



## Edible Wild Plants Workshop!

The Western Environment Center (WEC) in partnership with *Food Security Network NL* and the *Qalipu Mi'kmaq First Nation Band* is pleased to announce that they will be holding an **Edible Wild Plants Workshop** on the **Blow Me Down Nature Trail** on **Wednesday, July 30th** from **9-11**

The workshop will consist of a guided walk, lead by Qalipu Mi'kmaq First Nation Band Western Region Vice Chief, Kevin Barnes.

Participants are asked to please meet at the **Blow Me Down Nature Trail** parking lot (sign on hwy), which is located on route 450 (South Shore of the Bay of Islands), approximately 40 minutes from Corner Brook, and just before York Harbour.

Participants are also asked to bring a **mug** and **spoon** for tea and a special treat on the trail! A **bottle of water**, and a **hat/sunscreen** are also recommended.

This workshop is free, and is **limited to 20 participants**, as such, anyone interested in participating is asked to **please register** by contacting Corinne Brett at 660-0845, or [corinnebrett@gmail.com](mailto:corinnebrett@gmail.com)



This Workshop is one of a series of **8 Sustainable Food Skills Workshops** that will be held over the summer and into the fall in the Corner Brook area. The workshops were put together by *Root Cellars Rock* (<http://rootcellarsrock.ca/food-skills-workshops/>), and are based on the **4Ps** of local food, which are: are **planting, picking, preparing, and preserving**. Together they include how to grow, harvest, make healthy meals from, and preserve food for future use. The workshops are a resource for community groups and individuals across the province to foster knowledge, capacity, and engagement on **healthy and sustainable traditional food skills** in their communities. All community members are welcome to sign-up for one or all of the workshops in order to learn and share knowledge on **growing, harvesting, preparing and preserving** your own food.