

# The Wild Edible Plant Seminar and Cooking Lesson



The area around Maravel is rich with wild edible plants that are both nutritious and tasty. But how are you supposed to know which ones to eat and how to get started? Join us at Maravel Garden Horta Seminar for an introduction for which plants to eat, and even how you can find your own.

The picking and cooking of horta is a very traditional thing in Crete. Skills and knowledge are passed down the generations

Horta plays a vital role in the Cretan diet, and is regarded as an important reason why this Island's inhabitants have been able to recover so well from foreign promoted adversity. The

Cretans have always been resourceful when using the natural produce on their Island. During the war for example, it was an abundance of natural greens, olive oil, and chestnuts made into bread, that kept many healthy and alive.



## Highlights

Learn about delicious Cretan flavors

All equipment and ingredients included

Enjoy your meal at the end of the class with a glass of local wine

The longevity of Cretans is attributed to the products that nature produces such as wild greens and mountain herbs with strong flavor and aroma, with the combination of their living way. Find out our traditions.



Experience a taste of Crete in this 7-hours hands-on cookery class. Learn how to create a range of delicious traditional Cretan dishes.

On arrival you will be welcomed by our people .You will be provided with instructions on how to use the equipment and demonstrate all the wonderful fresh ingredients that you will use to create your delicious Cretan dishes.

Throughout the cooking class, you will learn how to source these ingredients for yourself. There are 5 dishes that you will be learning in the class. Once the hard work is done, sit down and enjoy your food with a glass of wine and great company.



## Session Length

This experience is 7 hours in duration plus free lunching time.

You will start at 9 in the morning with refreshments and walk in the mountains finding Greens a chat about the cooking day, the menu, the techniques then cook until approximately 14.00pm to 14:30 pm and dine until around 16:00pm.

# Participation

\*Minimum number of participation 10 people.

Notes: We can accept different bookings until the minimum number of participants is reached. We can cancel bookings in case the minimum number of participants is not reached.

If an event is cancelled then all participants will be notified within 24 hours of the commencement date for the event and have the option to reschedule to another event or receive a full refund.

Price for the Seminar : 30 € per person (including VAT)

