



2011 Twilight Wild Edibles Walks

May 18 and August 3

Northeast Organic Farming Association/Massachusetts Chapter
Great Brook Farm State Park
984 Lowell Street Carlisle, MA 01741

Presenter, **Russ Cohen**, professional environmentalist and wild foods enthusiast, is in his 37th year of teaching courses about wild edibles. His book, *Wild Plants I Have Known...and Eaten*, came out in June of 2004 and is in its fourth printing.

Greater Boston is home to over 150 species of edible wild plants, many of which are more nutritious and/or flavorful than common cultivated counterparts. Join Russ Cohen, for two Twilight Wild Edibles Walks at Great Brook Farm State Park in Carlisle. Cohen has documented 66 different species of wild edible species at the park. Different edible species and plant parts are available depending on the season. These two walks are spaced out over spring and summer to observe plants at different stages of growth and demonstrate what to harvest when as the seasons change.

Participants can expect to learn about at least two dozen species of edible wild plants at each walk. Keys to the identification of each species will be provided, along with information on edible portion(s), season(s) of availability and preparation methods, along with general guidelines for safe and environmentally responsible foraging.

The park has an automated parking machine that charges \$2 per car. Avoid fee by carpooling or bicycling.



Spring Wild Edibles, Wednesday, May 18, 5:00-7:45pm

Edible species likely to be encountered include Black Birch, Bracken Fern, Burdock, Cattail, Chickweed, Chicory, Curly Dock, Dandelion, Elderberry, Lamb's Quarters, Mallow, Milkweed, Plantain, Pokeweed, Stinging Nettle, Violets, Wild Lettuce and Wood Sorrel.

Summer Wild Edibles, Wednesday, August 3, 5:00-7:45pm

Edible species likely to be spotted on the walk include Black Cherry, Hazelnut, Common Barberry, Fox Grape, Black Huckleberry, Wintergreen, Blackberry, Blueberry Elderberry, Groundnut, Stinging Nettle, Sumac, Butternut, Sweet Fern and White Oak. Early August is also prime time for wild edible **mushrooms**, several species of which are likely to be encountered pending favorable weather conditions.

For more info, visit: www.nofamass.org > Conferences/Workshops > Foraging for Wild Edibles

---Registration Form – 2011 Twilight Wild Edibles Walks ---

----- Registration Form -----

- **Register** online with credit card or Echeck at www.nofamass.org
- **Or, mail** this form (*Please print neatly!*) to **NOFA/Mass, Ben Grosscup, 67 North Whitney St #4, Amherst, MA 01002**
- **Checks payable to:** “NOFA/Mass.”
- **Pre-registration** is required unless arranged by phone with the organizer, Ben Grosscup, cell: 413-658-5374.
- **Registration limit:** 30 participants at each workshop.
- **Cancellations** will be honored and refunds issued (except \$8 processing fee) with notice made within 10 or more days of the workshop. After that, you may designate someone else to attend in your stead, but refunds will not be available.
- **Bringing young children** is not advised, as the tour moves quickly and noise can be a distraction for the group.
- **Contact:** Ben Grosscup, 413-658-5374. By email, ben.grosscup@nofamass.org; put “**Wild Edibles**” in subject.

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| Name | Email (Get event updates and save paper by including this) | | |
| Address | City/Town | State | ZIP Code |
| Phone | How did you hear about this workshop? (Be specific about names of people or newsletters.) | | |
| Registering for NOFA/Mass events includes you in our monthly Electronic News, updating you on events and other info. Check box if you want to be excluded from this: <input type="checkbox"/> | | Carpooling: Do you give permission to share your contact info with others in order to carpool to the workshop? Please circle one: YES / NO | |

Membership

Check one: I'm not a member of NOFA; I'm a member of the (what state?) NOFA Chapter.

To sign up for or renew your NOFA/Mass Membership, check the box for the membership type you want.

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|---|--|---|
| <input type="checkbox"/> Individual - \$35.00 | <input type="checkbox"/> Low Income - \$25.00 | <input type="checkbox"/> * Family, Farm or Organization - \$45.00 |
| <input type="checkbox"/> * Business \$75.00 | <input type="checkbox"/> * Supporting - \$150.00 | (* Entitles members to 2 reduced rates at NOFA/Mass events.) |

Registration

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|--|----------------------|---|
| Registration for May 18, 5:00-8:00pm: | \$30/ person: | + |
| Registration for August 3, 5:00-8:00pm: | \$30/ person: | + |
| Members Discount – <i>NOFA and MOFGA members subtract \$5/workshop:</i> | | - |
| Early bird discount – <i>If sent 14 days before the workshop, subtract \$5/workshop:</i> | | - |
| NOFA/Mass Membership Payment – <i>Add figure from membership scale above:</i> | | + |
| Donation for Farming Education Fund – <i>Optional extra contribution:</i> | | + |
| TOTAL AMOUNT OF ENCLOSED PAYMENT | | = |

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