

Wild Edible Plant Walk

Co-led by Russ Cohen and Hoban Sanford

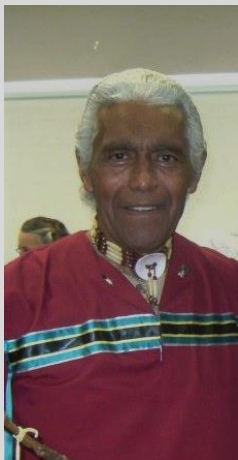
**Essex County Greenbelt's Cox Reservation
Essex, MA**

**Wednesday, June 27, 2018
Essex County Greenbelt's Cox Reservation
82 Eastern Ave. (Rte. 133)
Essex MA**

11:00 AM – 1:00 PM

\$10.00 Suggested Donation.

Opening-Welcome by Hoban Sanford, Mashpee Wampanoag Elder
General Orientation by Russ Cohen, Naturalist and Wildlife enthusiast



Participants are encouraged to share any knowledge or stories they have about using the plant themselves, and any other stories.

The Walk will include wild edibles and plant identification.

Space is limited so please register on-line at www.mcnaa.org



**Sponsored by:
Mass. Center for
Native American Awareness, Inc.**

ADDITIONAL INFORMATION

Co-leaders: MCNAA Members -
Russ Cohen, Naturalist and Wild Food Enthusiast
Hoban Sanford, Mashpee Wampanoag Elder

Primary purpose: Educational (Nature based)

Travel surface: Approximately 1 mile of gently rolling terrain with some gravel and mowed paths

Pace: Slow with frequent stops

Clothing: Standard outdoor walking attire
Walking shoes or sneakers
Hat or sunscreen if sunny

Food/water/snacks: Water bottle recommended. Pre-made samples of wild edible snacks provided by guide during walk. There is a seafood restaurant nearby if after the walk you are hungry and want lunch on your own.

Insect precautions: Mosquitos not likely at this time but normal tick precautions should be used.

Number of edible species: -approximately 3 dozen recently identified. *partial list below

Foraging Due to the timing of the walk in late June, many of the plants (other than wild garlic, and perhaps some berries) may not be ripe for harvesting. However, participants will definitely learn enough about plants that they would be able to come back to gather on their own, when the plants are at the right stage for harvesting.

***Partial list of species:**

Juneberry/Shadbush
Groundnut
Jerusalem Artichoke
Wild Bergamot
Bayberry
Staghorn Zumac
Shagbark Hickory
Wild Garlic
Beach Plum