



***COMPLETE ONLINE COURSE IN ETHNOBOTANY
WITH FRANÇOIS COUPLAN***

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1. Overview of the online course

Our online training program offers a unique opportunity to build a profound and personal connection with plants while mastering their countless uses. You will learn to confidently identify edible and toxic species, uncover how these extraordinary beings – so different from us – function, and understand how the relationships we have built with them have shaped human societies through the ages. This program is not only an in-depth journey into the plant world and nature, but also an invitation to view humanity with fresh eyes and to rediscover ourselves. Get ready to be inspired !

Designed and led by world-renowned ethnobotanist François Couplan (PhD in Natural Sciences, Muséum National d'Histoire Naturelle) and his team at the Practical College of Ethnobotany (Collège Pratique d'Ethnobotanique – CPE), this program draws on over five decades of expertise in teaching. It makes exceptional knowledge available to a wide audience through state-of-the-art digital tools combined with guided fieldwork.

The curriculum is structured around 30 monthly modules and more than 120 courses featuring clear PowerPoint presentations, downloadable PDFs, engaging videos, quizzes, and hands-on exercises. Spanning three years, it is designed to prepare you to teach as a professional and apply plant knowledge with confidence. Theoretical learning is continually reinforced by real-life fieldwork, and optional workshops led by experienced CPE graduates offer even more opportunities for practical application. You will also have access to an exclusive discussion platform to connect with fellow students and engage directly with François Couplan during live Q&A sessions and video conferences.

This training is open to anyone interested in plants and eager to deepen their understanding of the world we live in – an essential foundation for meaningful action. No prior technical skills are required, only motivation, time and commitment. Although the content reaches a high academic level, it remains accessible to all thanks to a progressive teaching approach refined over many years. Our ambition is to make university-level knowledge available to everyone – yes, it is possible.

The program's strength lies in its quality, breadth, the depth of expertise achieved, and the professional opportunities it creates. It offers a comprehensive exploration of the intricate relationships between humans and plants, encompassing such diverse fields as botany, gastronomy, chemistry, toxicology, medicine, anthropology, and ecology. The insights you gain will equip you to teach and share accurate, evidence-based information about plants and their many uses – a mission we strongly encourage.

Interest in wild plants is growing at an unprecedented pace, whether for environmental, culinary or nutritional reasons, or for the sensory richness they bring to our lives. At the same time, our rapidly changing world calls for deeper connection and meaningful guidance. This program addresses that need by providing rigorous, credible training in wild plant foraging – an activity that must be practiced with awareness and respect – and by fostering a renewed relationship with nature that can inspire change in society as a whole.

While other workshops and plant-focused training programs do exist, none offer such a holistic exploration of the plant world and its ties with humanity.

Our online training is both transformative and accessible. It will expand your technical knowledge while deepening your connection to nature – and yourself. The international reputation of François Couplan in ethnobotany is your guarantee of the program's quality and integrity.

Finally, this course builds on nearly 20 years of experience with in-person training at the Practical College of Ethnobotany, where close to 200 students have already studied – many of whom now teach the uses of wild plants professionally to the public.

1.1. Complete online course fee

For individuals: €5,970.00 (plus VAT if applicable)

For companies: €6,970.00 excl. VAT

The price is payable in full using various secure payment methods: Visa, MasterCard, American Express, and SEPA direct debit.

The price can also be paid in interest-free installments with 24 payments of €248.75 each.

1.2. Estimated training duration

The complete training program represents an estimated total of 800 hours, broken down as follows:

	Watching course videos	Reading the courses, completing quizzes, and fieldwork	Watching bonus videos	Total estimated
Estimated time	300 hours	400 hours	100 hours	800 hours

1.3. Access terms and timeframe

Access is available year-round, 24/7, and is granted immediately after payment.

