



Media Release

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Hands-on foraging workshops return to KFPL's Isabel Turner, Calvin Park Branches

Foraging For the Seasons is back at the Kingston Frontenac Public Library (KFPL) this month. Led by experienced forager Sheila Nemcsok, these workshops teach participants how to identify and harvest local wild food.

From April through November 2024, KFPL will host eight engaging workshops, each blending classroom-style learning with hands-on outdoor exploration. The April and May sessions will be held at the Isabel Turner Branch, while those from June to November will take place at the Calvin Park Branch.

Registration for each workshop opens a month before the session at calendar.kfpl.ca. Given the region's brief harvesting windows, attendees are encouraged to join multiple workshops to maximize learning.

"Urban foraging is both a valuable skill and an enriching experience," said Jake Miller, Librarian, Adult Programming. "Foraging for the Seasons provides practical knowledge and hands-on practice so that community members can build a meaningful connection with the natural world."

Nemcsok brings knowledge and experience to her workshops, drawing on her upbringing in northern Ontario, credentials in Plant-Based Medicine from Cornell University and a Master Naturalist certificate from Lakehead University. She empowers participants with the skills to connect deeply with nature and integrate eco-conscious practices into their lives.

"By learning to forage, participants not only enrich their own lives but also contribute to preserving our world for future generations," said Miller. "Register today and take another step towards a greener future."

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