



Wild Foods Foraging Hike and Dinner
with Herbalist Patricia Kyritsi Howell
and Chef David Darugh:

Summer Hike and Dinner: June 18 – 20, 2010
Autumn Hike and Dinner: September 10-12, 2010

Botanologos

Ever feast on the tender asparagus flavored stalks of Solomon's seal? The exalted and elusive morel mushroom? Succulent coiled fronds of the woodland fern? If not, come experience the gourmet elements of wild foods in the Georgia Mountains. Our events are devoted to all things wild and local to remind your senses why the traditional wild ingredients of Appalachian cuisine are now the hallmark of culinary innovation in restaurants across the country.

Join us this summer and autumn and learn to recognize, cook and savor many wild ingredients. Your guides are noted herbalist, Patricia Kyritsi Howell (author of *Medicinal Plants of the Southern Appalachians*), and David Darugh, chef at the award-winning Beechwood Inn.

Your adventure starts with a leisurely hike Friday morning. Along the trail you'll see, taste and smell many wild edibles while you forage ingredients for dishes you'll enjoy throughout the weekend.

In the late afternoon we'll go back to the Beechwood Inn for a cooking demonstration using wild foods to create appetizers specially chosen to compliment local wines. The proof is in the wildness you'll taste as you relax on the Inn's comfortable front porch and enjoy the fruits of your labors. We'll sample several wild foods appetizers and local wines as evening descends over the mountains.

Saturday morning you'll visit the award-winning "Simply Home Grown" market in Clayton where you

may buy some of the season's freshest produce from local farmers.

Each event culminates Saturday night with a unique multi-course dinner that showcases gourmet possibilities of combining local wild edibles with Rabun County farm produce. Recommended selections from the Beechwood Inn's extensive wine list will be available to purchase.

Each event costs \$155.00 per person; \$130.00 for guests of the Beechwood Inn (plus applicable taxes and gratuity.) Further details about the weekend will be sent after we receive your registration. *A la carte* pricing may be available for those who don't wish to attend the entire weekend, contact us for details. Special lodging rates at the Beechwood Inn for Wild Foods participants.

Cost of each Wild Foods Event includes:

- Friday morning guided foraging hike
- Friday afternoon cooking demonstration
- Appetizers and wine tasting late Friday afternoon
- Visit to the local growers market Saturday morning (optional)
- Complimentary glass of wine before dinner on Saturday
- Multi-course wild foods dinner Saturday night
- A set of our recipes featuring wild ingredients

Hikers, please note: You must be able to walk 2-3 miles at a moderate pace without difficulty.

For more information and reservations contact the Beechwood Inn at (706) 782-5485 or visit our websites at www.beechwoodinn.ws or www.wildhealingherbs.com

Joie Power of Hayesville, NC attended our wild foods dinner in June 2009 and e-mailed to say, "*I've been to wild foods dinners before but nothing like this; this is the first one where I didn't feel like a grazing herbivore or one of the last surviving humans in some post-apocalyptic throw-back saga. Elegant and delicious!*"

