**Ethnobotany Expedition: Wild Cooking and Herbal Medicine Sample Itinerary**

**Sunday** 5-6 Dinner; 6:00-6:30 Orientation; 6:30-7:00 Introduction & Honorable Harvesting; 7-9 Intensive Course Intro; 9-10 Music, Stories & Sleep;

**Monday** 7-8 Yoga & Calesthenics; 8-9 Breakfast & Cleanup; 9-12 Morning Edible & Medicinal Plant Harvesting Walk; Harvest Nettles for Fiber; Harvest Cattails for Food; 12-1 Lunch, Cooling Pine & Mint Sun Tea; 1-2 Edible Plants Processing, Willow Decoction; 2-3 Nature Journaling Session; 3-4 Cedar Rope Making & Creek Baths; 4-5 Natural Sunscreen; 5-6 Dinner; 6-7 Herbal Oils; 7-8 Insect Repellent; 8-9 Choice of Lakeside Sunset Plant Walk or In Camp Lunar Infusion; 9-10 Music, Stories & Sleep;

**Tuesday** 7-8 Yoga & Calesthenics; 8-9 Breakfast & Cleanup; 9-11 Morning Plant Family Intensive, Purchase Seaweed/Shellfish Licenses & Travel; 11-4 Seaweeds, Shellfish & Shorelife Walk at [Low Tide](http://tidesandcurrents.noaa.gov/noaatidepredictions/viewDailyPredictions.jsp?bmon=07&bday=11&byear=2014&timelength=daily&timeZone=2&dataUnits=1&datum=MLLW&timeUnits=2&interval=highlow&format=Submit&Stationid=9446828); 4-7 Wild Edible Seashore Cooking & Dinner with Wild Chef Charlie Borrowman; 7-9 Plant Family Study on Drive back to Lake Sammamish; 9-10 Music, Stories & Sleep;

**Wednesday** 7-8 Yoga & Calesthenics; 8-9 Breakfast & Cleanup; 9-10 Wilderness First Aid Training; 10-11 Herbal Plant Properties; 11-12 Herbal Tincture; 12-1 Lunch; 1-2 Plant Craft Materials Preparations; 2-5 Start Berry Baskets, Cherry Bark Bailers, Flutes & Drums; 5-6 Dinner;  6-7 Peaceful Place Nature Journaling; 7-9 Finish Ethnobotany Projects; 9-10 Music, Stories & Sleep;

**Thursday** 7-8 Yoga & Calesthenics; 8-9 Breakfast & Cleanup; 9-10 Study Alpine Plants on drive to Snoqualmie Pass; 10-1 Alpine Meadow Herbal Plant Hike; 1-2 Backpacker Camp Stove Lunch with Alpine Herbs; 2-3 Pack & Drive Back to Camp; 4-5 Southwestern Theme Wild Cooking; 5-6 Dinner; 6-7 Wildflower Drying & Wild Edible Foods Cooking; 7-9 Camper's Choice; 9-10 Music, Stories & Sleep;

**Friday** 7-8 Camp Pack-Up; 8-9 Breakfast & Cleanup; 9-12 Herbal Health Spa; 12-2 Lunch, Stream Swim & Peaceful Place Journaling; 2:00-3:30 Day Camp Wildlife & Survival Workshops & Dinner Prep; 3:30-4:30 Group Wild Cooking; 4:30-5:30 Wild Edible Meal & Celebration;