2. Learning objectives of the online course

François Couplan's comprehensive training program has been carefully designed to help participants:

- Develop sharp, reliable plant identification skills to confidently recognize the species encountered in their natural environment.
- Discover how to safely and appropriately use edible plants, and learn the simple, risk-free applications of medicinal plants with a proven benefit-to-risk ratio.
- Understand toxic plants in depth, including their active compounds, mechanisms of action, and the parasitic risks linked to plant consumption.
- Gain a meaningful perspective on the relationship between humans and nature across the ages and explore its relevance in today's world.
- Build a solid foundation in human physiology, providing the context needed to make the most of plant-based knowledge.
- Become as self-reliant as possible in managing one's life in general, and one's diet in particular.
- Be able to share this knowledge with the general public while ensuring people's safety, preserving the environment, and complying with current and future regulations..

3. Content of the online course

The program includes a variety of learning materials: pre-recorded videos, tutorials, course audios, interactive video sessions, online quizzes, recommendations for personal fieldwork, opportunities to strengthen your knowledge through field practice with certified instructors, and membership in the « Les Plantes, Source de Vie » association. It also comes with a number of bonuses: exclusive videos by François Couplan, live online meetings and conferences with him, and the option for personalized guidance.

3.1. Videos

The program features around 300 hours of videos in which François Couplan explores all the key topics of the training in detail (see below). Guest experts also contribute to specific subjects (see the full list of videos and speakers below). Students will have full access to all videos and lessons for the entire three-year duration of the course, allowing them to revisit the material as often as needed.

3.2. Tutorials

In addition, students will receive 120 PDF tutorials delivered progressively as they advance through the program, which they can study at their own pace. More than 2,500 pages of content will be available online and can also be downloaded for printing. Each subject area is presented in detail below.

3.3. Course audios

All tutorials are also available in audio format, so that students can listen to them and learn wherever they are – whether stuck in traffic, on the subway on a hike, jogging or trying to get to sleep in bed at night. This useful feature lets them keep learning even when they can't be in front of a screen.

3.4. Interactive videos

Students will also have the chance to join François Couplan on virtual plant walks through interactive videos. These sessions provide an engaging way to observe plants in context while practicing botanical terminology.

3.5. Online quizzes

To support learning, students will be invited to complete a variety of exercises, such as fill-in-the-blank activities, multiple-choice questions and open-ended questions, with or without hints. Designed to be both engaging and educational, these quizzes help reinforce knowledge and track progress, ensuring students are ready to move on to the next lesson.

3.6. Personal fieldwork

Students will also be encouraged to complete various field exercises, allowing them to put what they've learned into practice. This hands-on component is an essential complement to the lessons and videos.

3.7. Fieldwork with certified instructors

Participants will have the chance to join activities led by former students of the Practical

College of Ethnobotany. These alumni, who have completed the three-year program, are based across France, Switzerland, Belgium, and Luxembourg — covering the entire French-speaking region of Europe. They'll guide students in the field, helping them identify plants and answering any questions they may have.

3.8. The association

Students can join « Les Plantes, Source de Vie », an association made up of graduates of François Couplan's courses. Membership provides opportunities to connect with others, take part in workshops, organize outings, and enjoy a variety of member-only activities.

3.9. Bonuses

Several free bonuses are included for those enrolled in the full program:

3.9.1. Bonus videos

All additional videos by François Couplan — totaling over 100 hours — will be available as bonus content. He presents different plants and a wide range of related topics. New videos will be added regularly over time for students to access.

3.9.2. Live video sessions with François Couplan

François Couplan will hold live video sessions exclusively for full program participants. Students can ask questions, which he will answer in detail. He may also give talks on topics from the course or other related subjects. Students are encouraged to suggest topics, making these sessions interactive and engaging.

3.10. Others

3.10.1. Personalized support with François Couplan

Participants enrolled in the full program will have the opportunity, at preferential rates, to receive personalized support directly from François Couplan. This will take the form of assignments to complete — such as plant observation profiles, book summaries, preparation of discussions on chosen topics, and more — which can be submitted for his review. The "plant profiles" method, which involves observing plants with all your senses, describing, and drawing them, is a highly effective way to deepen and accelerate your understanding of the plant world.

You will also be able to ask him any questions related to the course materials or other topics, and he will respond promptly. Communication can take place via email, phone, or video call.

