



Seafood Foraging Class

303 Potrero Street #15, Santa Cruz, CA 95060 | (831) 458-3648 | www.asudoit.com



Gathering wild food from the sea is one of life's great pleasures that bring you closer to nature's bounty and beauty. Walking along the seashore, wading through tide pools, and listening to the ocean's rhythm are exhilarating ways to energize your life and refresh your soul. Not only will you gather wonderful delicacies from the seashore, but you'll also explore a vibrant, almost paradoxical, world of elegant colors and mysterious creatures. And of course we will gather wild foods. Wild foods are natural foods—grown without insecticides or human manipulation. Certainly, wild foods are the most organic of foods. Learning to harvest wild food

brings a new twist to home cooking, parties and camping. We're going to bust the myth of foraging as some kind of hunter-gatherer survival training and show you how to create delicious gourmet dishes. You will learn that foraging is very satisfying when you become a gourmet forager. Each class includes an evening session for planning followed by a day of collecting and preparing a gourmet meal from the sea. Finishing touches for the feast will be assigned to students. **Winter and Spring** tide pools are a glory to behold. Every glassy pool is a crescendo of colors and textures, plus our beaches in this season are quiet and pristine. We will focus first on bivalve, clams and mussels then we will augment our quest with limpets and sea vegetables in pastas and salads. Our final outing in early spring will concentrate our menus on the abundance sea plant life growing on every rock. With luck we will have our main dish with the king of shellfish, abalone. **Summer** is the time for warm sand and calm seas. We have an excellent minus tide to observe the artistry of nature's ocean in the windows of pristine tide pools. We will search these glassy puddles for sea vegetables to make salads, soups, and pickled delicacies. We will introduce the technique of poke poling to catch fish and crabs to stuff our sushi and seafood pastas. **Fall** is the best season of all. The north coast crescents of white sand and beaches are warm and uncrowded. The ocean is crystal clear. However, the best treasure of this season is that shellfish and sea vegetable are prime. Our feast for this season will focus on soups, pastas, and BBQs with the delicious bearded clam. We will augment our recipes with spicy sea vegetables in salads and pickled hors-d'oeuvres.



Prerequisites:

- Children under 18 must be accompanied by an adult/guardian

Class Includes:

- 3-hour lecture on Friday before forage outing
- 6-hours of foraging and feasting on Sunday
- Kitchen w/Stoves
- Eating Utensils
- Collecting Bag

Student Fee Includes

- Instruction at meeting & foraging outing
- Collecting Bag
- Kitchen, cooking, and eating utensils
- Use of pool & jacuzzi

Students Must Provide:

- Fishing license (can be single day)
- Wet Clothing, i.e. wet suit, booties, spray wear, etc.
- Dry Clothing, sunscreen, & hat
- Large Trash Bag
- Beach Blanket
- Collecting Gear: knives, scissors, prying devices, etc.
- Ingredients for your cooking assignment
- Transportation
- Bathing suit & towel
- Knives for food prep

Class Schedule:

Evening Meeting _____
 Forage & Cook Day _____

Cancellation Policy: Full refund if cancellation request received within 3 days of booking, or 7 days prior to start of class. No refund or credit or transfer will be permitted if request received within 6 days of start of class. Adventure Sports Unlimited, Inc., reserves the right to reschedule or cancel class if it is undersubscribed.

Planning Guide for Seafood Foraging

Driving Distances

Driving distance is measured from the traffic light at the intersection of Western Drive and Highway 1 as you leave Santa Cruz heading north:

Destination	Distance
Davenport Landing	9.6 Miles
Greyhound Rock	14.3 Miles
Franklin Point	20.8 Miles
Pigeon Point	24.7 Miles

Trip Planning Guide:

Use this guide to help plan your Adventure Sports event. Record your food assignment, personal shopping list and planning checklist.

Everyone is asked to assist with certain meal preparation or cleanup duties. The trip coordinator will discuss this with you. Please record what you agreed to on this line:

Food Assignment:

Personal Shopping List (There is plenty of food, but don't forget to bring any beverages and snacks you can't do without):

Checklist:

- Fishing license
- Cooler box with ice
- Day pack
- Web or rope belt
- Scissors
- Wet suit & booties
- Diving / snorkeling equipment
- Food assignment
- Garbage bags
- Personal beverages and snacks
- Sunscreen, sunglasses and hat
- Limpet / Mussel tool
- Goodie bag and/or bucket

