



Food Foraging and Discovery Trips July/August/September 2012

Cost per person: 750 GBP

3rd – 10th July

7th – 14th August

4th – 11th September

A one week trips based in the beautiful resort of Elounda on the north coast of Crete. Combining foraging trips to collect sea salt, wild herbs, vine leaves and wild fruits with cooking days in the traditional village kitchen of author and artist, Julia Jones. Julia is the author of the traditional British cookery book 'Cattern Cakes and Lace' and the botanically based 'National Trust Calendar of Garden Lore.'

Day One - Tuesday

Guests will be collected from Heraklion airport and driven to Elounda where they will have time to settle into the accommodation at either Corali or the Olive Grove Apartments – family run businesses which are both comfortable and welcoming. A traditional Cretan meal at the house in Pano Elounda.





Day Two - Wednesday

A morning on the north coast, collecting salt from the rock pools on remote and isolated beaches and wild samphire, followed by a shared lunch and an afternoon spent washing and setting out salt pans on the roof terrace to dry.

Day Three - Thursday

A morning in the kitchen, learning how to capture wild yeasts for sour dough making, together with a bread making demonstration. Lunch of local cheeses, fresh bread and home-made pickles. Afternoon visit to the Botanic Gardens and Folk Museum at BioAroma Essential Oils factory in Aghios Nikolaos to talk with the owners, Sakis and Kallia Pediaditis.

Day Four – Friday

A day trip into the mountains to gather wild herbs – sage, rosemary, thyme, origanum, wild vine leaves, mountain greens and much more. Lunch at Zervas Taverna to sample Yiannis' famous chip omelettes – made completely with his own ingredients – and a Greek salad. Free evening.



Day Five - Saturday



Back to the kitchen to make dolmades and moussaka using vine leaves and herbs. How to preserve vine leaves. A chance to try one of Crete's rarest herbs, *Origanum microphyllum*, as a tisane and to flavour pork souvlakia. This herb was known to the Minoans for its excellent flavour and its medicinal qualities. Lunch and dinner will be a chance to sample the dishes cooked during the day.

Day Six – Sunday

Baking a selection of sour dough bread and mountain greens savoury pies. Looking at a selection of wild wheats and grasses which were used to make flour in the past. The chance to grind a little flour using an ancient Cretan quern. Afternoon walk to Kolokythia island with refreshments at the beautifully situated Kanali Taverna. Dinner at the house.

Day Seven - Monday

Free morning. The afternoon and evening will be spent cooking a Cretan stew over a wood fire and baking lemon and garlic potatoes in a Cretan oven or *fournos*, using local ingredients. Dinner will be taken with the neighbours in Maria's kafenion, sampling the local raki and swapping stories.

Day Eight - Tuesday

After breakfast together at the house, guests will be returned to the airport in good time for their flights home.

The cost of the trip includes self-catering accommodation in Elounda, airport transfers, all trips out, meals where indicated, cookery classes, but does not include flights to and from Crete, phone calls from accommodation, or alcoholic drinks. Guests are advised to take out their own travel insurance before flying.



A deposit of 20% is required upon booking, with the balance due eight weeks before arrival date. A reservation for two or more people will receive a 10% discount on the total cost of the holiday.

