

# Edible Native Plant Walk



with Florida's "Green Deane" Jordan

9 am to 4:30 pm, March 20, 2010, Gainesville, FL

\$35 (\$45 after March 7), Lunch included

**Join us for a walk in the woods with one of Florida's most notable foragers!**

Class is size limited to 24 people, so please register early. Directions and details will be sent with confirmation. To download a registration form, go to <http://myherbalnotebook.com>. For more info, contact Eleanor K. Sommer at [herbalnotebook@bellsouth.net](mailto:herbalnotebook@bellsouth.net) or 352-376-3114.

Lunch (including a vegetarian option) will consist of soup, salad, and bread made with some local ingredients and foraged edibles. Please wear close-toed shoes that can get wet. Bring raingear, hat, sunscreen, and/or bug repellent. We will forage through property just east of Gainesville and near Paynes Prairie.

## What you'll learn:

- Green Deane's four simple rules of foraging, that he calls ITEMize:
  1. Identification
  2. Time
  3. Environment
  4. Method
- A handful of native plants that you can identify and eat, plus plant lore and preparation information.
- How to begin foraging yourself.



Green Deane is an experienced Florida wild edibles forager and he has planted more than 12 dozen different kinds of edible plants – cultivated and wild – in his suburban garden/yard near Orlando. Much to his neighbors "collective horror," he is the only one on his cul-de-sac *without* a "lawn of decapitated grass." Deane has become a culinary expert at preparing and cooking wild edibles. His hobbies include gardening, cooking, music, writing, dancing, canoeing, public speaking, kayaking, cast netting, fishing, biking, and hiking in Greece. He has a degree in music and graduate studies in communications. "In short," he says, "I'm paid to play and write." And finally, he wants us to know he's not a vegetarian, a common misconception. To learn more about Green Deane Jordan, visit [www.EatTheWeeds.com](http://www.EatTheWeeds.com) or see his YouTube channel at <http://www.youtube.com/user/EatTheWeeds>.