



## **Diego Bonetto Foraging for a Spring Feast at The Watershed in Wynyard Getting to know the free food that surrounds us**

The Watershed at Wynyard is excited to welcome everyone to our Spring Foraging Feast. This year we welcome our special guest, famed NSW forager and published author, Diego Bonetto and scholar and author Alana Mann, at Watershed in Wynyard on Saturday 18 November at 6pm. The feast will be crafted by local chef Isabel Sykes, with musical stylings provided by shanty singers, *The Stranded Whalers*.

Continuing our tone of nurturing programming that champions sustainability and builds on our relationships with our local environment, The Watershed has invited foraging master **Diego Bonetto** to North West Tasmania to share his passion for weeds and other wild edibles.

The day will begin with a **Wild Edibles Foraging Workshop**: a 2.5-hour stroll in the park where Bonetto will share his knowledge about the most common edible and medicinal plants that are so abundant here in North-West Tasmania.

With the rise in inflation and the cost of living proving so challenging to many people, traditional ways of eating such as foraging for edible weeds and herbal medicines are enjoying another rise in popularity. This workshop will provide participants with solid skills in plant identification.

At the **Spring Foraged Feast**, the spoils of a day spent foraging will be transformed by talented local chef **Isabel Sykes** who will bring her passion for local and sustainable produce to the plates of Spring Feast diners. **Alana Mann** will facilitate thought provoking discussions through the evening. The event itself will be run by the members of the **Watershed Youth Training Program**, promising an evening that is filled with fresh local produce, live music, engaging discussion, and community connection.

**Diego Bonetto** is an edible weed advocate renowned for his offering of urban foraging workshops. Building on the knowledge he acquired growing up on a farm in Italy, Diego introduces people to the ever-present food and medicine plants that surround us. Diego is the author of the best-selling book *Eat Weeds* published by Thames & Hudson Australia.

**Isabel Sykes** grew up in the fruit bowl of Southern Tasmania cooking alongside her mum. Isabel followed her passion in the culinary world, working in kitchens throughout her teens, becoming a restaurateur at

22. Now a mother herself, Isabel has refocused her passion in a new project that caters directly to new mothers during postpartum. 'Red Pot Kitchen' is set to launch in Northern Tasmania in early 2024. In collaboration with some excellent growers, gardeners and foragers Isabel is excited to bring you a foraged feast.

**Alana Mann** is a communications scholar, author, and part of the growing global advocacy network focused on creating a fairer and more sustainable food system. In 2023 she was featured in the Powerhouse Museum's '100 Climate Conversations' for her research on food in a changing climate.

### **Wild Edibles Foraging Workshop with Diego Bonetto**

November 18, 12:30pm – 3pm

Tickets \$0 - \$30

### **Spring Foraged Feast**

November 18, 6pm – 8pm

Tickets \$35 - \$50

For more information on Diego Bonetto visit:

<https://www.diegobonetto.com/>

### **The Watershed can be found at:**

2a Old Bass Highway, Wynyard, TAS

Website: <https://thewatershed.bighart.org/>

*\*\*Images and interviews are available on request.*



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