

### Option 1: Seaweed, A Tasty Stroll tour: 1.5 hours

Join John at Derrynane Harbour or White Strand to Forage, Find & Feast on a range of fresh seaweeds & coastal plants.

Explore the rich history of Seaweed use from the Stone Age settlers to the Vikings. Learn how seaweeds were used to make Seaweed baths, Gunpowder & Ice Cream. Discover the amazing health benefits of these true Superfoods.

Fee: €200

### Option 2: Seaweed Discovery Workshop: 2.5 hours

We visit both sites, Derrynane Harbour & White strand. As above we learn how to find, identify & sustainably harvest a range of seaweeds and taste them fresh from the rocks! From the Nori used in Sushi rolls to the Dillisc/Dulse that sustained the 6th Century Monks on nearby Skellig Michael.

Fee: €300

### Option 3: Tasty Stroll then Demo & Tasty Lunch: 3 hours

1.5 hours as option 1. This is followed by a seaweed cookery demonstration & mini feast lunch in the house kitchen/dining room. John will show you how to prepare a simple yet very tasty Sea spaghetti dish with a Mediterranean lemon and basil style dressing. You will also get to enjoy a glass of homemade ginger beer fermented with Sugar kelp.

Fee: €350

**ALLERGY WARNING;** Seaweeds may contain Shellfish & crustaceans.

