

Wild Nite Presents Edible Amelia

Media Release

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For Immediate Release

Edible Amelia provides inspiration for supplementing our diet with native plants and mushrooms

Wild Nites features Betsy Harris, Edible Amelia, during its January 10 educational series.

Fernandina Beach, Florida, Dec. 23, 2022 – Foraging does not have to mean living completely off the land. It can be as simple as nibbling on fresh hopeniss flowers, pickling smilax tips, or splashing a bit of elderflower vinegar into your next potato salad or as sumptuous as a prickly pear key lime pie. Anytime we add a little touch of wild fruit or vegetable to a meal, we are celebrating our botanical heritage and the natural history of our area and opening ourselves up to unique flavors tied specifically to our region.

Wild Amelia's January Wild Nite presentation welcomes Betsy Harris. In this presentation, Betsy will explore a year of seasonal eating featuring edible native plants and mushrooms as inspiration for incorporating wild foods into our everyday diets. It will be at the historic Peck Center on Tuesday, January 10, 2023, at 7pm.

Betsy Harris is a native Floridian and naturalist who grew up along the waterways and woods of NE Florida. Her passion lies in promoting and preserving the remaining fragmented pieces of what she refers to as her "botanical heritage", specifically the native flora and natural communities that provide NE Florida its distinct ecological character and make it unique from the rest of the state.

She can often be found roaming around Cary State Forest admiring wildflowers or exploring the intersections of the environment and humanities through papermaking, printing, weaving, and wildcrafting with local plants.

For more information: 904-261-0165 or <https://keepnassaubeautiful.org/wildamelia/>

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Keep Nassau Beautiful, Inc. is working to inspire, educate, and equip individuals, groups, businesses and governments to take action to make Nassau County a place where residents, visitors and wildlife can thrive and experience the beauty of Nassau County.

www.keepnassaubeautiful.org



Betsy Harris – Edible Amelia



Betsy Harris – Edible Amelia, A Year of Wild Foods