

Home > How to > Foraging > Best foraging courses in the UK

## Best foraging courses in the UK

Interested in learning how to forage for plants in the British countryside? Here is our pick of the best foraging courses across Britain to help you learn the skills to get started safely.



Published: January 8th, 2022 at 8:15 am

[Get a Vango 35l Earth Trail Rucksack \(worth £52!\) when you subscribe to BBC Countryfile Magazine](#)



Foraging has been popular for some years now, with enthusiasm for gathering food from wild and natural places only increasing as we look to [reduce our plastic waste](#) and live more sustainably.

Like all activities in the countryside, it is important that those participating in foraging do it safely, sustainably and respectfully. That's where foraging course come into their own; a chance to get outside with an expert who really knows their stuff, teaching you what to forage, where to find it and how to do it safely and sustainably.

### What is foraging?

Foraging is the activity of finding, gathering and harvesting wild foods – for free. It's a great way to stay active and spend time outdoors connecting with nature and learning more about where your food comes from.

There is a wide variety of food you can forage for in Britain, including nuts, seeds, fruits, vegetables and more - read our [monthly foraging guide](#) to find out what's in season each month.



When foraging for elderflowers, just take a few heads per elder tree – leave some to develop into berries/Credit: Getty

### Best foraging courses across Britain

#### Foraging courses with Robin Harford, various locations

Robin Harford has often been in the foraging spotlight, and he is creator of the UK's leading wild food site [Eatweeds.co.uk](#). He runs courses countrywide, with varying accommodating prices.

The courses teach people how to identify a minimum of 20 edible plants, how to cook and prepare them, how to forage sustainably, as well as learning different plant stories, their nutritional values, their folklore, mystery and history. [foragingcourses.com](#)

More related content:

- [Guide to British fungi: where to find and how to identify](#)
- [Wild garlic guide: where to find, how to cook it and recipe ideas](#)
- [November foraging guide: best foods to find and cooking ideas](#)

