



FOREST ECOTOUR

COASTAL ECOTOUR



TERROIR ECOTOUR

COOKING WORKSHOP



FRED DARDENNE WILDFOODS & FINE PRODUCTS



FRÉDÉRIC DARDENNE

BORN IN THE SMALL BELGIAN VILLAGE OF HONNAY.

HE GREW UP ON A FARM WHERE FLAVOURS AND LOCAL PRODUCTS WERE PART OF HIS LIFE.

HIS FAVOURITE HOBBIES GROWING UP WERE HUNTING, FISHING AND FORAGING.

THERE WAS A MOVEMENT TOWARDS MASS AGRICULTURE WHEN FRÉD WAS IN HIS TWENTIES.
HE SAW THE DESTRUCTION OF THE HEDGES AND WOODS. CULTIVATION USING PESTICIDES FOLLOWED
AND THE EFFECTS WERE FELT EVERYWHERE.

THE LOSS OF FLORA AND FAUNA WAS IMMEASURABLE AND FRÉDÉRIC NOTICED BIG CHANGES
EVERYWHERE.

AS THE WOODS WERE DYING HE FELT HIMSELF DYING A LITTLE TOO.

IN 2007 FRÉD AND HIS FAMILY DECIDED TO EMIGRATE TO CANADA AND HE CHOSE NOVA SCOTIA.
THE ABUNDANCE OF FORESTS, OCEAN AND RIVERS OFFERED HOPE FOR THE DIVERSITY OF WILD FOODS
AND FLAVOURS.

FRÉD DISCOVERED EXCEPTIONAL CULINARY TREASURES AND NATURAL FLAVOURS.

HE FELT LIKE HIS SOUL WAS COMING BACK TO LIFE AGAIN.

NEW ADVENTURES AND EXPLORATIONS HAVE BEEN PART OF HIS LIFE EVER SINCE.

WITH ECOTOURS AND WILDFOODS EVENTS, FRÉD WANTS TO RECONNECT PEOPLE WITH THE
ENVIRONMENT AND SHOW THEM HOW TO CONSERVE NATURAL HABITATS AND ECOSYSTEMS.
THERE IS STILL SO MUCH TO DISCOVER.

THE WOODS STILL HOLD SO MUCH MAGIC AND SO MANY SECRETS FOR US ALL.

FRÉD DEVOTES HIS LIFE TO THAT AMAZING DISCOVERY AND SHARING THE EXPERIENCE.

FRÉD ALSO OWNS WILDFOODS & FINE PRODUCT COMPANY, ROOTS & CIE, WOODS & CIE AND LES
ENTREPRISES DARDENNE, AND IMPORT/EXPORT OF FINE FOODS.



FRED DARDENNE WILDFOODS & FINE PRODUCTS



FOREST ECOTOUR

DESCRIPTION

The forest is an enchanting place where we find calm, serenity, reconnection with the natural environment, but did you know that many wild foods, spices, lichens, edible mushrooms and other plants are found in abundance throughout the year. During this 'Forest' ecotour, I will guide you in the woods to conquer these riches and also provide you some tips to reconnect with this magnificent environment and (re)awaken your senses.

ANIMATION

Understanding our ecosystem and our relationship with nature.
Let's awaken our senses.
Understanding the mechanisms of the forest in order to benefit from its positive effects on the body.
Identification of edible wild products.
How to harvest sustainably.
How to use them, integrate them in our plates.
Respect and good practices towards the environment.



NUMBER OF PARTICIPANTS

Ideally, the maximum number of participants is set at 4 people. This small maximum number of participants aims to keep a fluidity in the questions/answers. However, if you wish to book a Forest Ecotour for a larger group, company, friends, family, please send us a message and we will organize it for you.



EQUIPMENT

Since ecotours are generally done in rugged areas, sometimes difficult to access, it is requested to equip yourself accordingly. Good walking shoes, boots, coat, hat, umbrella or any other equipment that you personally deem useful to feel comfortable during the ecotour.
Don't forget to bring a small knife or chisel, a basket, or containers, bags or other items.
No lunch or drinks are provided during the event, so please bring what you need.
If you have any concerns or would like to organize an ecotour in a more appropriate location such as trails or paths, please let us know and we will arrange it.



