

VELD & SEA  
WILD FOOD FORAGING AND EVENTS



Private Experiences  
2022/2023









## Wild Flavour Dining Experience

Season: Year round.

Join us for a celebration of wild flavours on a unique pop-up meal experience where the season determines the menu. Dedicated to sustainable cuisine that will tantalize all of your senses, this interactive 5 course meal experience will be curated and created using fresh seasonal ingredients and locally produced products. Vegetables, herbs and wild foods will be picked and prepared on site our gardens. Included in the meal will be wild herbs gathered from the mountainside, seaweeds foraged from the nearby coastline, edible flowers picked from the gardens and offerings from our wild pantry that preserve moments and memories in time.

This 3 hour experience includes: Botanical drinks on arrival, a wild flavour talk by the foragers and chef, a wild flavoured rainbow coloured multi course meal paired with local wines and wild sodas.

Cost: R1300 per person. Min group 10, max group 30

# Wild Food Forage Adventure

Season: Winter – Wild Food Land Foraging // Spring - Edible Flowers // Summer - Coastal Foraging // Autumn - Wild Mushroom Foraging

Join Veld and Sea founder, forager and wild food artist Roushanna Gray and the Veld and Sea Team on a seasonal inspired, wild food adventure in Cape Point. Meet at the V&S headquarters, located at an indigenous plant nursery in the South Peninsula opposite the Nature Reserve, deliciously situated in between the fynbos mountainside and the Atlantic Ocean.

Learn how to create a wildly delicious meal using fresh seasonal ingredients. With the season, tide, moon phase, availability in the gardens and wild determining the menu for the day, discover how nature can be our ingredients guide. No adventure day is the same! Wild flavours and an edible rainbow colour palate could be gathered from the mountainside or seaweeds foraged from the nearby coastline, shellfish dived from the kelp forest floor or edible flowers and seasonal veg and herbs picked fresh from the gardens. The foraged and harvested ingredients will be accompanied by offerings from the V&S kitchen cabins wild pantry that capture moments and memories in time, preserved and pressed from adventures past. This food-art nature inspired experience will culminate with the final step in the full circle of experiential learning: eating your food creations with botanical drinks in the beautiful Glasshouse.

This 4 hour experience includes:

A wander in the wild to collect and view colour, texture, flavour and food.

A food creation session, meal and drinks in the Glasshouse.

Follow up PDF notes and recipe booklet.

Cost:

2 people: R4000 per person

3-7 people: R3000 per person

8-12 people: R1750 per person









# Wild flavour experience

Season: Year Round

Taste your walk! Guests will be welcomed with fynbos tea and wild flavoured snacks on arrival. After an introduction to a selection of seasonal edible flowers and wild herbs, experience these aromatic and rainbow-coloured botanicals on an exploratory walk in and around the cultivated wild herb gardens and fynbos mountainside.

Back at the Glasshouse, enjoy a sit-down seasonal inspired harvest platter meal paired with botanical drinks. This experience can be led over lunchtime or in the afternoon leading up to sunset.

Costing: R1200 per person.  
Min 10 people, max 25.

Duration 3 hours









# About Veld and Sea

*There is flavour, food and medicine all around us, we just have to learn how to recognize it.*

Join us tracking the edible landscape through the seasons with educational, immersive, wildly delicious experiences.

Founded in 2013 and based in Cape Point, Cape Town, Veld and Sea offers wild food foraging workshops and nature inspired experiences focusing on food, self sufficiency, arts and crafts.

We are a positive, innovative team, committed to creating and providing nurturing and fulfilling experiences that are adventurous, engaging, educational and delicious.

Web: [www.veldandsea.com](http://www.veldandsea.com)

Instagram: [@veldandsea](https://www.instagram.com/veldandsea)

