

Seasons of the UP

Munching through the EUP...A family nutrition exploration



Have you ever wondered how to cook wild mushrooms or fillet a fish? Did you know there are highly nutritious foods growing all over the UP that you can collect and prepare for your family? Are you and your family interested in spending more time together exploring the outdoors? If you answered yes, then this class is for you!

Join MSU Extension nutrition educators and local wild foods experts in this foraged foods adventure. Learn:

- What wild foods are safe to eat and how to identify them
- Where to find wild foods on public lands and harvest sustainably
- How to prepare various foraged foods
- Ways to save on grocery bills by collecting nutritious wild foods

On Saturdays from 10am-12

July 16- Pickford PAL Center

August 20- Newberry

September 24- St. Ignace

October 15- Sault Ste. Marie

November 19- Brimley

Seasonal topic and food at each location

For detailed location information please contact MSUE

To register or for more information please contact the Mackinac County MSUE Office at: 906-643-7307 or 906-586-6001 or email: jarviem1@anr.msu.edu abram@anr.msu.edu