



the school
of nature

&



OUTSIDERS



WILD FOOD

a deep dive into foraging & cooking

[@outsidersonforaging](https://www.instagram.com/outsidersonforaging) | [@theschoolofnature](https://www.instagram.com/theschoolofnature)
www.outsidersonforaging.com www.theschoolofnature.org
connect@theschoolofnature.org

Hello,

This is your invitation to dive into the wondrous world of wild edibles. Step away from high paced modern life, and sync into the rhythm of nature. Indulge in the wilderness and rediscover your place and role in the ecosystem. Learn a lot. And... have fun!

Rise up with the sound of the birds, slowly start the day with nature and yourself. Grab your basket for the foraging expedition, either on our finca, in the mountains or to the coast. Get creative in the kitchen with the wild harvest. Share food, good company and stories. And at the end of the day, fall asleep with nothing but the sound of the owls.

Looking forward to meeting you!
Saskia, Bastiaan & Jorien



Immerse yourself in the **wilderness** of
Spain.
Learn **foraging and cooking**.
and **connect** to other nature & food-lovers.

Autumn Edition: **25 Oct - 1 Nov 2025**

[sign up here](#)

what we'll do in

AUTUMN

Autumn Flora

Learn how to identify, harvest and prepare edible wild plants, with a focus on seeds, fruits and roots.



Nuts

Let's go nuts! You probably tried chestnuts before, but did you ever have acorns? Discover ancient traditions and potential for the food of the future.



Fungi

Diving into the mushroom world, you'll learn how to identify and cook with them.



Medicine Making

Enter the realm of herbal medicine and take your own healing tinctures, balms and teas home.



what we'll do in

AUTUMN

Coastal Foraging

An expedition to the coast, exploring, foraging and cooking wild edibles living on shore and in the sea.



Sourdough Bread

Understanding the principles behind sourdough, you'll learn a fool-proof recipe to bake your own breads!



Wild Game

We will respectfully prepare a wild boar together. Learn how to process and cook the various parts of the animal.

OR

Not so much into dead animals? We'll host a fermentation workshop simultaneously



Fermentation

Learn about the wonderful world of fermentation. Creating your own style kimchi.



"Wild! Beyond all expectations!"

- Brenda

"Being one with, and learning from nature is a significant blessing, especially in these times. This was absolutely the most important experience of the week!"

- Jenneke

The Foundation

These three elements are the backbone of all our programs.

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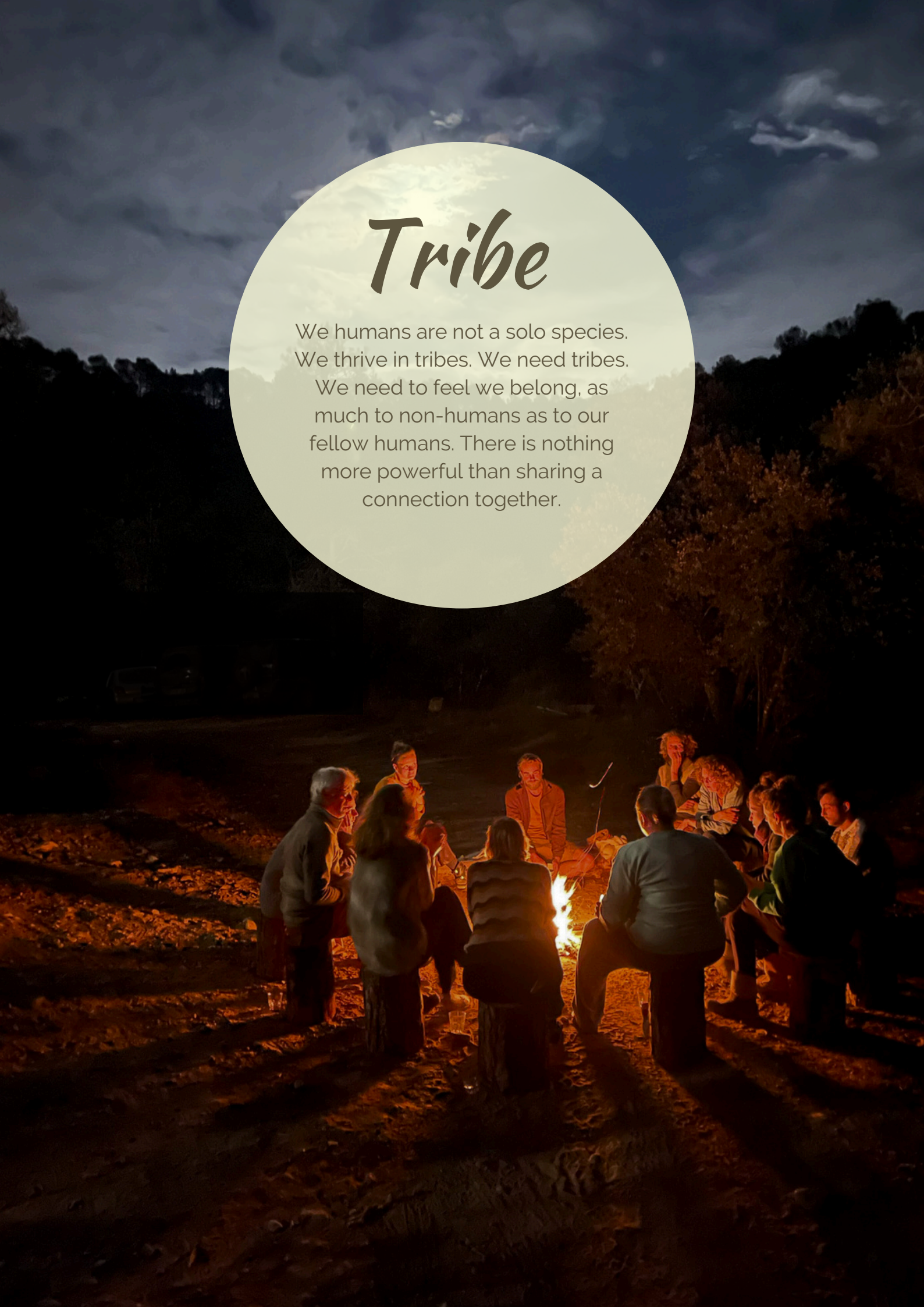
Nature

