

Forage Spring Greens!

Are you interested in learning to pick your own wild greens in your backyard as well as how to cook and prepare them? Learn to identify local, wild plants. See what is in season and delicious. Learn how foraging is part of our heritage connecting our health, food, and environment.

Jade Greene, naturalist and environmental scientist, of Meadows+More will give a background introduction to spring foraging and take you to a local preserve to forage. Fill your bags and learn how to prep and cook them.



When: May 4 at 10:15am-1:30pm (arrive early and grab breakfast at the Stockton Market)

Where: Meet at the Meadows+More mushroom booth at the Stockton Market, 19 Bridge St, Stockton, NJ 08559

Who: Beginners and plant experts are welcome. Dress appropriately for the weather, rain or shine.

What you get: Signed copy of *Foraged Flavor*, James Beard nominated cookbook authored by the founder of Meadows+More, Tama Matsuoka Wong. Introduction to our five step process to plant identification, a healthy foraged tea and mugwort soup as well as what's in season now: we will provide specimens of foraged plants.

RSVP to jade@meadowsandmore.com. Space is limited in order to provide hands on learning experience. Price: \$40, \$45 at the door.