



SATURDAY 31 MARCH

SEAWEED FORAGE

Join Eva Tombs

Learn about seaweed, which ones are good to eat, how to harvest sustainably, how to cook and preserve and store it. Find out about the health benefits. Enjoy the great outdoors with others while getting some healthy exercise. Enjoy a good lunch and a cup of tea cooked on an open fire.



Lismore Seaweed

**Learn, have fun, enjoy
the sea shore.**

Seaweed lunch

**Book now via face
book, eventbrite,
telephone, email, or
website**

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31 March 12-3