Nature is our true guide and teacher. With her rhythmic cycles and serenity, the natural world awakens our own natural soul. Rediscovering our own way of slowing down, finding balance and rest.. Remembering that yes, we áre nature.



Tribe

We humans are not a solo species.
We thrive in tribes. We need tribes.
We need to feel we belong, as
much to non-humans as to our
fellow humans. There is nothing
more powerful than sharing a
connection together.



You

We create space for you to rest, to reflect, to share your stories and your truths. To shine, to grow. Nourishing not only your belly and body, but also your heart and soul. Reconnecting to your intuition, your wild self.



the Land

We welcome you to our finca **Can Cabota**. Imagine a wild, evergreen forest as far as your eye can see. A big open field with view on the higher mountains. Rocks as big as a house and a crystal clear river meandering in between all of this. You'll share the land with wildlife such as deer, wild boars, many insects and birds. In addition, the forest offers a wealth of edible wild plants and mushrooms.

It's a remote finca: the water we use comes from a higher-up source and after use it runs back onto the land. The energy comes from solar panels. All organic waste (including from the toilets) is composted into fertile soil,

We started an organic vegetable garden in 2020 and planted a food forest in 2022. The food forest is planted on a system of swales to collect rainwater for more than 100 trees. We will be expanding this food forest with a regenerative keyline design the coming years.

Furthermore, the finca houses an abandoned farm that has not been in use for more than 80 years. We are building up these ruins one by one, using mainly materials from the land, like stones and wood.



Your Stay

Accommodation

- BYO tent or campervan: find your own spot and pitch your tent or campervan on the land, or
- Stay in one of our comfortable tents: a spacious tent in which you can stand up, where there is a bed with comfortable mattress with all the blankets and bedlinen, ready for you to dive in. Towels are included. We host two people in one tent, meaning there will be two separate beds in one tent, and you will share your tent with someone else.

For couples or friends, we could also make one double bed instead (as in the photo).

Depending on availability, it is possible to rent a comfortable tent for just one person.



The **Facilities** are basic but comfortable. The two sanitation sheds offer 3 compost-toilets and 3 showers, of which 2 warm. Under a big roof is the communal outside kitchen, a central meeting point where we cook and eat. For rainy days, we have a cosy yurt where you can also read a book of our library.



Food and drinks

Your stay includes full board. We'll prepare delicious meals together, using our wild harvest and fresh veggies from the garden.. Non alcoholic drinks like coffee, tea and lemonade are also included. Wine and beer are available for a small additional charge.

There will be a chef guiding the cooking. However, preparing and cooking food is at the heart of the program. Therefore, the chef will mainly guide and coordinate, while we'll get creative together. Afterwards, we'll all wash our own plate..



Flow of the Day

7:30: Sit spotting*

8:00: Breakfast

9-12: **Program** (expedition/class)

12:00: Cook together & lunch

15-17: **Program**

17:00 Cook together & dinner

20:00: **Program** (around the fire) or free time

We start our day with **Sitspotting**. This is a beginner-friendly, solo meditation practice in nature. A great way to gently acknowledge and open up all our senses, before we use them for collecting, preparing and eating our food. This way we rekindle our connection with our bodies and (our) nature, and with that turn every bite into nourishment for both body and soul!

