



WILD WEED WALK

WITH NIKKI BRIGHTON



DATE: 19 AUGUST

TIME: 8AM - 10AM

VENUE: MOUNT MORELAND

COST: R290PP

For more information and to reserve your space, please contact Michaela at info@kinshipprogramme.com

NUTRIENT-DENSE FOOD AND PLANT MEDICINE IS GROWING ALL AROUND US.

Nikki's immersive experience identifying wild food and tasting edible weeds will be life-changing. Nikki grew up in Pietermaritzburg. Always a lover of plants and butterflies, growing veggies and creating indigenous gardens, this slowly evolved into her current way of life - living locally, foraging rather than growing, and re-wilding rather than gardening. Nowadays she lives in Howick.

Nikki is a writer and speaker who lives an active and creative life. She loves hiking and crochet, walking with her dog at dawn along the river and hosting long table lunches on her veranda. She organises the annual Trashion Show in Howick, is leader of the Midlands Slow Food Community, helps to manage the local Reko market that connects farmers and customers directly, is instrumental in the Midlands Barter Markets, volunteers for Conservancies and is passionate about building community. Over many years, she has made friends with women who live in Mpophomeni. Inspired by their resilience, she compiled a book of recipes that celebrates the cooks and gardeners in the township as a fundraiser to support gardens, training, food and wilderness experiences.

During lockdown her fame as a weed eater grew widely - mostly due to social media. She has hosted weed walks at the Karoo Food Festival, in the Free State, in De Rust in the Cape, Drakensberg, Durban and all along the KZN Coast.