



## Media Release

Kingston Frontenac Public Library  
Jake Miller, Librarian, Adult Programming  
613-549-8888 ext 3522  
[jmiller@kfpl.ca](mailto:jmiller@kfpl.ca)

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## Unearth the flavours of fall with KFPL's Foraging for the Seasons program

Discover the magic of foraging in Kingston with Foraging for the Seasons, a captivating program led by Sheila Nemcsok that promises to unveil the culinary treasures of the changing seasons.

Nemcsok will guide participants through a captivating journey that combines interactive, indoor classroom learning with hands-on exploration outside the Isabel Turner Branch. Attendees will leave each session with a deeper appreciation for nature, and practical know-how on how to incorporate these culinary treasures into their diets.

"Sheila's expertise in foraging has been a magnet for those interested in our region's natural food resources," said Jake Miller, Librarian, Adult Programming. "This is a chance to connect with nature while discovering the delicious, seasonal bounty of local edible plants, contributing to a more sustainable way of eating."

The fall editions of Foraging for the Seasons will take place on Oct. 21 and Nov. 18 from 11:30 a.m.-1:30 p.m. at the Isabel Turner Branch. Registration is required and [is now open for the October session](#). [Registration for November's program](#) opens on Oct. 16.

For teens, Nemcsok is running [a drop-in foraging workshop](#) at the Calvin Park Branch on Oct. 17 at 5:30 p.m.

Visit <https://calendar.kfpl.ca/> for more information about library programs or to register.

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