

Wild Mountain Services ~ Primitive Skills & Wild Food Classes

P.O. Box 1131 Crestline CA 92325 ~ (909) 337-1481

Learn to identify edible, medicinal, and otherwise useful plants on our **Wild Food Outings**. We will take a leisurely walk to identify and collect wild plants, then enjoy a wild salad!

- **Wild Food classes typically last 2 ½ - 3 hours.**
- **The cost is \$18 (Ask about family and group rates!)**
- **Bring along a container of drinking water, a Sierra Cup or small bowl, a notebook and a light snack if desired. A hat, sunglasses and comfortable shoes are recommended.**

We'll take a short walk to collect edible wild plants, and then learn to prepare delicious meals in the kitchen, or at the campsite, in our popular **Wild Food Cooking Workshops**.

- **Plan for at least 3 hours of unique and enjoyable culinary instruction!**
- **The cost is \$22 (Ask about family and group rates.)**
- **Bring a notebook, and your camera if desired. Recipes will be provided to take home.**

Our **Acorn Workshops** focus on a favorite Native American food staple, the acorn. You will learn to collect, process, and prepare acorns for food. Recipes will be available to take home. We also discuss the other edible wild plants available in the autumn season.

- **Acorn Workshops typically last about 2 to 2-1/2 hours.**
- **The cost is \$18 (Ask about family and group rates.)**
- **Bring a container of drinking water, a notebook, and a bag to collect acorns (or pre-collected fresh acorns.)**

Learn primitive skills used by our ancestors in our **Survival Skills Workshops**. You will get hands-on instruction in primitive fire-making, water purification, wild plants for food, building shelters, outdoor safety, pack essentials, and more. Survival Skills classes last about 4 hours. Hiking is minimal.

- **Bring along plenty of drinking water, a Sierra Cup or small bowl, a notebook and a lunch or snack, if desired. Dress seasonally, wear comfortable walking shoes or boots and bring a light jacket. Long pants or jeans are recommended.**
- **Cost: \$24 (Children are ½ price.)**
- **Ask about pre-organized group rates. We love a crowd!**

Women's Workshops

Once a month, we offer a women's group where we share wisdom, support for each other, and self-reliance knowledge, skills and ideas for today's complex world. (Cost is your contribution!)

Nature Craft

Learn to make unique and functional items from natural resources for personal use or gift giving. Great for children and adults! (Prices vary depending on type of craft.)

Private classes and group events are available.

Schedule of Classes ~ August 2010

THIS WEEK! ←

~ Wild Food Outings ~

Learn to identify wild plants for food & other purposes. make a wild salad!

Thursday, August 12th ~ 1 pm ~ Camp Seely, Valley of Enchantment ←

Tuesday, August 24th ~ 10 am ~ Rock Camp, Lake Arrowhead

Sunday, August 29th ~ 1 pm ~ Lake Gregory, Crestline

~ Wild Food Cooking Workshops ~

Learn to prepare delicious meals with wild foods in the kitchen. or at the campsite

Saturday, August 21st ~ 1 - 4 pm ~ (location to be determined)

~ Survival Skills Workshops ~ Shelter, Water, Fire, Food

Learn primitive skills that can help you in an emergency situation

Sunday, August 15th ~ 11 am - 3 pm ~ Deep Creek, Cedar Glen ←

~ Nature Craft ~

August 2010: Weaving with natural fibers. Cost \$12 each

Friday, August 27th ~ 1- 4 pm ~ Camp Seely, Valley of Enchantment

- * Reservations are strongly encouraged to insure class will be conducted.
- * Private outings/classes can be arranged with a minimum group of 8 participants.
- * Group and family discounts are always available!
- * Discount applies for a series of classes that are prepaid.
- * Cash & checks (prepay only - payable to Barbara Kolander) are accepted.

For reservations, directions & additional information contact:

Barbara Kolander
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(909) 337-1481
Box 1131 Crestline CA 92325

