**LUCY COOKE – THE WILD COOKE**

Lucy Cooke is **The Wild Cooke**, one of the UK’s rising wild food stars, and co-presenter of BBC ALBA’s ‘Rùrachd’, the first-ever British TV series on foraging. Lucy runs foraging experiences across the UK and can be found teaching regular classes and running feasting, foraging and wellbeing collaborations near her home in Argyll, Scotland, around her native home in Shropshire, and further afield in the Highlands and the rest of the UK.

Whilst Lucy nibbled on brambles since childhood, the fascination with food and the environment began to grow in her teens. She graduated MA in social anthropology and archaeology from the University of Edinburgh and enjoyed exploring cultural and community contexts of how humankind interacts with nature.​

2016 marked the beginning of a serious captivation with foraging. Lucy was astonished at the variety of edibles in nature. In the garden alone, she unveiled a treasure trove of nutritional greens, medicine and delicious flowers. Everywhere she looked there was something. She can remember the feeling of discovering her first ever chanterelle - just magic. But this all raised questions as to why such fundamental knowledge was so hard to come by, and how much people were disconnected with nature.

Lucy’s need to find and learn led to a seminal apprenticeship as she explored the subject further with her mentor, the foraging legend Mark Williams of Galloway Wild Foods. She launched her own foraging business in 2020.

A passionate and active member of the Association of Foragers, she follows principles of learning, sustainability, inclusion and safety, believing wholeheartedly in their mantra of “Restoring Vital Connection” between humans and nature. As Lucy says, “It really does feel like returning lost knowledge to people”.

Lucy’s mission in life is to encourage others to become foragers, encouraging them to play with food and to introduce wild ingredients into their kitchens. “These skills allow us to grow, feel at home anywhere and ultimately be more self-sufficient. They give us perspective, focus and defence against some of life’s troubles. Learning about wild foods highlights how disengaged with nature our culture has become and gives us the tools to rebel against our broken food system. One sorrel leaf at a time.”

So, let’s get cooking – come and forage with **The Wild Cooke**!

*For more information about The Wild Cooke, please contact* [*thewildcooke@gmail.com*](mailto:thewildcooke@gmail.com)*.*

*For more information on Watercolour Studios and ‘Rùrachd’, please email* [*info@watercolourmusic.co.uk*](mailto:info@watercolourmusic.co.uk)*.*