CANCELLATION

You can cancel your reservation up to 7 days before the event. We will refund your interac or payment at 100%.
If you cancel your reservation within 7 days, we will offer you other dates, or you can give your reservation to one of your friends or acquaintances
If you cancel due to emergency, accident, death, etc. Your payment will be refunded in full.
If we cancel the ecotour for any reason whatsoever (storm, illness or any other problem), your payment will be returned in full.



REGION

We organize ecotours in all regions of Nova Scotia and New Brunswick (and even beyond on request).
Do not hesitate to contact us to organize an ecotour near your home or even on your property.
For any customized event beyond 30Km from the Halifax area, please contact us to discuss travel costs.



DURATION

The duration of the Forest Ecotour varies between 2h30 and 3h00 maximum.

PRICES

Price per person is set at \$75 including taxes
For larger groups, please contact us.

PAYMENT & RESERVATION

Reservations can be made via email to freddardenne@hotmail.com



FRED DARDENNE WILDFOODS & FINE PRODUCTS

UNIQUE WILD FORAGING AND EVENT IN NOVA SCOTIA

[HTTP://WWW.FRED-DARDENNE.COM](http://www.fred-dardenne.com)



COASTAL ECOTOUR

DESCRIPTION

The coastal region of Nova Scotia is uniquely beautiful, but also incredibly rich in wild edible products. Seaweed, plants, berries, and many others will delight the discerning gardener and your taste buds! So many different flavors and textures to discover. Not to mention the benefits of the iodized air and unparalleled scenery. During this 'Coastal' ecotour, I will guide you along the ocean to conquer these riches.



ANIMATION

Understanding our ecosystem and our relationship with nature
Let's awaken our senses
Identification of wild edible products, seaweed, berries, plants and others
How to harvest sustainably
How to use them and integrate them in our plates
Respect and good practices towards the environment



NUMBERS OF PARTICIPANTS

Ideally, the maximum number of participants is set at 4 people. This small maximum number of participants aims to keep a fluidity in the questions/answers. However, if you wish to book a Forest Ecotour for a larger group, company, friends, family, please send us a message and we will organize it for you.

EQUIPMENT

Since ecotours are generally done in rugged areas, sometimes difficult to access, it is requested to equip yourself accordingly. Good walking shoes, boots, coat, hat, umbrella or any other equipment that you personally deem useful to feel comfortable during the ecotour. Don't forget to bring a small knife or chisel, a basket, or containers, bags or other items. No lunch or drinks are provided during the event, so please bring what you need. If you have any concerns or would like to organize an ecotour in a more appropriate location such as trails or paths, please let us know and we will arrange it.



ANNULATION

You can cancel your reservation up to 7 days before the event. We will refund your interac or payment at 100%. If you cancel your reservation within 7 days, we will offer you other dates, or you can give your reservation to one of your friends or acquaintances. If you cancel due to emergency, accident, death, etc. Your payment will be refunded in full. If we cancel the ecotour for any reason whatsoever (storm, illness or any other problem), your payment will be returned in full.

REGION

We organize ecotours in all regions of Nova Scotia and New Brunswick (and even beyond on request). Do not hesitate to contact us to organize an ecotour near your home or even on your property. For any customized event beyond 30Km from the Halifax area, please contact us to discuss travel costs.



DURATION

The duration of the Forest Ecotour varies between 2h30 and 3h00 maximum.

PRICE

Price per person is set at \$75 including taxes
For larger groups, please contact us.

PAYMENT & RESERVATION

Reservations can be made via email to
freddardenne@hotmail.com



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TERROIR ECOTOUR



ANIMATION

Understanding our ecosystem and our relationship with nature
Let's awaken our senses Identification of wild edible products, mushrooms, seaweed, berries, plants and others How to harvest sustainably How to use them and integrate them in our plates
Respect and good practices towards the environment. A chef will be there and will cook for you some wonderful toast, soup or plates with foraged ingredients and fine foods.



EQUIPMENT

Since ecotours are generally done in rugged areas, sometimes difficult to access, it is requested to equip yourself accordingly.

Good walking shoes, boots, coat, hat, umbrella or any other equipment that you personally deem useful to feel comfortable during the ecotour.

Don't forget to bring a small knife or chisel, a basket, or containers, bags or other items.

If you have any concerns or would like to organize an ecotour in a more appropriate location such as trails or paths, please let us know and we will arrange it.



