FORAGING FOR EDIBLE MEDICINAL PLANTS
(and learn how to prepare the miraculous soup)

Intro

I have always been a gatherer, I started with limpets on the sea rocks and the big prize: the porcino or ovulo mushroom; things they teach you from just out of the cot. Then there were asparagus, wild fruit and nuts and herbs such as thyme, rosemary, mint and oregano. Things have accelerated since my transformation into a farmer and the difficulty of growing a domesticated crop in a jungle of weeds coupled with increased knowledge gathered (again!) from all sorts of sources have widened the choice of wild edible plants to a huge number that keeps increasing. If you can’t eliminate them, eat them!

Always putting taste first over health benefits, I started trying and it is surprisingly satisfying: they are very, very good for you and they also taste nice!
Quarry

Edible medicinal plants: chicory, sawthistle, asparagus, hops, mustard, borage, nettles, campion, catsear, portulaca, pellitory, comfrey, calendula, watercress, thistle, mallow, leek, amaranth, bramble, centaury, plantain, dandelion

Herbs: fennel, mint, origano, thyme, elicrisum, sage

Fruit: strawberries, blackberries, mulberries

Nuts: chestnut, pine nuts, carob, hazelnuts, walnuts

Mushrooms

Other: elderflower, acacia flower, camomile, lime, saffron, juniper, myrtle

The miraculous soup

So I picked a mixture of what I knew it was edible and made a soup adding beans, lentils and potatoes for thickness and started eating this soup every lunchtime for a year. Look at what happened:

I am not joking, these edible wild plants have extraordinary properties, full of vitamins and minerals most of them have diuretic and depurative effects and are beneficial to the liver, the kidneys, the intestine and in general help your body to function properly.
The course

The participants will learn to recognise the edible plants and mushrooms and also how to cook what they pick during the day.
The course lasts between 3 and 6 days depending on the participants’ requirements.
A minimum of 6 participants is required for a course.

Programme

Day 1
Afternoon: Arrival at the Locanda
18 - 20: Preparing dinner
20 - 22: Dinner

Day 2,3,(4,5,6)
9 - 11: Breakfast and leisure time
11 - 12.30: Foraging
12.30 - 13.30: Preparing lunch
13.30 - 14.30: Lunch
14.30 - 17: Leisure time
17 - 19: Foraging
19 - 21: Preparing dinner
21 - 24: Dinner and dancing

Last Day
7 - 9: Breakfast
8 - 12.00: Departure from Locanda

Prices

The price is 100 euros per person per day plus 50 euros one off payment to cover for the bedroom preparation. This is sharing a large room with another person, single room supplement is 50 euros per day.
The price includes accommodation, meals and reasonable drinks.

Leisure time
There are many ways to spend your leisure time, from relaxing by the pool or at the farm to visiting the enchanting villages, to taking a breathtaking walk on the mountain or above the sea, to going to a beach or the river for a swim. Relaxing massages will also be available.

Contacts and info

Email: seba@sanfantino.com
For more information about the venue please look on www.sanfantino.com

LIST OF EDIBLE MEDICINAL PLANTS TO BE FOUND AT SAN FANTINO

Amaranth/amaranto sauté, soup astringent, rich in iron
Asparagus/asparago sauté, risotto, omelette diuretic, depurative
Borage/boragine soup, omelette tonic, depurative, diuretic, softening
 Bramble/rovo soup astringent, tonic, diuretic, depurative
Burdock/bardana sauté, soup, omelette depurative, anti inflammatory, cures arthritis and rheumatism
Calendula/calendula soup astringent, anti bacterial
Campion/silene salad, sauté, soup diuretic
Catsear/costolina soup depurative, digestive
Centaury/Centaurea salad antioxidant, digestive, emetic, tonic
Chickweed/centocchio soup, omelette diuretic, expectorant, astringent
Chicory/cicoria soup, sauté depurative, diuretic, tonic
Comfrey/consolida sauté, soup calming, healing, anti haemorrhage, softening, high mineral content
Dandelion/tarassaco soup, sauté depurative, diuretic, regenerating
Elder flower/sambuco pancakes, tea softening, laxative
Fennel/finocchio soup, herb, tea digestive, anti anaemic, antispasmodic, diuretic
Hops/luppolo omelette, risotto cures insomnia, bladder problems, digestive, stimulates appetite
Leek/porro soup, omelette, risotto, pasta diuretic, digestive, cures cold and coughs, reduces cholesterol
Mallow/malva sauté, soup, tea softening, sedative, cures gastritis, laryngitis, coughs
Mint/menta soup, herb, tea digestive, analgesic, antiseptic
Mustard/senape sauté, pasta cures colds and rheumatic pains
Nettles/ortica soup, risotto depurative, diuretic, astringent, tonic, anti rheumatic
Pellitory/parietaria soup depurative, diuretic, softening, expectorant
Plantain/piantaggine soup depurative, anti inflammatory, regenerating, softening, astringent
Poppy/papavero salad, soup, sauté sedative, anti inflammatory, expectorant
Portulaca/porcellana salad diuretic, high in vitamin C
Sowthistle/crespigno soup, sauté, salad depurative, diuretic, tonic
Thistle/cardo sauté Depurative, diuretic, digestive, reduces cholesterol
Water celery/sedano d’acqua salad, soup diuretic