

**West Virginia Wild Food Association
Presents
the 49th Annual
Nature Wonder "Wild Foods" Weekend
September 16-18, 2016
North Bend State Park, Cairo, West Virginia**



2016 Nature Wonder Wild Foods Weekend invites you to join us as we experience wild food wonder at the 49th annual event held at North Bend State Park in Cairo, West Virginia. Foragers from all over the United States and all walks of life join together to share their passion discovering and sharing wild edibles with weekend walks, talks and social hours. Featured speakers Leda Meredith of Brooklyn, New York, and Richard and Martha Hartley of Cairo, West Virginia, will join local naturalists and wild foods enthusiasts to pack this weekend full of foraging fun and information. This year's program will highlight foraging as well as food preparation and preservation, past and present. With your choice of hikes designed to showcase the most wild foods possible, Leda and other experienced naturalists are ready to help participants branch out as they share their knowledge. Also included in the weekend are workshops and table talk, where everyone's wild food finds can be identified and discussed.

Leda Meredith, author of several books including *The Forager's Feast* and *Northeast Foraging*, has a certificate in Ethnobotany from the New York Botanical Garden and enjoys leading foraging tours, giving food preservation demos and teaching numerous workshops. Her mission is to share her connection with nature through educating people about the wild edible and medicinal plants and mushrooms that grow around us all.

Martha and Richard Hartley are hearth cook and food historians as well as authors that reside in West Virginia. There they operate the Log House Homestead B&B near North Bend and have written *The Frontier Table* and *Serving Up History*. They are active in local workshops at living history locations where they share their knowledge of historical food preparation and preservation methods and as well as foraged ingredients used by our ancestors.

Other Friday highlights include a welcoming tour of the park and opening dinner followed by the Hazel Wood National Wild Food Cooking Contest and the Bill Faust Wild Cake Contest with three cash prizes of \$50 each. The contests are open to all registrants and awards will be presented in categories of main dish wild meat, dessert and wild food cake. The Wild Drink Contest winner is awarded the honorary Maxine Scarbro Friendship Cup. Saturday is overflowing with morning hikes, a workshop and the wild food social hour. Sunday morning provides a morning service led by Dr. Don Gartman. The Wild Foods Workshop, featuring several members of the Wild Foods Hall of Fame to discuss and answer questions about wild foods will end the information packed weekend.



**EVENT SPONSORED
BY:**

*Earl Ray Tomblin
Governor
State of West Virginia*

*Robert Fala
Director
West Virginia Division of
Natural Resources*

*Steve Jones
Superintendent
North Bend State Park*

*National Wild Foods
Association*

Events Include:

- Saturday Speaker, Leda Meredith author of *The Forager's Feast* and *Northeast Foraging*
- Friday speakers, Martha and Richard Hartley, Food Historians and authors of *The Frontier Table* and *Serving Up History*
- Choose from several Wild Plant Hikes and a Walking Exposition
- Wild Foods Contest
- Wild Foods Social Hour

The weekend begins with registration on Friday at the park lodge lobby from 2:00 p.m. – 8:00 p.m. At 3:00 p.m. there will be an informative riding tour of the park and surrounding area. The first of the weekend's Appalachian style buffets will be served in the lodge restaurant starting at 6:30 p.m. Be sure and enter the 29th Annual Wood-Faust sponsored Wild Foods Cooking Contest before the 8:00 p.m. Friday night meeting to try and win one of three \$50 cash prizes awarded for outstanding wild food entries. The awards continue to be provided through the generosity of Edelene Wood, the late Ira Wood and Bill Faust. A registration form for the wild food contest is attached.

Following breakfast on Saturday, small groups under the leadership of guest naturalists and park staff will hike or tour the area looking for edible wild foods. Following Saturday's luncheon, these groups will gather to prepare wild foods to be shared during the afternoon's wild food social hour. A buffet dinner will be available in the lodge restaurant on Saturday evening. Sunday morning the restaurant offers a buffet breakfast followed by a morning service and a wild foods workshop.

