



# West Stormont Woodland Group

WORKING WITH LOCAL PEOPLE TO BRING  
TAYMOUNT & FIVE MILE WOODS INTO  
COMMUNITY OWNERSHIP

## “Feeling Good in the Woods”

Event 7/10: **Sustainable Foraging with  
Margaret Lear**

We want people of different ages and abilities in our community to discover how access to local woodlands for different activities can be really good for our health and wellbeing.

**Saturday 14 September 2019**

Join local foraging expert, Margaret Lear, for a foraging walk in Taymount Wood. Discover edible leaves, roots, flowers, seeds, and a speciality of this time of year, fungi. Margaret will then run a short session on identification and sustainable foraging, during which you will be able to sample food and drink she has made containing wild ingredients.

**Walk - 10.30am to 12.00pm**

**Identification and tasting session 12.00 – 12.30pm**



**To book a place, email Elspeth at  
[contact@weststormontwoodlandgroup.org.uk](mailto:contact@weststormontwoodlandgroup.org.uk)**

- △ **MEET AT TAYMOUNT WOOD CAR PARK**
- ..... **Approximate route of walk**
- ☆ **Location of gazebo**

Come prepared for any weather!



***This free event has been funded by the Perth and  
Kinross Community Investment Fund***