

Program:**Friday 17 July**

12PM - Arrival and setting up tents

After setting up your tent you may wish to visit the coastal town Bude, only 18 minutes drive, maybe even have a dip in the outdoor sea pool. You will be able to return in time for dinner.

5PM Introduction and tour of the farm

6PM Barbecue dinner and fire gathering

Saturday 18 July

8AM - 9.30AM Breakfast

10AM - 12PM Permaculture in your garden workshop (how we grow food using the no dig method and Permaculture principles)

12PM - 2.30PM Lunch experience. Chef Andy will guide you on how to cook freshly picked veggies for a delicious plant based lunch.

3PM-5.30PM Natural skincare workshop. We will make salve, bath bombs and herbal bath tea using herbs grown on the farm.

6PM Dinner and fire gathering

Sunday 19 July

8AM - 9.30AM Breakfast

10AM - 12.30PM Preservation workshop. We will make sauerkraut, pickled veggies and herb salts.

12.30PM - 2PM Lunch

3PM - 6PM Sourdough workshop. We will learn how to use sourdough starter to make focaccia bread and pizza.

6PM - 8PM Pizza dinner

Monday 20 July

8AM - 9.30AM Breakfast

10AM - 11.30AM Flower picking for a hand tied bouquet to take home.

12PM - Lunch

1PM - End of the retreat.

Optional extra activities available each day: goat milking in the morning (before breakfast), egg picking, animal feeding, farm walks and wildlife spotting.