3.10.2. New modules

Additional modules covering various related topics will be added to the online training over time or offered independently, depending on the subject.

4. Lessons grouped by months

Month	Course	.PDF documents	Videos
Month 1	Botanical terminology	50 pages	2h25
	How to make an herbarium	6 pages	0h07
	How to use a flora	-	0h21
Month 2	Plant classification	42 pages	1h07
	Etymology of plant names	19 pages	0h19
	Botanical nomenclature	12 pages	0h21
Month 3	Plant families	80 pages	3h55
Month 4	Edible wild plants	37 pages	4h45
	How to harvest and manage resources	24 pages	0h34
Month 5	Origins of agriculture	41 pages	1h37
	History of global agriculture	21 pages	0h50
Month 6	Basic chemistry	39 pages	3h00
	Toxic principles	52 pages	2h48
	Parasitic diseases	28 pages	1h00
Month 7	Food and assimilation	29 pages	1h43
	Nutritional principles	47 pages	2h57
	The digestive system	57 pages	0h54
	Digestive system pathologies	41 pages	0h30
	Medicinal plants for the digestive system	13 pages	0h50
	Green proteins	5 pages	-
Month 8	Culinary basics: hygiene and equipment	30 pages	-
	Culinary basics: products and cutting techniques	14 pages	-
	Culinary basics: cooking, preservation, and recipes	26 pages	-
	Culinary basics: basic recipes	50 pages	-
	Spring plants	-	1h02
Month 9	Humans and nature	51 pages	1h54
	Forgotten vegetables and fruits	32 pages	1h02
	Edible ornamental plants	30 pages	1h19
Month 10	Summer plants	-	2h42
Month 11	Physiology of Angiosperms	56 pages	3h00
	Plant adaptations	25 pages	1h30
Month 12	Phytosociology	30 pages	2h00
	Biomes	13 pages	0h45
	Pedology	51 pages	1h00
	Basics of geology	49 pages	2h00

Mois 13	Traveling plants	45 pages	0h36
	Exotic food plants	77 pages	3h00
Month 14	Medicinal plants	49 pages	2h37
Month 15	Human body systems	25 pages	1h10
	The endocrine system	35 pages	2h00
	Endocrine system pathologies	19 pages	0h25
	Plants for the endocrine system	11 pages	0h20
	The urinary system	25 pages	0h33
	Urinary system pathologies	14 pages	0h20
	Plants for the urinary system	10 pages	0h35
Month 16	Ethnobotany, ethnology, anthropology	45 pages	2h30
Month 17	The cardiovascular system	49 pages	2h00
	Cardiovascular system pathologies	17 pages	0h35
	Plants for the cardiovascular system	12 pages	0h45
	The respiratory system	19 pages	0h45
	Respiratory system pathologies	18 pages	0h25
	Plants for the respiratory system	14 pages	1h10
Month 18	The sea and plants	48 pages	2h00
	Algae	34 pages	1h00
Month 19	Invasive plants	28 pages	2h00
Month 20	Mountain environments	21 pages	1h00
	Vegetation zones of the Alps	40 pages	2h00
Month 21	Fruits	54 pages	3h00
	Seeds	29 pages	2h00
	Reproduction of Angiosperms	51 pages	3h00
Month 22	Medicinal plants: active principles	120 pages	3h00
Month 23	The nervous system	68 pages	3h00
	Advanced nervous system topics	27 pages	0h30
	Nervous system pathologies	25 pages	0h30
	Plants for the nervous system	14 pages	0h30
	Immunology	33 pages	1h00
	Immune system pathologies	19 pages	0h30
	Plants for the immune syst	16 pages	0h45
Month 24	Paleobotany	45 pages	2h00
	Human paleontology	21 pages	1h00
Month	The locomotor system	68 pages	2h00
	Plants for the osteoarticular system	26 pages	1h00
	Acid-base balance	19 pages	0h15

