



CULINARY WORKSHOP SCENARIO

“NATURALLY CREATIVE: FLOWERS, HERBS AND FLAVOURS”

The scenario prepared by the Stowarzyszenie Kobiet Wsi Mszanka as part of the project
“Sustainable Development – Healthy Cuisine – Healthy Society”
Project no. 2023-2-PL01-KA210-ADU-000184622.

Date: 14 August 2025

Venue: Community Centre (Dom Ludowy) in Mszanka

Participants: Residents of Mszanka and the surrounding area – adults, lovers of nature, tradition and healthy cuisine

“Naturally Creative: Flowers, Herbs and Flavours” is a creative workshop combining handicrafts, culinary arts and ecological education. Participants will learn practical ways of using seasonal flowers, herbs, fruits and vegetables – both in folk art (harvest bouquets and wreaths) and in home cooking through the preparation of healthy, natural preserves.

The workshop refers to rural traditions, the idea of sustainable development and the conscious use of nature’s gifts.

Main Objective:

To develop participants’ creativity and practical skills through creative and culinary activities based on natural ingredients, and to promote an ecological lifestyle.

Specific Objectives:

- developing creativity through making harvest bouquets and wreaths from herbs and flowers,
- acquiring practical skills in preparing homemade preserves,
- shaping pro-ecological attitudes and responsibility for the environment,
- preserving folk and culinary traditions,
- promoting healthy, natural food and conscious nutrition.

Workshop Programme:

1. Educational Part – Lecture

- advantages of homemade preserves,
- principles of preparing healthy and natural food,
- safe and ecological methods of food preservation,
- importance of seasonality and local products.



2. Practical Workshop Part:

- instruction on making harvest bouquets and wreaths,
- independent creation of compositions from herbs and flowers,
- discussion of plant symbolism in folk tradition,
- preparation of preserves from seasonal fruits, vegetables and herbs (e.g. jams, syrups, pickles, herbal vinegars),
- hygiene and storage rules for preserves,
- practical tips for using preserves in everyday cooking.

Expected Results:

- development of creativity and manual skills,
- acquisition of knowledge about healthy preserves and herbs,
- strengthening of pro-ecological attitudes,
- preservation of local traditions,
- integration of the local community.

Evaluation:

- summary discussion with participants,
- observation of participants' engagement,
- photographic documentation.

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