Reservation Information

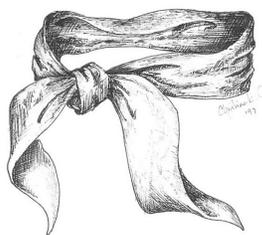
When making reservations you may choose from a room in the lodge, a stay in a deluxe vacation cabin or an outdoor experience in one of three campgrounds. Lodge rooms include television, telephone, a mini-fridge, coffee pot, iron and ironing board. Cabins are completely equipped for housekeeping with a full kitchen and bath, telephone and fireplace. North Bend State Park also offers several camping choices from basic sites to sites that include water and electric. Although wild foods are featured throughout the weekend, five (5) traditional Appalachian style buffet meals will be provided by North Bend Lodge Restaurant.

Lodge, cabin and campground reservations may be made along with event registration via the provided form. If you choose to camp, you will need to indicate either all weekend activities or Saturday activities only in addition to your campground preference on the reservation form. Additionally, if you wish to be accompanied by a pet, please contact the park directly at (304) 643-2931 regarding pet-friendly cabins and the additional fees associated with this accommodation. If you plan to arrive on Thursday, please contact the North Bend Lodge in advance to make your reservation for that night.

Refunds will be honored until September 5, 2016. After September 5th, you are only eligible for a refund if your accommodations can be rented.

If any additional information is needed, please contact Emily Fleming or Wendy Greene at 304-558-2754 or via email at Emily.J.Fleming@wv.gov and Wendy.L.Greene@wv.gov.

www.northbendsp.com



**49th Annual Nature Wonder Weekend
September 16-18, 2016
Reservation Form**

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____ EMAIL _____

Reservations are being made for the following persons. List name as you wish it to appear on the name tag.

NAME	CITY/STATE

All Weekend Activities and Double Occupancy Lodge Room - \$174.00 per person _____

All Weekend Activities and Single Occupancy Lodge Room - \$240.00 per person _____

All Weekend Activities and Full Occupancy Cabin Lodging - \$180.00 per person _____

Full cabin occupancy based on 3-5 people in a cabin. If less/more please call 304-558-2754 for cabin rate.

All Weekend Activities and Lodging - CHILDREN (ages 7-11) - \$75.00 per child _____

Campground Only - No Activities included

(please choose one of the three activities options below with your campground reservation)

- Cokeley — Electric and Water** \$52.00 per site _____
- River Run — Electric Only** \$46.00 per site _____
- River Run — Non-Electric** \$40.00 per site _____
- Layfield — Primitive** \$34.00 per site _____

All Weekend Activities, Including 5 Meals (No Lodging) - \$110.00 per person _____

All Weekend Activities With Sat. Lunch & Dinner and Wild Foods Tasting Event - \$68.00 per person _____

All Weekend Activities Including Wild Foods Tasting Event - No Meals - \$30.00 per person _____

TOTAL AMOUNT ENCLOSED _____

Please indicate if you have any dietary restrictions below:

Gluten Free _____ **Dairy Free** _____ **Nut Free** _____ **Vegan** _____ **Other** _____

Checks and credit cards are accepted. Make checks payable to "WV Division of Natural Resources" and mail with reservation form to address below. If paying by credit card, please call 304-558-2754 to pay over the phone. Payment will be returned if requested reservations are not available.

WV Division of Natural Resources
 324 4th Avenue, Room 328
 South Charleston, WV 25303



30th Annual Wood-Faust
National Wild Foods Association
Wild Foods Contest*
SEPTEMBER 16-18, 2016

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____ EMAIL _____

Please indicate which contest you are entering:

_____ **HAZEL WOOD COMMEMORATIVE WILD FOODS CONTEST**

Edelene Wood and her brother, the late Ira Wood, will provide two \$50 prizes for the best wild food cooks in the categories of main dish wild meat and dessert. You must have your entry prepared by 8:00 p.m. for the Friday evening program. You may submit your entry in the designated area of the lodge lobby.

NAME OF ENTRY:

_____ **BEST WILD CAKE**

Bill Faust of Warsaw, North Carolina, will provide a \$50 prize for the best wild cake. Bill is also the longtime judge of these contests. You must have your entry prepared by 8:00 p.m. for the Friday evening program. You may submit your entry in the designated area of the lodge lobby.

NAME OF ENTRY:

_____ **MAXINE SCARBRO WILD FRIENDSHIP CUP**

The cup will be awarded to the person making the best wild drink. Your drink must be prepared for the Saturday afternoon Wild Foods Party in the lodge conference room..

NAME OF ENTRY:

I will prepare the following foods for the Saturday Social:

** Preregistration for the contest is not required. Please do not put your name on your entries when delivered at the lodge.*