

SAN FANTINO

Azienda Agricola e Locanda
San Giovanni a Piro (SA)

FORAGING FOR EDIBLE MEDICINAL PLANTS (and learn how to prepare the miraculous soup)



Intro

I have always been a gatherer, I started with limpets on the sea rocks and the big prize: the porcino or ovulo mushroom; things they teach you from just out of the cot. Then there were asparagus, wild fruit and nuts and herbs such as thyme, rosemary, mint and oregano. Things have accelerated since my transformation into a farmer and the difficulty of growing a domesticated crop in a jungle of weeds coupled with increased knowledge gathered (again!) from all sorts of sources have widened the choice of wild edible plants to a huge number that keeps increasing. If you can't eliminate them, eat them!

Always putting taste first over health benefits, I started trying and it is surprisingly satisfying: they are very, very good for you and they also taste nice!

Quarry

Edible medicinal plants: chicory, sawthistle, asparagus, hops, mustard, borage, nettles, campion, catsear, portulaca, pellitory, comfrey, calendula, watercress, thistle, mallow, leek, amaranth, bramble, centaury, plantain, dandelion

Herbs: fennel, mint, origano, thyme, elicrisum, sage

Fruit: strawberries, blackberries, mulberries

Nuts: chestnut, pine nuts, carob, hazelnuts, walnuts

Mushrooms

Other: elderflower, acacia flower, camomile, lime, saffron, juniper, myrtle

The miraculous soup

So I picked a mixture of what I knew it was edible and made a soup adding beans, lentils and potatoes for thickness and started eating this soup every lunchtime for a year. Look at what happened:



Before



After

I am not joking, these edible wild plants have extraordinary properties, full of vitamins and minerals most of them have diuretic and depurative effects and are beneficial to the liver, the kidneys, the intestine and in general help your body to function properly.

The course

The participants will learn to recognise the edible plants and mushrooms and also how to cook what they pick during the day.

The course lasts between 3 and 6 days depending on the participants' requirements.

A minimum of 6 participants is required for a course.

Programme

Day 1

Afternoon: Arrival at the Locanda

18 - 20: Preparing dinner

20 - 22: Dinner

Day 2,3,(4,5,6)

9 - 11: Breakfast and leisure time

11 - 12.30: Foraging

12.30 - 13.30: Preparing lunch

13.30 - 14.30: Lunch

14.30 - 17: Leisure time

17 - 19: Foraging

19 - 21: Preparing dinner

21 - 24: Dinner and dancing

Last Day

7 - 9: Breakfast

8 - 12.00: Departure from Locanda

Prices

The price is 100 euros per person per day plus 50 euros one off payment to cover for the bedroom preparation. This is sharing a large room with another person, single room supplement is 50 euros per day.

The price includes accommodation, meals and reasonable drinks.

Leisure time

There are many ways to spend your leisure time, from relaxing by the pool or at the farm to visiting the enchanting villages, to taking a breathtaking walk on the mountain or above the sea, to going to a beach or the river for a swim. Relaxing massages will also be available.

Contacts and info

Email: seba@sanfantino.com

For more information about the venue please look on www.sanfantino.com

LIST OF EDIBLE MEDICINAL PLANTS TO BE FOUND AT SAN FANTINO

Amaranth/amaranto	sauté, soup	astringent, rich in iron
Asparagus/asparago	sauté, risotto, omelette	diuretic, depurative
Borage/boragine	soup, omelette	tonic, depurative, diuretic, softening
Bramble/rovo	soup	astringent, tonic, diuretic, depurative
Burdock/bardana	sauté, soup, omelette	depurative, anti inflammatory, cures arthritis and rheumatism
Calendula/calendula	soup	astringent, anti bacterial
Campion/silene	salad, sauté, soup	diuretic
Catsear/costolina	soup	depurative, digestive
Centaury/Centaurea	salad	antioxidant, digestive, emetic, tonic
Chickweed/centocchio	soup, omelette	diuretic, expectorant, astringent
Chicory/cicoria	soup, sauté	depurative, diuretic, tonic
Comfrey/consolida	sauté, soup	calming, healing, anti haemorrhage, softening, high mineral content
Dandelion/tarassaco	soup, sauté	depurative, diuretic, regenerating
Elder flower/sambuco	pancakes, tea	softening, laxative
Fennel/finocchio	soup, herb, tea	digestive, anti anaemic, antispasmodic, diuretic
Hops/luppolo	omelette, risotto	cures insomnia, bladder problems, digestive, stimulates appetite
Leek/porro	soup, omelette, risotto, pasta	diuretic, digestive, cures cold and coughs, reduces cholesterol
Mallow/malva	sauté, soup, tea	softening, sedative, cures gastritis, laryngitis, coughs
Mint/menta	soup, herb, tea	digestive, analgesic, antiseptic
Mustard/senape	sauté, pasta	cures colds and rheumatic pains
Nettles/ortica	soup, risotto	depurative, diuretic, astringent, tonic, anti rheumatic
Pellitory/parietaria	soup	depurative, diuretic, softening, expectorant
Plantain/piantaggine	soup	depurative, anti inflammatory, regenerating, softening, astringent
Poppy/papavero	salad, soup, sauté	sedative, anti inflammatory, expectorant
Portulaca/porcellana	salad	diuretic, high in vitamin C
Sowthistle/crespigno	soup, sauté, salad	depurative, diuretic, tonic
Thistle/cardo	sauté	Depurative, diuretic, digestive, reduces cholesterol
Water celery/sedano d'acqua	salad, soup	diuretic