*The Wild Food week was truly a journey to a "different" world than you're used to. Living a week entirely **in rhythm and cooperation with nature** was a highly valuable experience. It taught me how to rely on nature for food, while also emphasizing our role in that system and how we can give back. This experience has provided me with a tremendous amount of **inspiration and motivation** to bring these insights home with me.*

- Celine



Flow of the Week

The shedule below can change (depending on for instance weather).
Still, we wanted to give you an idea of what the week flows can look like.

ADay 1: Arrival **14h-16h**, Start program 17h

Day 2 Foraging for Flora

Day 3: Fungi Day

Day 4: Coast Expedition

Day 5: Nut & Sourdough Day

Day 6: Medicine Day

Day 7: Wild Boar/ Fermentation Day

Day 8: Adios! Departure **9-12h**



Who we are



Saskia has a tremendous enthusiasm, and holds a wealth of knowledge, which she shares with ease, humor and patience. Especially when it comes to mushrooms, she is quite the nerd with no off-switch. As a full-time forager, she conducts workshops and events in the Netherlands, emphasizing our connection to the environment, the integral role of humans in nature, and our hunter-gatherer lineage. When not ethically harvesting wild plants, you'll find her cultivating the urban food forest. Her foraged and food forest plants and mushrooms grace the tables of pioneering, sustainable restaurants, including one awarded with 2 Michelin stars.

Her enthusiasm and expertise make it so amazing to listen to her and learn from her. She truly makes you feel seen as an individual within the group. She pays attention to everyone.

- Celine

What an amazing, charming woman!

- Carina



With his calm and grounded energy, **Bastiaan** is an exceptionally keen observer. He has a deep knowledge of the surrounding nature and loves to share his insightful stories. Treading the edge during adventures in the wilderness, he discovered his (very contagious) passion for a life connected with nature. His boundless curiosity, inquisitiveness, and active energy led him to acquire profound knowledge and a diverse range of skills related to living with nature, whether it be plant knowledge, regenerative farming, or building.

Bastiaan has a connection to nature that I have never seen for myself. He will open your eyes and heart to the beauty of the world and nature. He has a journey and life story of inspiration that has opened my eye to so many new possibilities of what life can offer. Bastiaan has so much knowledge that he shares with grace and passion and I hope that this can reach so many more.

- Grace

Who we are



Jorien navigates through life guided by her finely tuned intuitive compass. A go-getter whose path and results are always unique, creative, and inspiring. The relationship with both our inner nature and the nature around us, and the merging of the two, is a guiding principle in her life and work. Inspired by indigenous wisdom, 5Rhythms dance and mindfulness she invites you to come closer to nature, and thereby closer to your natural self.

Jorien's strong empathy enabled her to tune into what I needed at that moment. She gave a lot of love and trust, making it easy for me to open up and experience things deeply. She didn't shy away from my heavy and negative emotions, creating space to address them. Simply through her way of being and guiding, I could feel a lot.

- Ruben



There will be a chef joining us! Who it will be..? To be announced!

You will also meet one or both of these tiny foragers. If you have a family yourself that want to come along, there are possibilities! Just ask us.



Price

The price includes 7 nights of accommodation, full board, non alcoholic drinks, the full program and a booklet with the recipes we made.

It excludes travel costs, potential costs for pick-up at the nearest train station and alcoholic drinks.

Private Individuals

The price is €1135,- if you bring your own camperbus or tent.

The price is €1235,- if you stay in one of our tents

The price is €1335,- if you stay in our cabin

All prices are incl. VAT.

Freelancers/Business

The price is €1385,- if you bring your own camperbus or tent.

The price is €1506,- if you stay in one of our tents

The price is €1627,- if you stay in our cabin

All prices are incl. VAT.

If you want to join, but have limited resources, please contact us, and we'll find a way.

We like to have an intimate tribe, therefore there is a maximum of 12 people.

Cancellation policy

We ask for a deposit of €200. If you have to cancel your participation, our policy is as follows:

- If you cancel six weeks before the starting date of the program or earlier, we will fully reimburse you.
- If you cancel between six weeks and two weeks before the starting date, we will reimburse 50% of the deposit.
- If you cancel two weeks before the starting date or later, we will not reimburse the deposit.

What this week will bring you

- foraging knowledge and skills that will last a lifetime
- new inspiration, insights and motivation
- a new tribe of like-hearted friends

Travel

By car, bike or foot

First navigate to Carrer Pla del Vi in Lladó.

Then, navigate to **OUR FINCA** in Google Maps.

Upon entering the forest, follow the signs "Can Cabota".

By public transport

Our finca cannot be reached by public transport or taxi. Instead,

travel to **Figueres Vilafant*** trainstation. This is an international trainstation with direct connections to Paris, Girona and Barcelona.

