



Fiona and Xa out foraging with family—above



Fiona and Xa out foraging—above and below



Some scenes of foraging at Kirkwood—all around



The Kirkwood Woods—right

Below—Anthony organising fish cookery demos



# LIVE OFF THE LAND SCHOOL 2009

- 23rd to 26th April (Thurs-Sun)
- At Kirkwood, South Scotland
- With Fiona Houston and Xa Milne, the “Forage Rangers” and authors of the book “Seaweed and Eat It”
- And Anthony Steel of Kirkwood
- Introductory courses to:
  - Foraging for wild vegetables*
  - Preparing food you gather*
  - Optional: fishing—catch a trout?*
  - And shooting—rabbits or pigeons*
- Staying in homely cottages  
See [www.KirkwoodLockerbie.co.uk](http://www.KirkwoodLockerbie.co.uk)
- Real, farm home-made food plus the food you can collect
- Costing only £650

**Accommodation, meals, tuition,  
equipment and materials  
ALL included in the price!**

[www.LiveOffTheLandSchool.co.uk](http://www.LiveOffTheLandSchool.co.uk)  
Kirkwood Lockerbie Scotland DG11 1DH  
Phone: 01576 510200  
Email: [AS@RealFarms.co.uk](mailto:AS@RealFarms.co.uk)  
*“Just as it should be”*

## Itinerary

- A 3 day school** £650 per person inclusive cost
- Thursday:** Arrive by 6pm  
Dinner 7pm then  
Introductory talk 8.30pm
- Friday:** Pre breakfast hunt for some. Stalk hares or rabbits with a .22 rifle with Anthony  
Breakfast 8.30am.
- Morning:** Foraging with Xa & Fiona  
Lunch. 1pm.
- Afternoon:** *Show and tell* with Xa & Fiona  
Preparing/cooking foraged food - ideas and demos  
Clay pigeon shooting for some  
Dinner 7pm  
Evening fishing for some.
- Saturday:** Pre breakfast hunt/stalk perhaps.  
Breakfast 8.30am.
- Morning:** Opt 1 Preparing animals/fish with Anthony (gutting, skinning, butchery, plucking)  
Opt 2 foraging with Xa & Fiona (perhaps different location eg seashore)  
Lunch. 1pm
- Afternoon:** Preparing evening feast from local ingredients or possibly fishing  
Dinner 7pm.
- Sunday:** Depart after breakfast at 10am
- Each day:** Frequent Q&A sessions
- Note:** Drinks are not included in the price  
Lunches may be picnics or packed lunches  
Bookings of groups or families please ask for a discount!

At Kirkwood we have run some hugely successful fishing and mushroom schools with great feedback:

*"It's difficult to get across just how much I enjoyed the whole experience"* Clive Dunn, Merseyside

*"What's special about these schools is that they are NOT in a hotel or a conference centre but in comfortable cottages with delicious home made cooking"* Alan Holleran, Preston

*"Magical stuff, a brilliant time."* Bob Milne, Tyne & Wear

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So our first **"Live off the land school"** aims to help guests identify, gather, prepare, cook and eat foraged and hunted food. This will culminate in Saturday night's feast which should be all local ingredients, ideally from Kirkwood itself, and gathered yourself.



Your hosts / instructors...

**Xa Milne & Fiona Houston** are the co-authors of "Seaweed and Eat It", and the *Forage Ranger* column in the *Weekend Telegraph*. They run popular foraging tours and workshops. See [www.foragerangers.com](http://www.foragerangers.com).



Fiona and Xa both previously worked as journalists. Xa learned to cook with AA Gill and Fiona trained at the *Corndon Blue Cookery School*.



**Anthony Steel** is a farmer, fisherman, shooter and carnivore who enjoys "living off the land" and has done so at Kirkwood all of his life. He set up the holiday business over 20 years ago.

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*Location:*

Kirkwood is a mixed farm situated by the River Annan in the heart of the rolling hills of Dumfriesshire. It is located almost in the centre of the UK – only 10 minutes off the main M6/74 Glasgow-London motorway. London is 5 hrs away, Manchester 3 hrs, Carlisle 20 miles. There is a mainline train station at Lockerbie, just 4 miles away, but your own transport is needed.



*More details:*

April is a great month for foraging, as everything is bursting into life after the winter months. It is possible to catch trout and find some game, but with all foraging and hunting, nothing is guaranteed! The aim of the weekend is to live a local food experience. Kirkwood is abundant with food so using hands-on experience, talks, tuition and demos you will learn how to forage, hunt and cook "off the land".

Accommodation is in Kirkwood's holiday cottages which will be used communally. Single people will share a cottage, although everyone will get their own private bedroom. Couples or groups may have a cottage to themselves. The cottages are normally self catering (2 & 3 star), but for the duration of "the school" all meals, (including breakfasts, light lunches & evening meals) are included. Drinks are excluded.

Clients must bring the appropriate wet/cold weather gear, and we will supply a kit list! As most of the activities are outdoors and, therefore, subject to the weather, we may have to change the itinerary. If in the *highly* unlikely event that we have to cancel, clients will receive a full refund. Otherwise once booked and paid, no refunds are given, and so we recommend that you purchase holiday insurance policy to cover your unforeseen eventualities.