



TRAVEL

Want to Forage for Your Own Food? Join the Pros at These Five Spots

The pandemic has caused a surge in interest in wild foods, and resorts worldwide have taken notice, creating tasty excursions for guests to indulge in

Jennifer Billock

Travel Correspondent

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Italian truffles, known for a robust earthy and slightly garlicky taste, are a delicacy, and guests at the Casa di Langa in Piedmont, Italy, can hunt for their own. Casa di Langa

The pandemic has kindled interest in lots of hobbies, from bread baking to card collecting to puzzle making. But when supply chain shortages started wreaking havoc on what could be found in the grocery store, a surprising one got a boost: food foraging.

A few months into the Covid-19 pandemic, foraging teachers and experts reported increases of anywhere from 25 to 500 percent, when it came to people visiting their websites and signing up for digital classes. Destinations have caught on to the uptick in interest in the hobby, where people set out into forests or other landscapes to find and gather their own food like mushrooms or seaweed, too, with many launching new excursions for guests and visitors.

For a taste, consider trying one of these adventures—not only do you get to forage for your own food, you'll also get to enjoy a delicious meal made with your bounty.

Dromoland Castle, Ireland

Best Time to Go: Spring to Fall



Guests learn to harvest seaweed, rock samphire and pepper dulse at a beach on Dromoland Castle's 450-acre property. Dromoland Castle

In County Clare, [Dromoland Castle's](#) 450 acres include country roads, clearings and the beach. Local foraging expert Oonagh O'Dwyer leads guests of the 99-room 1800s Gothic Revival castle, complete with turrets and towers, on an excursion throughout the property, which has been the ancestral home of the O'Brien family since the 1500s. First, head out into old country lanes to dig up roots, flowers, fruits, herbs and nuts, like elderflower, pignuts and St. John's Wort. This portion of the excursion ends with a picnic of all the wild goodies in a meadow. Next, at the beach, take a seaweed walk alongside seals and sea birds and learn how to traditionally harvest seaweed, [rock samphire](#) and [pepper dulse](#). Back at Dromoland Castle, O'Dwyer leads a cooking class that not only prepares all the food gathered (think, blackberry pies and nettle pesto), but also teaches participants how to preserve it (sloe gin, anyone?). Budding foragers return home with recipes and tips for identifying wild foods.

"It's a very unique, fully immersive, wild food experience," [O'Dwyer told Forbes in 2021](#). "People love it."