

## EDIBLE PLANTS & INSECTS WORKSHOP

Book this workshop at the B-Active center (Situated inside the Strand Fjordhotel)  
A guide will welcome you the Osa Nature Center (just a short walk from the Osa kafeen where you can park your car.)



This workshop is useful for all people, no matter where they come from. Most of the plants we show you are common around the world. Our instructor will guide you in a beautiful valley and helps you to take a closer look at nature and what it offers. For most people there is only 'green' and all plants look alike, but there is a vast variety in 'green'. A true eye opener of how useful and nutritious nature can be for you!



During the workshop your mission will be to find and pick 10 plants in nature, shown on a map given to you.

You will learn how to determine some edible plants, roots, leaves, fruits, and how to remember them



Also insects can be very tasty, and have without doubt the highest most nutritious values of edible things in nature



Surprise yourself with the fact that plants and insects not only are edible, but also delicious!

Knowing what is edible is one thing. Finding it and knowing how to gain energy instead of wasting on finding the food, is another

