



## Explore the Shore & the Land to Rediscover Your Inner Hunter-Gatherer

**Seaweed Walk | Hedgerow Walk | Foraging | Cookery Demonstrations | Tastings & Wild Food Experiences**

Widely known as the Sea Gardener, Marie Power (a native of Waterford's Copper Coast Geopark) has a deep-rooted passion for the natural world and wild food. Author of a book entitled, *The Sea Garden*, Marie brings visitors on an exploration of secluded rocky coves and country lanes in search of ancient, lesser-known edible plants.

Through Marie, there is an opportunity to connect with the surrounding landscape, the source of our food and the wider eco-system along a deserted seashore within the quiet countryside.

Key highlights of experiences with Marie Power, the Sea Gardener include:-

- ❖ Simply being: Breathe fresh sea air. Feel the shingle beneath your feet. Hear the calls of seabirds.
- ❖ Tasting innovative, home-made snacks, made using wild ingredients
- ❖ Sitting on a beach, overlooking the Atlantic Ocean
- ❖ Learning how to cook, create and preserve wild food and seaweed
- ❖ Insights into the historical, nutritional, culinary, medicinal, gardening and beauty uses of Ireland's wonderful wild harvest
- ❖ Learning about foods that date back to ancient times, but are relevant to modern living and well being

# The Sea Gardener | Schedule of Experiences

Experiences	Short Description	Min/Max	Duration	Public Price Per Person
Seaweed Walk, Talk & Taste	Guided seaweed walk along a secluded beach at low tide to harvest sustainably and learn about 12 different seaweeds.	Min: 5 Max: 30	Approx. 1.5 hours	€XX
	<b>Inclusions:</b> Forage, Cookery tips			
Seaweed Forage & Beach Picnic	Guided seaweed walk along a secluded beach at low tide to harvest sustainably and learn about 12 different seaweeds.	Min: 5 Max: 30	Approx. 2.5 hours	€XX
	Tasting of fresh seaweed and prepared snacks on the beach, picnic-style <b>Inclusions:</b> Seaweed tea, 3 seasonal savoury snacks and 1 sweet snack			
Hedgerow Walk	Guided foraging walk of the Anne Valley to identify and taste up to 20 wild plants, herbs, flowers and fruit.	Min.4 Max.30	Approx. 1.5 hours	€XX
	<b>Inclusions:</b> Guided forage, sampling fresh plants as we walk			
Ireland's Ancient Feast	Hedgerow, coastal plant and seaweed forage, followed by cook-up and feasting on wild food-based dishes and drinks	Min 8 Max 24	Approx. 4 hours	€XX
	<b>Inclusions:</b> Guided seaweed and hedgerow forage. Meal of 8-10 dishes of wild food, some natural, as picked, some incorporated into more contemporary dishes.			
Cookery Workshop	Cook-up and demonstration of wild food-based dishes and drinks, followed by tasting in a country pub.	Min 6 Max 30	Approx. 3 hours	€XX
	<b>Inclusions:</b> Demonstration of 4-6 recipes, some from The Sea Garden book written by Marie Power. Tasting of each dish (sample-size portions)			

# The Sea Gardener | Experience Descriptions

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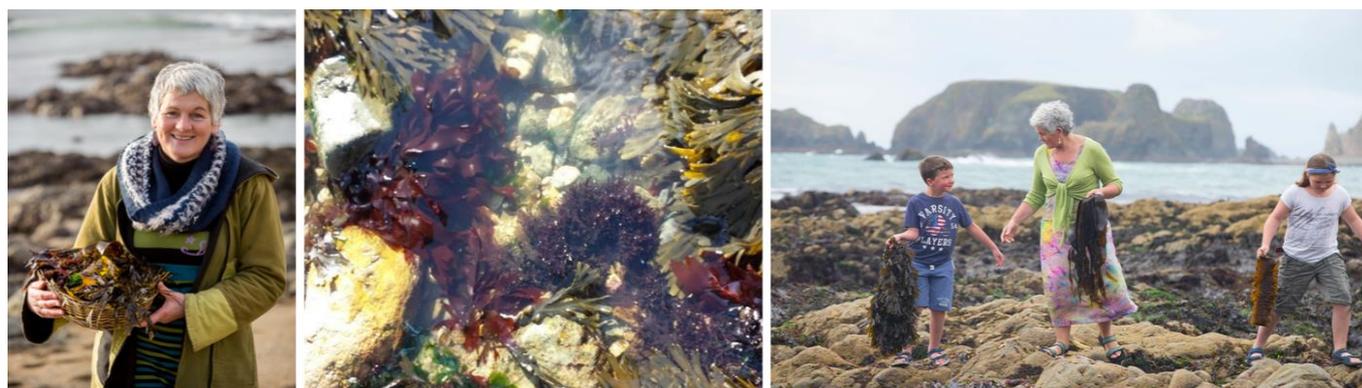
## Seaweed walk, talk and taste