REGION

We organize ecotours in all regions of Nova Scotia and New Brunswick (and even beyond on request).
Do not hesitate to contact us to organize an ecotour near your home or even on your property.
For any customized event beyond 30Km from the Halifax area, please contact us to discuss travel costs.



DURATION

The duration of the Terroir Ecotour + Meal varies between 3h30 and 4h30 maximum.

PRICE

Price per person is set at \$125 including taxes
For larger groups, please contact us.

PAYMENT & RESERVATION

Reservations can be made via email to
freddardenne@hotmail.com

DESCRIPTION

The coastal & forest region of Nova Scotia is uniquely beautiful, but also incredibly rich in wild edible products. Mushrooms, Seaweed, plants, berries, and many others will delight the discerning gardener and your taste buds! So many different flavors and textures to discover. During this 'Terroir' ecotour, I will guide you along the ocean and forest to conquer these riches and show you a wide range of wild edibles products followed by a wonderful meal prepared by one of our selected chefs!



NUMBERS OF PARTICIPANTS

Ideally, the maximum number of participants is set at 12 people. This maximum number of participants aims to keep a fluidity in the questions/answers.

However, if you wish to book a Terroir Ecotour for a larger group, company, friends, family, please send us a message and we will organize it for you.



CANCELLATION

You can cancel your reservation up to 7 days before the event. We will refund your interac or payment at 100%.

If you cancel your reservation within 7 days, we will offer you other dates, or you can give your reservation to one of your friends or acquaintances

If you cancel due to emergency, accident, death, etc. Your payment will be refunded in full.

If we cancel the ecotour for any reason whatsoever (storm, illness or any other problem), your payment will be returned in full.



PRIVATE EVENTS

Contact us and we will be happy to organize your personalized Terroir ecotour.



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UNIQUE WILD FORAGING AND EVENT IN NOVA SCOTIA

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COOKING WORKSHOP

WILDFOODS & FINE FOODS

DESCRIPTION

The coastal & forest region of Nova Scotia is uniquely beautiful, but also incredibly rich in wild edible products. Mushrooms, Seaweed, plants, berries, and many others will delight the discerning gardener and your taste buds! So many different flavors and textures to discover. During this 'Workshop', a selected chef will show you how to cook some naturals products, and will make delicious toast and plates for you



ANIMATION

Understanding our ecosystem and our relationship with nature
How to use and integrate wildfoods in our plates
Respect and good practices towards the environment. A chef will be there and will cook for you some wonderful toast, soup or plates with foraged ingredients and fine foods.



NUMBERS OF PARTICIPANTS

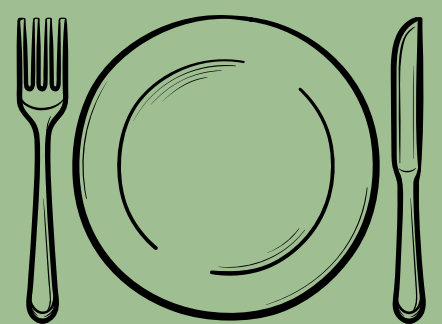
Ideally, the maximum number of participants is set at 8 people. This maximum number of participants aims to keep a fluidity in the questions/answers.

However, if you wish to book a Workshop for a larger group, company, friends, family, please send us a message and we will organize it for you.

EQUIPMENT

No equipment or clothing is required for our outdoor workshops. However, please bring a good sweater or warm clothes depending on the weather

If the workshop is a private event, in a garden, a house or any other building, we will communicate with you to make sure that all the equipment is complete for a good progress of the event



CANCELLATION

You can cancel your reservation up to 7 days before the event. We will refund your interac or payment at 100%.

If you cancel your reservation within 7 days, we will offer you other dates, or you can give your reservation to one of your friends or acquaintances

If you cancel due to emergency, accident, death, etc. Your payment will be refunded in full.

If we cancel the ecotour for any reason whatsoever (storm, illness or any other problem), your payment will be returned in full.

REGION

We organize these Workshop in all regions of Nova Scotia and New Brunswick (and even beyond on request).

Do not hesitate to contact us to organize a Workshop near your home or even on your property.

For any customized event beyond 30Km from the Halifax area, please contact us to discuss travel costs.



DURATION

The duration of the Workshop varies between 2h30 and 3h30 maximum.

PRICE

Price per person is set at \$135 including taxes
For larger groups, please contact us.

PAYMENT & RESERVATION

Reservations can be made via email to
freddardenne@hotmail.com



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