

*The Wild Cooke*

## The art of foraging

And its use as in holistic therapy

Presented by  
Lucy a.k.a The Wild Cooke

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## Introduction

"If you change the way you look at things, the things you look at change."  
Wayne Dyer

"Of all the paths you take in life, make sure a few of them are dirt."  
John Muir.

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## Connection

"Nature is not a place to visit. It is home."  
Gary Snyder

Place  
Socialisation  
Community

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## Sense-sational

Touch  
Sight  
Smell  
Taste  
Hearing

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## Green health

Physical  
Mental  
Chemical  
Nutrition

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## Foraging as therapy

Social prescribing  
Education  
Palmitive care  
Health centres

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## Future Uses

- do your research/engage a professional
- small and simple
- bring nature in
- personalise the experience
- stay playful
- sensory exploration

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## Questions

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## Thank You

Lucy Cooke  
01951469235  
@thewildcooke  
www.thewildcooke.com  
Shropshire, Argyll, and the Highlands

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Lilac



Cleavers /  
Sticky willy



St. George's  
mushrooms

Rose



Purslane



Spruce



Dandelion



Herb  
Robert



Camelia

[www.thewildcooke.com](http://www.thewildcooke.com)

Forget-me-knot



Wild garlic