


<p>Ireland: Sustainable Good Practice</p> <p>Type of Business: - Activity</p> <p>Business Name: The Wild Kitchen – Foraging and Wild Food Walks</p>	
<p>Description</p> <p>The Wild Kitchen – A house and garden on the west coast of Ireland with guided wild food walks on the land and seashore of the Burren and Cliffs of Moher Geopark.</p> <p>A sustainable interactive tourism encounter in which the guest co-creates this sensory experience. Its educational focus is on the interpretation of the natural heritage of the Burren and Cliffs of Moher Geopark while also providing Leave No Trace guidelines to guests during the visit.</p> <p>A member of the Burren Eco-Tourism Network thereby abiding by the Network code of practice to ensure the sustainable development of the region.</p>	
<p>Sustainable and Regenerative Practices</p> <ul style="list-style-type: none"> • Interpretation is all about an educational experience on the wild edible delights of the region and engaging the senses. • Wild food taster walks – Seaweeds. A guided walk in which the visitor learns about edible seaweeds, identifying them when in season, preserving the seaweed and eating them while on a picnic. • Wild food courses – edible plant identification in the Burren, seasonality, sustainable harvesting and the historical and nutritional use of wild native food. • Wild Kitchen Booklet – weatherproof, lightweight and includes, photos, descriptions and recipes for 26 beautiful wild plants within the Burren Geopark and along the Irish Coast enabling the user to self-guide. • Seasonal seaweed workshops – Cookery workshops on recipes using the wild local ingredients. • Encourages sustainable transport – Offers a <i>“free cup of tea to those who cycle to me”</i> • Bi-annual Beach Clean Ups – Organised local beach cleaning and litter picking • Promoting other local businesses in the region to visitors is also a key regenerative practice of the Wild Kitchen 	
<p>Image</p> 	
<p>References and further readings</p> <p>The Burren and Cliffs of Moher UNESCO Geopark, 2022. Retrieved from https://www.burrengeopark.ie/</p> <p>The Burren Eco-Tourism Network, 2022. Retrieved from https://burren.ie/visit-type/foraging-wild-food-walks/</p> <p>The Wild Kitchen, 2022. Retrieved from https://www.wildkitchen.ie</p> <p>Image: Failte Ireland Content Pool</p>	