

AUDE À LA NATURE

Grandfontaine



 06 33 56 10 29

@ Contact

 audealanature.com <https://www.facebook.com/Audea...>
<https://www.instagram.com/aude...>

**41 rue des Minières
67130 Grandfontaine**

+ Description

"Go towards more autonomy in your daily life". Aude BERNADAC has created her company, "Aude à la Nature", for people who want to develop their autonomy in their daily life, in particular through the knowledge of wild plants. Her approach is simple and practical. It allows you to recognise plants and to cook them while adopting a responsible lifestyle, by respecting the quantities picked to maintain the cycle of abundance of nature and also by anti-waste tips. She created an ecoplace in Grandfontaine. Aude à la Nature invites you to workshops on how to find wild plants in nature, how to pick and cook with wild plants.

For everyday use, she proposes simple and quick recipes. To please yourself and your friends, she shares more "upscale" recipes. She also runs workshops on how to make "remedies", cosmetics, everyday objects and household products, all using products that are as "local" as possible, or upcycled.

She works with schools, companies and individuals. Aude also developed food products made with wildplants and organic ingredients.

Contact her for your next autonomy workshop.

Horaire(s) d'ouverture

From 03/01/2026 to 23/12/2026
Monday from 09:00 to 19:00
Tuesday from 09:00 to 19:00
Wednesday from 09:00 to 19:00
Thursday from 09:00 to 19:00
Friday from 09:00 to 19:00
Saturday from 10:00 to 17:00
Sunday from 13:00 to 17:00

TOURIST OFFICE

Place du Beffroi - BP 104 67213 Obernai Cedex
Phone: +33 (0)3 88 95 64 13 - Fax: +33 (0)3 88 49 90 84



+ Price lists

Rates in €

Adult rate : 99

Group rate (per person) : 35