25	The integumentary system	15 pages	0h45
	Plants for the skin	24 pages	2h00
Month 26	Fiber plants	47 pages	1h00
	Other uses of plants	86 pages	3h00
Month 27	Introduction to scientific aromatherapy	46 pages	2h00
Month 28	Mediterranean vegetation	12 pages	0h20
	Corsica	10 pages	0h20
Month 29	Non-flowering plants	25 pages	0h45
Month 30	Building your professional project	26 pages	1h00
	Social media	20 pages	0h30

5. Lessons grouped by topic

Thématique	Course	.PDF documents	Videos
Botany	Botanical terminology	50 pages	2h25
	How to make an herbarium	6 pages	0h07
	How to use a flora	-	0h21
	Plant classification	42 pages	1h07
	Etymology of plant names	19 pages	0h19
	Botanical nomenclature	12 pages	0h21
	Plant families	80 pages	3h55
	Spring plants	-	1h02
	Summer plants	-	2h42
	Physiology of Angiosperms	56 pages	3h00
	Plant adaptations	25 pages	1h30
	Phytosociology	30 pages	2h00
	Biomes	13 pages	0h45
	The sea and plants	48 pages	2h00
	Algae	34 pages	1h00
	Mountain environments	21 pages	1h00
	Vegetation zones of the Alps	40 pages	2h00
	Fruits	54 pages	3h00
	Seeds	29 pages	2h00
	Reproduction of Angiosperms	51 pages	3h00
	Mediterranean vegetation	12 pages	0h20
	Corsica	10 pages	0h20
	Non-flowering plants	25 pages	0h45
	Paléobotany	45 pages	2h00
Other natural sciences	Basics of geology	49 pages	2h00
	Pedology	51 pages	1h00
Plant uses	Edible wild plants	37 pages	4h45
	How to harvest and manage resources	24 pages	0h34
	Culinary basics: hygiene and equipment	30 pages	-
	Culinary basics: products and cutting techniques	14 pages	-
	Culinary basics: cooking, preservation, and recipes	26 pages	-
	Culinary basics: basic recipes	50 pages	-

	Exotic food plants	77 pages	3h00
	Forgotten vegetables and fruits	32 pages	1h02
	Edible ornamental plants	30 pages	1h19
	Medicinal plants	49 pages	2h37
	Fiber plants	47 pages	1h00
	Other uses of plants	86 pages	3h00
	Introduction to scientific aromatherapy	46 pages	2h00
Relationship between humans	Origins of agriculture	41 pages	1h37
	History of global agriculture	21 pages	0h50

and nature			
	Humans and nature	51 pages	1h54
	Traveling plants	45 pages	0h36
	Invasive plants	28 pages	2h00
	Ethnobotany, ethnology and anthropology	45 pages	2h30
	Human paleontology	21 pages	1h00
Chemistry	Basic chemistry	39 pages	3h00
	Toxic principles	52 pages	2h48
	Medicinal plants: active principles	120 pages	3h00
The human body	Food and assimilation	29 pages	1h43
	Nutritional principles	47 pages	2h57
	The digestive system	57 pages	0h54
	Digestive system pathologies	41 pages	0h30
	Medicinal plants for the digestive system	13 pages	0h50
	Green proteins	5 pages	-
	Human body systems	25 pages	1h10
	The endocrine system	35 pages	2h00
	Endocrine system pathologies	19 pages	0h25
	Plants for the endocrine system	11 pages	0h20
	The urinary system	25 pages	0h33
	Urinary system pathologies	14 pages	0h20
	Plants for the urinary system	10 pages	0h35
	The cardiovascular system	49 pages	2h00
	Cardiovascular system pathologies	17 pages	0h35
	Plants for the cardiovascular system	12 pages	0h45

	The respiratory system	19 pages	0h45
	Respiratory system pathologies	18 pages	0h25
	Plants for the respiratory system	14 pages	1h10
	The nervous system	68 pages	3h00
	Advanced nervous system topics	27 pages	0h30
	Nervous system pathologies	25 pages	0h30
	Plants for the nervous system	14 pages	0h30
	Immunology	33 pages	1h00
	Immune system pathologies	19 pages	0h30
	Plants for the immune system	16 pages	0h45
	The locomotor system	68 pages	2h00
	Plants for the osteoarticular system	26 pages	1h00
	Acid-base balance	19 pages	0h15
	The integumentary system	15 pages	0h45
	Plants for the skin	24 pages	2h00
Becoming a professional	Building your professional project	26 pages	1h00
	Social media	20 pages	0h30

