

**42<sup>nd</sup> Annual  
NC WILD FOODS WEEKEND  
APRIL 21-23, 2017**

On the fourth weekend of April, people from all over the US will take to the woods and fields of North Carolina to learn more about edibles wild plants; meet other foragers and celebrate spring. Activities are planned for Friday afternoon, Saturday and Sunday during this 3 day event. Saturday participants join into small groups, led by experienced foragers, to collect wild foods, visit nature and learn about the food source beneath their feet and at arm's length in the foods that are found in their own backyard. In the afternoon, wild chefs' will instruct you in the preparation of our WILD FEAST, enjoying the wilds of the early day finds.



**LOCATION**

*The rolling hills and pastures of the Betsy-Jeff Penn 4-H Center, located at 804 Cedar Lane, Reidsville NC, is the location of this event. Located on the beautiful Lake Hazel, this location provides lodging, food, classrooms and the great outdoors. Bring your fishing gear, drop a line during your leisure as you wait on a gently tug from beneath the waters.*

**KEYNOTE SPEAKERS**

**ELLEN ZACHOS ~ WILD EDIBLES: MORE THAN JUST SURVIVAL FOOD**

Ellen will present a program to teach you which wild foods you can eat in a survival situation, showing you that foraging; is more than just survival food. There is the thrill of the hunt, the satisfaction of feeding yourself and the unique flavors that each plant life brings. Prepared correctly, using your imagination and skills, wild edibles rival any food group, anywhere. Ellen will teach you to make the most of your harvest, so that you can enjoy flavors of the wild.

Ellen will be on hand for the Early Arrival Hike on Friday afternoon for those arriving in the early afternoon, lead a hike on Saturday, co-chef a cooking group and conduct a taste test game on Sunday morning.

**FRANK HYMAN ~ WILD MUSHROOMS: IDENTIFICATION, SAFELY PREPARING YOUR FAVORITE MUSHROOM**  
Frank has successfully completed an in-depth mushroom identification and safety program and is certified in presenting information involving cultivation of mushrooms, foraging for wild mushrooms and preparing mushrooms as a food source. What can you do with a 33 pound lion's mane? How do you preserve chanterelles and did you know that Black Trumpets aren't always black? Frank will lead you on an informative journey and answer your questions. Frank's presentation will include Pink and Golden

Chanterelles, Morels, Black Trumpet, Lobster, Wood Ears, Lion's Mane, Cauliflower, Golden Milkies and Pecan Truffles...just to name a few.

Frank will lead a hike on Saturday morning in search of wild mushrooms. Frank will co-chef a group for the Wild Feast and has developed a short seminar for Sunday morning.

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Friday: Early Arrival Hike-Mid Afternoon, Check in: 4:00 pm until, Dinner: 6:00 pm, Evening Seminar: 7:45 pm, Wild Food Contest/Night Owl Hike/Bon fire to follow Educational Seminar. Then we start all over at 7:00 am on Saturday and Sunday mornings.

In addition to our hikes and cooking groups, the NC Wildfood Weekend offers a Badge Contest, reflecting the artistic styles of our participants, what "Wild" means to me. There will be a Sassafras Raffle, with tickets available until the drawing on Saturday night. Lucky ticket holders will be awarded prizes at the end of the Saturday night program.

Friday Night Wild Food Contest: \$\$\$\$ Prize...Rules: At least one wild ingredient. Food item must be on the table by 8:00 p.m. for judging at 8:15 p.m.

Saturday Night Homemade Spirits Contest: \$\$\$\$ Prize....Rules: Must be over 18 to participate. Spirit must be on the table by the end of the program. Your spirit will be judged by your peers.

*Kids Tracks: Activities available for Kids ages 5-12, on Friday night and Saturday afternoon and night. Kids are encouraged to take advantage of the hikes on Saturday mornings with their parents or sponsors.*

Wild Feast: Preparation on Saturday afternoon, preview of prepared foods prior to Feasting. Wild Feast Admission Ticket is REQUIRED; otherwise the cost is \$35.00 per person.

***Please feel free to bring items of sell, trade, barter or share with others. Tables are set up, free with paid registration.***

Lodging is available in dormitory style cabins, located near the central meeting area. There are a variety of cabin options available, ie: Men, Women, Family and Couples.

**EACH PARTICIPANT SHOULD BRING TWIN SIZE BEDDING OR A SLEEPING BAG, TOWELS, ETC. AS THESE ARE NOT PROVIDED BY THE CAMP.**

Neither camping nor Pets are permitted on the 4H grounds, (working dogs only). Meals are buffet style and the 4H Cook Staff is in total control of the menu. There are limited vegetarian options daily. The WILD FEAST on Saturday night, which boast of over 125 different dishes ranging in Meats, Veggies, Salads, Soups, Beverages, Desserts, Breads and Appetizers.

VISIT [www.facebook.com/NC-Wildfood-Weekend-1677837669152559](http://www.facebook.com/NC-Wildfood-Weekend-1677837669152559) for additional information. There are so many activities packed into the weekend, it is a great way to see what we have to offer.

**PARTICIPATES ARE ENCOURGED TO BRING ANY WILD FOOD THEY WISH TO INCLUDE IN THE WILD FEAST PREP AND MEAL. JAMS, JELLIES, NUTS, MEATS, FLAVORED OILS AND VINEGARS, HERBS, CULTIVATED MUSHROOMS ARE ALWAYS WELCOMED.**

*Cancellation Policy: No refunds after April 1<sup>st</sup>, per person refund fee of \$30.00 prior to April 1<sup>st</sup>.*