION





WHY FORAGE? WILD WELLNESS BENEFITS OF FORAGING

IT IS HARD TO OVERSTATE THE VALUE OF NATURE. SKILLS DEVELOPED, KNOWLEDGE GAINED AND FUN HAD IN THE WILD WILL PROVE IMMENSELY VALUABLE IN EVERY ASPECT OF YOUR LIFE AND WORK. TIME SPENT OUTDOORS AND CONNECTING WITH NATURE WILL CHANGE YOUR PERSPECTIVE AND ENHANCE YOUR SENSE OF WELLBEING.

AS HUMANS, OUR SENSES WERE DEVELOPED FIRST TO ASSIST US IN HUNTING AND GATHERING. OUR PERCEPTION OF COLOUR HELPED US PICK THE RIPEST FRUIT AND TELL THE POISONOUS FROM THE TASTIEST BERRIES. THE POWERFUL LINK BETWEEN SMELL AND MEMORY HELPED US REMEMBER THOSE PLANTS WE HAD EATEN SAFELY BEFORE, AND THOSE WE HAD BEEN TAUGHT TO FEAR. YOUR BODY HASN'T FORGOTTEN THIS: WILD PLANTS STILL PROVIDE A VIVID AND DELICIOUS FEAST FOR THE SENSES.

MY EXPERIENCE AND PASSION SPEAKS FOR ITSELF, AND SO WILL YOURS IF YOU JOIN ME, BUT THERE IS ALSO MUCH SCIENTIFIC RESEARCH BEING UNDERTAKEN TO CONFIRM WHAT WE KNOW INSTINCTIVELY ABOUT THE FOREST — THAT WELLBEING, HEALTH, HAPPINESS AT WORK AND HOME, MEMORY AND TEAMWORK ALL IMPROVE AS A RESULT OF IMMERSING ONESELF IN THE WILD. IT HAS BEEN SHOWN THAT BEING CLOSE TO NATURE CAN IMPROVE PEOPLE'S MOOD, PRODUCTIVITY AND WELLBEING. IN JAPAN, THE ART OF SHINRIN-YOKU OR "FOREST BATHING" IS WIDELY PRACTICED AND RECOGNISED AS A THERAPEUTIC ACTIVITY, AND WESTERN SCIENCE IS JUST CATCHING ON TO THIS KNOWLEDGE.



TESTIMONIALS

"FOR OUR SUMMER PARTIES WE ALWAYS LOOK FOR SOMETHING FUN AND A LITTLE QUIRKY — WE WERE DEFINITELY NOT DISAPPOINTED! FLAVOUR FRED HOSTED OUR TEAM FOR AN AFTERNOON AND EVENING OF ACTION PACKED AND INCREDIBLY INSIGHTFUL FORAGING FOLLOWED BY A BANQUET OF MOUTH-WATERING FOOD MADE WITH FINEST INGREDIENTS. WE ALL LEARNT A LOT ABOUT WHAT THERE IS TO FETCH ON YOUR DOORSTEP IN NATURE'S GARDEN AND AT THE SAME TIME HAD A REAL LAUGH AND A LOT OF FUN. I WOULD HIGHLY RECOMMEND FLAVOUR FRED FOR A ONE OF A KIND EXPERIENCE!"

—AISLING CRAPNELL, SOANE BRITAIN

CAN'T RECOMMEND FLAVOUR FRED ENOUGH. WE DID A WORK AWAY DAY WITH FRED, WHO TOOK US AROUND HACKNEY MARSHES AND VICTORIA PARK, BEFORE DROPPING US AT FLAT EARTH PIZZAS IN CAMBRIDGE HEATH FOR LUNCH. IT WAS GREAT TO GET OUT INTO SOME GREEN SPACE IN LONDON AND LEARN ABOUT THE PLANTS YOU CAN (AND DEFINITELY CANNOT EAT). THE PERFECT AMOUNT OF WALKING, TALKING AND INTERESTING INFO. HE'S A REAL EXPERT. THANKS AGAIN!

LOUIE TURPIE — GREENPEACE



TESTIMONIALS

"THE MEET YOUR INGREDIENTS EVENT WAS A FANTASTIC DAY OUT. GEORGE IS A FORAGING ENCYCLOPAEDIA, AND HAS THE SORT OF DEEP KNOWLEDGE THAT COMES FROM YEARS OF WORKING IN THE FOOD BUSINESS. THE MEAL HE COOKED UP WAS ABSOLUTELY DELICIOUS. HE SPOILT US WITH YUMMY COCKTAILS MADE FROM HIS OWN BOOZE. IT WAS SO GOOD, I HAD TO BUY A BOTTLE. IT WAS REALLY GOOD VALUE FOR MONEY WHEN THE TIME SPENT FORAGING, EATING AND DRINKING IS ALL ADDED UP. MUCH BETTER THAN JUST GOING FOR A REGULAR MEAL OUT. WOULD DEFINITELY RECOMMEND TO ANYONE INTERESTED IN FOOD, FLAVOURS OR FORAGING"

— MICHELLE O'SULLIVAN

"ABSOLUTELY DELIGHTFUL! WE HAD A LUNCH PICNIC AND A FORAGING WALK WITH FLAVOUR FRED AROUND THE HACKNEY MARSHES. WE HAD A GROUP OF 15 PEOPLE FOR A SUMMER ACTIVITY AT WORK. THE PICNIC WAS SUPER YUMMY, EVERYTHING WENT SMOOTHLY AND ON TIME. THE WALK WAS ALSO VERY INFORMATIVE AROUND THE HACKNEY MARSHES. GEORGE TOLD THE STORY OF THE PLANTS IN HIS OWN UNIQUE STYLE, MAKING IT NOT ONLY INFORMATIVE BUT ALSO FUNNY & MEMORABLE. I'D DEFINITELY RECOMMEND THE SESSION FOR ANY GROUP WITH INTERESTS IN NATURE."

— WINNY MULYASASMITA, CHIEF OF STAFF, WNWN FOOD LABS



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