6. Nature and scope of the online course

6.1. Educational approach

Our online course, developed by ethnobotanist François Couplan, is grounded in an experiential and interdisciplinary learning philosophy. Learners are actively engaged in the process of building their own knowledge by interacting with a wide range of educational materials, and by applying what they learn in real-life settings.

Rather than limiting itself to botany alone, the program explores the many dimensions of our relationship with wild plants – from food and health to cultural traditions and ecological awareness. This integrated approach helps learners connect concepts across disciplines, fostering a deeper, more meaningful understanding of both plants and the human experience.

The course emphasizes learning through direct experience. Students are encouraged to observe, collect, taste, cook, and use plants themselves – safely, responsibly, and with deep respect for nature. The goal is not only to recognize wild plants, but to understand their roles in ecosystems, and their potential contributions to human well-being, while ensuring environmental sustainability.

Theory and practice are closely interwoven. Scientific knowledge – botany, chemistry, pharmacology, etc. – is paired with hands-on activities, including foraging, fieldwork, cooking, and observation exercises. This balance reinforces learning and makes it both accessible and lasting.

The program has been developed with the support of a diverse team of experts, including scientists (botanists, chemists, pharmacists, geologists, physicians), mountain guides, a chef, and digital specialists, all of whom contribute to the creation of video lessons, field exercises, interactive quizzes, and practical guides.

Throughout the course, learners receive clear guidance and are supported at each stage of their journey. They have access to a wide variety of resources and are encouraged to experiment, reflect, and grow through active engagement. By confronting real-world challenges and learning from trial and error, they not only gain knowledge but also develop the confidence and skills to use it creatively and responsibly.

6.2. Prerequisites

No prior expertise in botany is required to start this course. Learners will quickly gain the necessary basic knowledge as they progress through the training.

6.2.1. Access requirements for remote learning

The course is delivered via an online platform featuring shared documents and videos. Learners need a computer (laptop or desktop), headphones or speakers, and a reliable internet connection to participate fully.

6.3. Course format

This is an e-learning program delivered through OADL (Open and Distance Learning).

The course is accessible 24/7 via a dedicated online platform designed for seamless remote learning.

Spanning 30 months, the curriculum is paced to help learners gradually absorb theory and apply it in practice. After completing each month's content, learners can test their knowledge and track their progress. The program includes interactive online activities as well as

practical field exercises.

Access to the platform is personal and secured. Learners log in with their email and a password created during account setup before payment.

6.4. Assessment and certification

Learners complete online quizzes to check their understanding of the material. Multiple quizzes are available each month, and learners can retake them as many times as needed.

A passing score of 70% is required to validate each quiz. To earn the final certificate, learners must pass all monthly quizzes and complete a final online exam covering the full three-year program content.

6.4.1. Certificate of Completion

At the end of the program, learners receive a PDF certificate confirming attendance, training objectives, duration, and evaluation methods.

All quizzes must be completed within 4 years from the start date to keep the certification valid.

While course materials remain accessible indefinitely, completing quizzes within this timeframe is mandatory.

If the 4-year deadline passes, learners will need to retake all quizzes from scratch.

6.5. Technical and learning support

Learners can join a dedicated Discord server, organized by topic, accessible via web, desktop app, or mobile (iOS and Android). Creating a Discord account is required. This platform allows learners to ask questions, share photos, and get help.

For technical issues related to the website or learning platform, contact:

- François Couplan – Technical support – school@couplan.com (response within 4 business days)

For questions about course content or progress, contact:

- François Couplan – Course instructor – school@couplan.com

Discord moderators:

- François Couplan, ethnobotanist and course creator

6.6. Accessibility for learners with disabilities

Learners with disabilities who face challenges using the platform can reach out to:

François Couplan – Technical Advisor – school@couplan.com

7. About François Couplan

François Couplan is an ethnobotanist and writer, internationally recognized for his expertise in the traditional uses of wild and cultivated plants. He has explored plant knowledge across five continents for over five decades.

