



NEWS RELEASE

For media inquiries, contact: Nick Wolda
nwolda@thewoodlandstowship-tx.gov

Enjoy adventures in wild dining during Walk in the Woods

THE WOODLANDS, TEXAS (February 28, 2017) – Mark “Merriwether” Vorderbruggen takes the audience on a virtual adventure in wild dining, sharing clues to identify, cultivate, harvest and prepare plants of the forest during the *Walk in the Woods* Nature Lecture, Thursday, March 9, 2017, 7:30 p.m. in the L.G.I. Lecture Hall at McCullough Junior High School, 3800 S. Panther Creek Drive.

An author, photographer and expert in wild edibles, Mr. Vorderbruggen is author of *Idiot’s Guide: Foraging*, now in its second printing. The leaves, fruits, flowers and roots of woodland and other native plants offer a gastronomical and nutritional experience according to the chemist and lifelong forager.

“Though we may confuse some species as weeds, they make delicious edibles in the hands of a knowledgeable cook,” Mr. Vorderbruggen says.

Part explorer, part naturalist, part chef, Mr. Vorderbruggen has earned a following for his knowledge of the historical, medicinal and culinary uses of local plants. Since 2008, his website www.foragingtexas.com has been one of the top wild edible plant sites on the Internet.

Mr. Vorderbruggen will present *Wild Dining: Foraging the Forest*. A free program of The Woodlands Township, the program is sponsored by Nature’s Way Resources, Waste Management and The Woodlands G.R.E.E.N. For more information, please contact The Woodlands Township Environmental Services Department at 281-210-3800, or visit www.thewoodlandstowship-tx.gov/wildlife.



An expert in edible plants, Mark Vorderbruggen, author of *Idiot’s Guide: Foraging*, will share his culinary adventures in *Wild Dining: Foraging the Forest* during the Walk in the Woods Nature Lecture, Thursday, March 9, 2017, 7:30 p.m. in the L.G.I. Lecture Hall at McCullough Junior High School, 3800 S. Panther Creek Drive.



Commonly found in the dappled light of woods in The Woodlands, American beautyberry produces fruits that are favorite fare for many bird species. Mark Vorderbruggen explores the native shrub's culinary uses and insect repellent properties currently being studied. Learn more in *Wild Dining: Foraging the Forest* during the *Walk in the Woods* Nature Lecture, Thursday, March 9, 2017, 7:30 p.m. in the L.G.I. Lecture Hall at McCullough Junior High School, 3800 S. Panther Creek Drive.