

Come walking and discover ...
The Invisible World of Plant-Food Medicine

FREE weekly plant walks for families in White City to reveal
the hidden science and medicine in plant foods



Wednesdays 4.30-6pm from 15 Sept-27 Oct 2021

- How might a daisy ease a cough?
- The many ways plants promote our health
- Why plants produce drugs and other chemicals
- Learn how plants/foods are related in families
- How the cabbage family supports our liver

15 Sept Food medicine basics: mint / lavender family

22 Sept Daisy / dandelion / thistle family

29 Sept Tomato / pepper family

6 Oct Bean / legume family

13 Oct Cabbage / mustard family

20 Oct Rose / berry / plum family

27 Oct Share traditional food-medicine dishes

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To book and for more information, contact tutor:
Roisin on 07849 881827 · roisin.reilly@livingmedicine.org

Imperial College
London