

# 49th NC Wild Foods Weekend

April 25th-27th, 2025

## WILD FOOD CHATTER

People from all over the US will take to the woods and fields of North Carolina to learn more about edible wild plants, meet other foragers and celebrate Spring. Small groups, led by experienced foragers, collect wild edible plants and herbs, as they learn about the food that is beneath their feet, finding food in their own backyard. Our weekend consist of the Wild Food Social, where individuals are invited to bring a wild dish to be judged by the National Wild Food Judge and his team, with a prize awarded to the best dish. Spirit Contest is held on Saturday, the Wild Ones taste and vote for their favorite spirit with a prizes going to the winners. The WILD FEAST is held on Saturday evening, foragers spend the afternoon cleaning, preparing, to present a dish for the Wild Feast. Sunday workshops, field hikes, classroom and powerpoint programs are provided to round out the weekend program. KIDS TRACK is offered for our youth age 6 to 13. Individuals learn team building and plant identification.

*Carolyn Quinn - NC Wild Foods*

## Betsy-Jeff Penn 4H Campus

804 Cedar Lane, Reidsville NC  
**Located on beautiful Lake Hazel**

*Location provides  
Lodging, food, classrooms  
and the great outdoors.*

Dorm Style Lodging ~Camping Sites Limited  
Price includes Lodging, Meals, Activites

Vendor Spaces Available

### Guest Presenters

#### Field Guides

Mike Rasnake  
Doug Elliot  
Anna-Marie,  
the Foraging Chick  
Todd Elliot  
Stacy Hicks

#### Workshops/Classes

Kathryn Holmes  
Frank Hyman  
Mindy Morgan  
Brandon Greene  
Puma Love  
Anna-Marie, Foraging Chick

### Wild Ones Registration

Friday, April 24th  
4:00 PM

Early Arrival Hike  
5:00 PM

Soft walk around the  
grounds of the 4H

Campus



**2025 NC WILD FOOD  
Maple Leaf**

For More Information Call or Email:

Carolyn Quinn  
**1-910-441-8742**

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# KIDS TRACK

**Ages 5 - 13**

**Friday Night**

**Saturday Morning/Afternoon**

**Saturday Campfire Stories**

**Team building Activities:**

Plant Identification

Fishing, Hikes,

Wild Crafting, Games

**Kids Track is an active program to teach our youth to forage and enjoy the outdoors.**

This is not a baby or child sitting service, it is a skills learning adventure.

## Wild Food Courtesy

Each participant should bring twin size bedding or a sleeping bag.

**NO Linens are Supplied by the 4H camp.**

**NO Pets Allowed**

(Only Certified Service Animals, NC State Campus Policy)

Buffe Style Meals - Limited Vegetarian Options

**Meals are prepared by the 4H Staff, following State Guidelines**

**No cooking in dorms or at camp sites.**

Cooking only in designated areas permitted.

Participates are encouraged to bring any WILD

Food they wish to include in the Wild Feast

Prep and Meal. Jams, Jellies, Nuts, Meats,

Flavored Oils and Vinegars, Herbs

<https://northcarolinawildfoods.com>

**Feel Free to bring items to sell, trade, barter  
share with others.**

Its takes a small army to host the NC Wildfood Weekend Event. There is a need in many areas. Unloading supplies, helping vendors to set up, moving equipment, washing dishes, unpacking and packing up cooking supplies, or just running an errand. We have a great weekend of fun, fellowship and food. This is an hands on event and we encourage you to take an active role in making this event a success