Holding a PhD in Science from the National Museum of Natural History in Paris, and honored as a Member of the Order of Agricultural Merit, François has been teaching the practical uses of wild plants since 1975 in both Europe and North America. In 2008, he founded the Practical College of Ethnobotany, offering an in-depth, three-year professional training program.

Since 1983, he has authored over 125 books, including two major encyclopedias – on European and North American flora – and contributed over 800 articles to magazines in France, Belgium, and Switzerland. His mission is to bring forgotten edible plants back into the spotlight, working closely with chefs, the public, and the media through lectures, workshops, custom consulting, and publications.

He has carried out extensive research into prehistoric diets and collaborated with several top chefs –including Michelin-starred Marc Veyrat in Annecy and Jean-Georges Vongerichten in New York – to rediscover long-lost flavors.

His fieldwork has taken him around the world, from the Amazon rainforest to the highlands of Asia and the depths of the African jungle. He has partnered with the National University of Malaysia on reviving wild edible plants in Southeast Asia and led similar projects in Africa, Lebanon, Japan, the Dominican Republic in collaboration with the Santo Domingo Botanical Garden and the University of the Philippines at Los Baños.

In addition to his scientific and educational work, François is also a passionate photographer, illustrating his books and articles with his own photographs.

He lives in Massonnens, in the canton of Fribourg, Switzerland.

8. About the other instructors

8.1. Optional field workshops with certified instructors

Learners may choose to join practical workshops offered by certified field instructors. These workshops are not officially part of the core training curriculum but offer learners the opportunity to be guided in the field. The online platform facilitates the connection between learners and instructors.

8.2. Field instructors

8.2.1. Charlie Braesch

Charlie lives in Solignac-sous-Roche, in the Haute-Loire region of France.

He completed the three-year Ethnobotany Training Program at the Collège Pratique d'Ethnobotanique (CPE) from 2018 to 2021. He holds the BAFA (youth leadership certificate) and an HACCP (food safety certification). He also studied botany at the École du Breuil and attended courses with experts such as Gérard Ducerf (botany and bio-indicators), Francis Hallé (tree architecture), Claude Bourguignon (soil science and microbiology), and Eric Escoffier (permaculture).

Charlie leads workshops mainly in Haute-Loire, southern Loire, southeastern Puy-de-Dôme, and the Lyon metropolitan area, with occasional sessions in the Paris region, Alsace, and Charente-Maritime.

8.2.2. Frédéric Huguet

Based in Fosses (Val-d'Oise), near Paris, Frédéric is a geological engineer by training.

Self-taught in botany for over a decade, he later joined the CPE program from 2018 to 2021.

He currently leads field workshops primarily in the Paris area and southern Vosges, where he plans to relocate in 2025. Frédéric also collaborates with Michelin-starred Parisian chef Eric Trochon.

8.2.3. Francis Collet

Originally from the Jura mountains, Francis now lives in Le Pertuis (Haute-Loire).

A certified physics teacher, he has a long-standing passion for gardening that led him to the world of plants. His botanical journey began with CPE's preparatory training in 2015 and continued through the full three-year program from 2016 to 2019.

An avid mountain enthusiast, Francis is also a certified mountain guide and works with a guiding bureau in the Mézenc range. He runs workshops and nature outings in the region.

8.2.4. Jeff Grosbras

Jef lives in Anché, in the Vienne department, in France.

He completed the CPE training from 2016 to 2019 and has also studied with Françoise Marmy (wild edible plants), Anne Richard (Atlantic coastal flora), and Guy Lalière (plants of Auvergne).

Jef organizes workshops in the Vienne department and occasionally in Corrèze.

8.2.5. Guy Lalière

Guy lives in Perrier, in the Auvergne region (Puy-de-Dôme).

