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Tel: 01855 841320



www.Rurachd.com



# RÙRACHD

SIX PART DOCUMENTARY SERIES

## ABOUT THE PRESENTERS

Mary Ann Kennedy is a multi-award-winning musician, broadcaster and writer based in Lochaber in the West Highlands of Scotland.

Lucy Cooke is a professional forager who runs classes, foraged feasts and collaborations near her Argyll home, in the Highlands of Scotland, her native home Shropshire and further afield.



MAK



MAK



Rùrachd



Lucy



Lucy

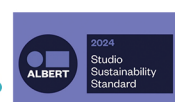
## SERIES OVERVIEW

Mary Ann and Lucy first met whilst living in the same small but vibrant Highland community and found common ground through Lucy's skills and expertise and the Gaelic traditions with which Mary Ann grew up. They are both passionate about re-connecting folk with the world around them - environmental, natural, linguistic or cultural. Mary Ann continues to be optimistic about her latest Gaelic student, while Lucy is determined to have Mary Ann be able to tell her ceps from her chanterelles.

- EP 1: The Woods
- EP 2: The Shore
- EP 3: The In-between
- EP 4: Good and the Bad
- EP 5: Man v Nature
- EP 6: The Foraged Feast



From childhood memories of fingers stained purple from brambles, or chewing dulse down among the rocks, Gaelic Scotland knows its natural bounty. Now the old knowledge connects with new, with environmental care and mental wellbeing, as folk reawaken to the priceless - but free! - edible treasures to be found in nature, in rural and urban environments alike.



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## THE PRESENTER'S DETAILS

### MARY ANN KENNEDY

The first presenter on BBC ALBA on its launch in 2008, she has maintained her connections with the channel, presenting flagship music programmes including the annual traditional music awards, 'Na Trads' and 'Seirm' from the Celtic Connections festival. Along with husband Nick Turner as Watercolour Studios, 'Rùrachd' is her first independent production for BBC ALBA.

### LUCY COOKE

A social anthropology and archaeology graduate of the University of Edinburgh, and fascinated by how humankind interacts with nature, her foraging journey was launched in earnest through the mentorship of wild food legend Mark Williams of Galloway Wild Foods. 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 us and nature. She has run her own foraging business, 'The Wild Cooke' since 2020.

## FORAGING

Foraging is the gift that keeps on giving - it gives us access to nature, it's intergenerational, educational, it's good for our mental and physical health, and reminds us of our responsibility to the world around us.



Photographs  
Video  
Biographies

AVAILABLE 1ST MARCH 2024