Here, we'll pick you up to take you to our finca (40min drive). >>

- Pick up:
17:00h on the first day @ Figueres Vilafant
€20,- per person
- Drop off:
9:00h on the last day @ Figueres Vilafant
€20,- per person

By train

For traintickets Europe check www.trainline.com

For traintickets in Spain check www.renfe.com

By airplane: to Girona Airport (GRO)

1. then to Girona trainstation (bus nr 602 usually)
2. then to Figueres Vilafant trainstation

*Estimated traveltime from Girona Airport to Figueres Vilafant: 1,5 hours.
(for booking the train, count about 1:15 hours between landing at Girona and departure train Girona Estació)*

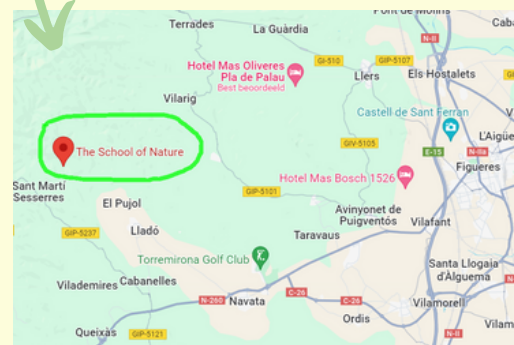
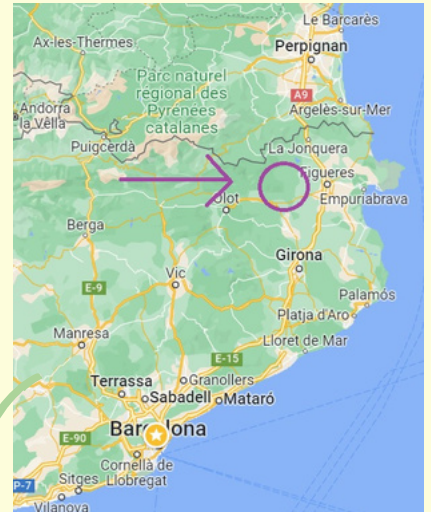
By airplane: to Barcelona Airport (BCN)

- then to Barcelona Sants trainstation (train R2 Nord (Rodalies) from terminal 2)
- then to Figueres Vilafant trainstation

*Estimated traveltime from Barcelona Airport to Figueres Vilafant: 3 hours.
(for booking the train, count about 2 hours between landing at BCN and departure train Barcelona Sants)*

*note that there are two trainstations in the city:

- Figueres (DO NOT TAKE THIS ONE)
- Figueres Vilafant (YES; that's the one)



Packing List

- Pocket knife - for harvesting mushrooms and plants (optional, this can't be part of carry on baggage or high speed trains in Spain, so be aware)
- Daypack: a bag or little backpack for day excursions
- Little mirror (optional)
- Loupe (optional)
- Head torch
- Notebook and pen
- Rain jacket
- Swimming clothes
- Water shoes or a comfortable shoe that can get wet
- Swim goggles (optional)
- Hiking shoes/boots
- Mosquito spray (preferably a natural one [like this one](#))
- Warm clothes
- Summer clothes
- Earplugs for at night
- Water bottle
- Cap, sunscreen and/or sunglasses (if you're sensitive to sun)
- Biodegradable showergel, shampoo, toothpaste, deodorant etc. or at least natural/organic > (the water flows directly back to the land and river. If you don't have any of this you can buy it at at our finca)
- Health insurance card

All clothes and shoes should be okay to get dirty.
TIP: check the weather forecast (Lladó) before you come.

What NOT to bring:

- towels (if you sleep in one of our tents)
- bedding (if you sleep in one of our tents)
- high heels
- electric toothbrush, shavers, hairdryers, hair straighteners etc. (our solar system won't be able to handle these)



Language

The main language of the retreat is English. However, we find it important that language is not an obstacle. Also, we know many of you are from the Netherlands. Therefore, the second language of the retreat will be Dutch. Meaning we can translate to Dutch and you can also speak in Dutch.

A's to your Q's

Will I be able to find the Spanish wild edibles at home too?

- Yes. Almost all the plants, mushrooms and coastal wild edibles we'll gather, can be found all over Europe. We will discuss the growth regions and places and local varieties of each plant.

Is there a kind of hand-out of the things I'll learn?

- You will receive a booklet with the recipes of the week.

Do I need prior knowledge of foraging?

- No, this program is beginner-friendly. On the other hand, also experienced foragers will learn a lot. This is because it's a real deep-dive and with the small tribe there is a lot of space for questions.

More Questions?

Request a free check-in call to ask all your questions and see if this program is a good fit for you!

[I want a check-in call](#)



WILD FOOD

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[sign up here](#)

Still some questions, not sure yet if this retreat is a match for you or just want to connect to us first? Schedule a check-in call with one of us by clicking the button below and leaving your details

[I want a check-in call](#)



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