He holds a State Diploma in Medical Laboratory Technology (1995), a BAFA certificate (specialized in nature education, 1997), and has been a practicing naturopath since 2005. In 2006, he completed further nature education training with Louis Espinassous in the Pyrenees. In 2014, he took part in the ReWild Education program with Lynx Vilden in Italy, where he taught the botanical section. In 2016, he also trained in bio-indicator plants with Gérard Ducerf.

Guy co-authored *Plantes sauvages, cueillette et recettes des 4 saisons* (Debaisieux, 2012).

Since the 1980s – full-time since 1999 – he has been leading courses and workshops on wild plant uses across central France and occasionally in Belgium.

8.2.6. Pierre-Louis Savigny

Pierre-Louis lives in the canton of Geneva, Switzerland.

He taught geography, mathematics, and crafts to 15-16-year-olds for over thirty years while also managing a farm focused on self-sufficiency. He completed the CPE training from 2020 to 2023.

In 2023, he opened a school on his farm to introduce people to the world of plants. He teaches ethnobotany on-site, both in his gardens and in the surrounding countryside.

8.2.7. Emilie Cuissard

Emilie lives in Val-Suran, in the Jura region.

She completed the CPE training from 2010 to 2013. She also holds a BAFA certificate and has studied applied ethnobotany at the University of Pharmacy in Lille, as well as herbal medicine and Bach flowers at the École Lyonnaise des Plantes. She trained in permaculture with Eric Escoffier.

Emilie is the author of several books published by Larousse and Editions de Terran, and a founding member of the publishing house L'Aventure au Coin du Bois.

She runs courses and workshops primarily in the Jura, Ain, Saône-et-Loire, Côte-d'Or, and Doubs regions, with occasional events in the Lyon area.

8.3. Other Contributors

8.3.1. Keiko Imamura

Born in Nagoya (Aichi Prefecture), Japan, Keiko Imamura now lives in Switzerland and regularly travels to France.

A certified traditional Japanese chef and a tea ceremony master, Keiko has played an integral role in François Couplan's courses for over a decade, managing meal preparation

and overall logistics.

She frequently offers classes in Japanese cooking and occasionally hosts tea ceremonies.

She is also writing a book that explores her personal vision of Japanese cuisine and its deep cultural ties, with a special focus on sansai—wild edible plants that have long been celebrated in Japanese tradition.

8.3.2. Jacques Falquet

Jacques Falquet lives in Geneva, Switzerland.

He holds a PhD in biochemistry from the University of Geneva and completed further studies in plant molecular biology at Paris-Saclay University.

After leaving academia, he joined the nonprofit world and now works independently.

Deeply passionate about plants, Jacques has a special interest in their medicinal properties and has taken part in numerous field research missions across tropical regions – including Haiti, Mauritania, Mali, Benin, and South Sudan.

His primary focus is on promoting local self-reliance in healthcare. He is convinced that many common health issues can be addressed with local plants and strives to prove this with the highest scientific standards.

In partnership with traditional healers, doctors, pharmacists, and botanists, he recently led a groundbreaking study on an antimalarial plant known only to a few remote African villages.

8.3.3. Bernard Montreuil

Bernard Montreuil lives in Bron, near Lyon, France.

A Doctor of Pharmacy, he has spent many years deepening his knowledge across a wide range of healthcare fields, which he enjoys sharing with others.

He has received additional training in orthopedics, micronutrition, phytotherapy, aromatherapy, and bioelectronics.

Together with his son Laurent, Bernard teaches aromatherapy at the Collège Pratique d'Ethnobotanique and serves as the program's lead health advisor.

8.3.4. Laurent Montreuil

Based in Lyon, France, Laurent Montreuil is a Doctor of Pharmacy with multiple additional qualifications, including a master's degree in therapeutic education and public health, a master's in structural and functional biochemistry, diplomas in dietetics, nutritherapy and nutraceuticals, orthopedics and assistive devices, as well as phytotherapy.

Aromatherapy is one of his key passions, and he applies his expertise daily in his community pharmacy practice.

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