

# WILD FOODS WALK & TALK

Join naturalist **Keara Giannotti** & chef **Phil Manganaro** at Camp Creek Run in Marlton, NJ, for an Autumn-focused wild foods tour. Keara is the executive director & director of EcoStudies at Camp Creek Run, and Phil is the chef/owner of the wild foods-inspired Park Place Café & Restaurant in Merchantville, NJ. In this two-hour foraging class, you'll learn to identify edible plants, medicinal herbs, and mushrooms, and discuss their health benefits and culinary value, as well as their role in the ecosystem and importance to wildlife.

Whether you're an outdoor enthusiast, a foodie, a birder, a home cook, or an herbalist-in-training, you'll love hitting the trails with us for this dynamic, hands-on nature program, where we'll look for, taste, and smell wild foods that can be found at Camp Creek Run and the surrounding area. While our focus will be on foods that can be foraged in the fall, we'll also be learning how to identify plants and mark spots for spring. Our program will emphasize the importance of the sustainable harvest of native wild foods, as well as the responsible foraging of invasive species that reduces their potential spread.

In addition to this two-hour foraging class, participants will receive:

- Plant list with identification tips
- Tips on preserving foraged foods
- Wild foods recipes, including an original from chef Phil
- Wild tea & cookie tasting at program's end
- Location of top secret foraging spot for a wild food in the program 🧐

## Program Details:

- Date: Saturday, October 3rd - event is rain or shine
- Time: 10:00a - 12:00p
- Location: Camp Creek Run, 199 Taunton Lake Rd., Marlton, NJ
- Cost: \$50 per participant (children may only attend as registered participants w/ a registered adult)

To register, email Keara Giannotti at [campcreekrun@yahoo.com](mailto:campcreekrun@yahoo.com). Payment details and meeting specifics will be forwarded at the time of registration. Space is limited, so register today! Pre-registration and social distancing/masks required.