During this experience, learn how to identify 10-12 edible species of seaweed on a foraging walk along the quiet seashore within the pristine waters of County Waterford's Copper Coast Geopark. Under the expert guidance of passionate food author and wild food expert, Marie Power, discover seaweeds such as Dilisk and Carrageen that are both vitamin dense and low in calories. Leave with culinary tips on how best to cook seaweed to maximise its nutritional and flavour benefits.

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## Seaweed forage and beach picnic

During this seaweed walk along a secluded beach at low tide, learn how to harvest sustainably and to identify 10-12 edible species of seaweed. Under the expert guidance of passionate food author and wild food expert, Marie Power, discover seaweeds such as Dilisk and Carrageen that are both vitamin dense and low in calories. The experience ends with a beach picnic including a tasting of seaweed tea, three savoury snacks and one sweet snack.



## Hedgerow Walk

During this experience, guests are led by food author and wild food expert, Marie Power, on a 1 kilometre walk in the Ann Valley past river and forestland to identify 20 edible plants. Under Marie's guidance, taste the plants while learning about their connection with Irish folklore, as well as their medicinal and nutritional qualities. End the walk with a picnic on a grassy knoll where food prepared with wild ingredients and secret cooking recipes are shared.



# The Sea Gardener | Experience Descriptions

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## Ireland's Ancient Feast

During this experience, visitors enjoy a seashore and hedgerow foraging walk along County Waterford's Copper Coast Geopark within the quiet countryside. Under the expert guidance of food author and wild food expert, Marie Power, this is a special opportunity to learn how to identify 30-40 wild plants exactly as the first hunter-gatherer settlers to Ireland would have done in 6000 BC. The experience ends with a cook-up feast of wild food beside 13<sup>th</sup> century Dunhill Castle (Norman) overlooking the Anne valley.

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## Cookery Workshop with The Sea Gardener

Watch and learn as wild food expert, Marie Power, explains exactly why seaweed is a nutrient dense, highly versatile and tasty ingredient as she demonstrates how to prepare savoury and sweet seasonal dishes. With an emphasis on fun, this lively workshop includes traditional dishes as well as more contemporary approaches to using seaweed. For example, Soup made with Kelp stock; Beetroot and Dilisk Bread with Seaweed Butter; fresh salsa with sea lettuce and pepper dulse; Carrageen pudding; Cranberry & Hazelnut seaweed bites.

**NOTE:** The workshop typically takes place in Mother McHugh's – a convivial pub in Fenor village on The Copper Coast - where the participants get to taste samples of the prepared food, ask questions, have a chat and we share cookery tips and stories of the people who used seaweed along this coast in the past..



# The Sea Gardener | General Information

## ❖ For Bookings:

- Please contact Marie at + 353 86 8124275 | E: [marie@theseagardener.ie](mailto:marie@theseagardener.ie)

## ❖ Availability

- The Seaweed Walk, Talk and Taste and the Cookery Demonstration are available all year round
- Foraging season typically runs from March 1<sup>st</sup> – October 31<sup>st</sup>
  - Note that while there can be seasonal variation, foraging is possible in all months, including January
  - Please contact Marie for further information

## ❖ Waterford's Copper Coast

