# Cornish chef turns to foraging to cut family food costs



In the picturesque surroundings of St Austell, Cornwall, 36-year-old Joshua Lawrey has implemented an innovative approach to family dining, significantly reducing his food expenses by embracing the art of foraging. Over the past 15 years, Lawrey has immersed himself in the natural bounty available in local meadows, forests, and along coastal areas, managing to save roughly £200 a month on his grocery bills by sourcing wild ingredients.

Previously employed at a high-end restaurant renowned for its wild ingredient menu, Lawrey was inspired to explore foraging personally. His culinary background provided him with a foundational understanding of flavours, which he has expanded through a self-taught journey that includes research, observing others, and reading extensively on the subject. Speaking to the Daily Mail, Lawrey noted: “Most people would walk past a field or grassy area and think it's all grass. But there are things to forage everywhere—probably even in people's own back gardens—and they don't even know it.”

Lawrey's foraging excursions involve collecting a variety of edible items, including flowers, mushrooms, leafy greens, fruits, and berries, enabling him to effortlessly save around £50 weekly. This not only feeds him but also his wife, Jennifer, 36, and their one-year-old daughter, Josephine. He remarked, “I only really buy carbs, lentils, and meat these days; everything else is foraged.”

Each week, Lawrey dedicates time to gather ingredients based on seasonal availability. His creativity shines through in his meals; he prepares unique dishes such as nettle tzatziki, giant mushroom 'steaks', and even espresso martinis from roasted dandelion roots. He commented, “It's satisfying to have gained the knowledge to find something—and it saves a lot of money.”

Among his discoveries, Lawrey has become particularly skilled at identifying edible plants while being mindful of their poisonous counterparts, notably warning about the dangerous hemlock, which can easily be confused with cow parsley. He advised, “You have to be very sure on the stem and leaf shape because it's a mistake you can only make once."

According to Lawrey, public land foraging is permitted under the Countryside Act for personal consumption, encompassing the 'four Fs': fruit, foliage, flora, and fungus. This legal backing allows him and others like him to explore and enjoy nature's offerings responsibly, while ensuring they adhere to local foraging guidelines.

In addition to his personal foraging pursuits, Lawrey is also a lead forager for a company that conducts foraging excursions. His passion for the outdoors and the joy of foraging have not only cultivated a sustainable way to feed his family but have also provided an avenue for him to share his knowledge and enthusiasm with others. Each culinary creation not only reflects the wild foods available but embodies a connection to nature and the satisfaction of knowing the precise origin of each ingredient.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.magzter.com/fr/stories/newspaper/Daily-Mirror-UK/I-SAVE-200-A-MONTH-FORAGING-FOR-OUR-FOOD> - This article supports Joshua Lawrey's claim of saving money through foraging around St Austell, Cornwall. It mentions his experience in a high-end restaurant and his ability to create dishes using wild ingredients.
2. <https://www.gov.uk/government/collections/countryside-code> - This resource explains the Countryside Code, which indirectly supports public land foraging under certain conditions for personal consumption, as mentioned in the article.
3. <https://www.wildfooduk.com/wild-food-guide> - This guide offers information on wild edible plants in the UK, supporting Lawrey's practices and awareness of edible items like flowers, mushrooms, and leafy greens.
4. <https://www.sussexwildlifetrust.org.uk/discover/foraging> - This page discusses the importance of responsible foraging practices, akin to Lawrey's approach, emphasizing seasonal availability and awareness of local guidelines.
5. <https://www.britishwildlif VIA.co.uk/conservation-advice/wildlife-law/foraging> - Although this exact URL was not found, similar resources from the British Wildlife Trust discuss legal considerations for foraging in the UK, aligning with the article's mention of the Countryside Act and responsible foraging.
6. <https://www.woodlandtrust.org.uk/blog/2018/09/foraging/> - This article from the Woodland Trust discusses foraging in the UK, highlighting the importance of seasonal awareness and identification skills, which Lawrey emphasizes in his foraging practices.
7. <https://www.dailymail.co.uk/news/article-14565133/I-forage-food-shop-save-200-month-common-plant-KILL-you.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data