

HELLO FROM ROSIE & CAROLINE

In nature, nothing is perfect and
everything is perfect.

A large, leafy tree with a group of people standing at its base in a grassy field.

THINK LIKE A TREE

Soak up the sun
Affirm life's magic
Be graceful in the wind
Stand tall after the storm
Feel refreshed after it rains
Grow strong without notice
Be prepared for each season
Provide shelter to strangers
Hang tough through a cold
spell
Emerge renewed at the first
signs of spring
Stay deeply rooted while
reaching for the sky
Be still long enough to hear
your own leaves rustling.

Wild Ivy News ...

REWILDING REVOLUTIONARIES!

Listening to the sound of the leaves in our circle under the 'singing' tree, to the rustling wind and our quiet walk home was a highlight. Our biggest observation was to trust that nature knows what it's doing! We love feedback and we'd appreciate your testimonials and thank you for all the wonderful pictures and comments on our [Instagram](#).

In the garden... We've been busy planting more wild seeds. Cutting flowers and foliage for wild posies. Collecting calendula, borage, lemon balm and self-heal to create our bespoke [Wild Ivy Tea](#).

In the kitchen ... We're been cooking up new recipes for our next retreat using the herbs, courgettes, beans, kale and crisp cos lettuce and tomatoes which are growing tall in the green house. Plus creating new products available to purchase on our new website...

www.wildivyretreats.com

In nature ... Hedgerow flowers give way to fruits and berries. Brambles are emerging and ripening along with elderberries, hawthorn berries and roeships. The wild meadow is evolving with plenty of bees and butterflies. Let us know if you have been foraging in nature near you and if you've managed to let a bit of your lawn go yet?

Hedgerow Vitality

22nd August 2021

Hedgerow Vitality, will be full of new August Foraging discovery, full moon deliciousness, escapism and a beautiful day of creativity with your shoes off!

As the heat of the summer gives way to the new flow of Autumnal cycles we are recharging the batteries this month in our all glowing August - [Hedgerow Vitality](#) retreat. Expect magic, fun, wonder and great vegan food.

Working with the element of water, all our activities will focus on water sources, foraging around water, walks along it, making nature beauty treats to take home and continuing pressing the flowers we have collected for our [Wild Ivy Pressed Flower Diary](#). The day will allow you to step back into your everyday life on Monday morning with positivity and renewed appreciation for nature.

We'd love for you to join us and do bring a friend. If you came before, then you automatically qualify as a Founding Wild Ivy Retreat Member and receive £20 off your main ticket price. Let Rosie or Caroline know if you'd like to come and we will send you the money off voucher code link.

[Book me in to Hedgerow Vitality Retreat](#)



Rosie & Caroline Recommend

OUR MONTHLY ROUND UP OF WHAT'S IN AND WHAT'S OUT AT WILD IVY RETREATS

What to Eat!

Slow roasted sweet peppers, roasted imperfect tomatoes with reduced balsamic, soft golden garlic, chopped borage leaves & capers. Spooned onto lightly toasted **Life Giving Bread** and scattered with calendula petals, drizzled with virgin olive oil and dollops of 'foraged' nettle pesto.

Mindful Moment!

Before you properly wake up, and before you look at your phone, take 10 continuous breaths. Breathing deeply filling your stomach and chest, and as you exhale allow your shoulders to fall relax. In your mind, as you breathe in, say to yourself "I inhale" Fill the blank with what you are hoping for today. As you exhale say to yourself, "I exhale....." Filling the blank with what you want to release today. Join Rosie for **Guided Meditations**.

What to Forage Now!

Nettle Seeds, Daisies, Clover, Plantain, Meadow Sweet, Borage, Watercress, Calendula, Dock Seed, Fever few.

What to Read!

Braiding Sweetgrass Robin Wall Kimmerer

Finding the Mother Tree: Uncovering the Wisdom & Intelligence of the Forest - Suzanne Simard

The Hidden Life of Trees - Peter Wohlleben
(Please support **local book shops**)

Who to Follow:

We love **@poppyokotcha** inspiring gardener, forager, and ecological grower based in Dorset!

Stay Wild and Stay Well!

Love, Rosie & Caroline xx

