



# **The Second Annual Midwest Wild Harvest Festival**

**August 25-27, 2006**

**Beaver Creek Reserve, Fall Creek, Wisconsin**

The **Midwest Wild Harvest Festival** invites people of all ages, backgrounds, and experience levels. Held at the beginning of the fall harvest season, the festival is a celebration of the Midwest's bounty of wild food. The weekend combines recreation and education into an unforgettable experience.

Participants will learn about wild edibles and their uses from knowledgeable instructors and speakers. There will be field trips, presentations, demonstrations, a cooking contest, a potluck banquet, games, a wild craft flea market, and lots of hands-on activities. You'll have a chance to interact with other foraging enthusiasts from around the region and beyond. Last year's Midwest Wild Harvest Festival was a great success, so don't wait – space is limited.



## About Beaver Creek Reserve

**Beaver Creek Reserve** is a 360-acre outdoor and environmental learning center operated by Eau Claire County. It is one of the finest Nature Centers in the Midwest. Beaver Creek's mission is to function as an educational and recreational facility that fosters awareness, appreciation, and understanding of the natural world, and to promote communication, cooperation, self-respect, and self-confidence. The Wise Nature Center houses interpretive displays of local fauna and flora, as well as a book and gift shop.

At the confluence of Beaver Creek and the Eau Claire River, the Reserve is located in pine-oak barrens at the western edge of Central Wisconsin's unique Sand Counties. It includes upland oak and pine forests as well as wetlands and river floodplain forests. The reserve and nearby public lands provide habitat for many interesting plant and animal species, including deer, bears, otters, beavers, turkeys, blue-winged warblers, five-lined skinks, fox snakes, wood turtles, wolves, lady-slippers, carrion flowers, and many more. The Reserve is about 15 minutes east of Eau Claire, Wisconsin.

## Lodging and Facilities

Participants will have the option of tent camping or sleeping in rustic cabins. (There is no difference in fees for these options.) The cabins contain bunks but are not furnished with bedding, so participants will have to be sure to bring their own. In the center of the youth camp area are a shower house and restrooms available to all overnight guests. The Main Lodge contains a dining hall, assembly area, rest rooms, fireplace, and commercial kitchen. This is where we will meet for meals and most group activities.

## Meals

The event staff will be preparing four meals: breakfast, lunch, and dinner on Saturday and a late breakfast/brunch on Sunday. These meals will be prepared and served in the main lodge at the times indicated in the schedule of activities. For all the meals we will provide a vegetarian option; if you are vegetarian, please note this on your registration form.

In addition to these four meals, on Friday evening there will be a potluck banquet during which the entries to the cooking contest will be served.

# Schedule of Activities

**Friday, 1:30 PM – Registration and check-in begins** (Log Office). Visit the registration office to check-in and fill out any necessary paperwork. Afterward, set up tents for camping or bring bedding and belongings into the appropriate cabin or lodge. Event staff will be on hand to answer questions as you familiarize yourself with the facilities and grounds.

**Friday, 6:30 PM – Cooking Contest and Potluck Banquet** (Main Lodge). While it is not required, we strongly urge all participants to bring a wild dish to share. This can be anything – appetizer, entrée, dessert, snack, or drink – as long as it is all or partly composed of wild food ingredients. Please bring a dish to share even if you do not wish to enter it in the cooking contest. The wild food banquet will be one of the most exciting and inspiring parts of the entire weekend.

You are advised to prepare your dish(es) ahead of time. However, if you cannot do this, or if you need to reheat it or add some finishing touches, the main lodge kitchen will be available from 2:00 – 6:30 PM. Food for the cooking contest or potluck banquet can be stored in the refrigerator of the main lodge kitchen.

Entries will be judged by a panel of tasters based on three criteria: how wild it is (the more wild ingredients and the larger the proportion of wild ingredients the better), how good it tastes, and how attractively it is presented. Two prizes will be awarded: one for the best “real food” and another for the best dessert (including drinks). At 7:30 the winners will be announced.

**Friday, 8:00 PM – Welcome and Introduction** (Main Lodge). After an orientation and discussion, we will introduce our guest speaker, Rose Barlow-Allsup, an herbalist from Viroqua, Wisconsin. Rose will talk on this year’s theme “Wild Food as Part of a Healthy Diet.” She will discuss the importance of good nutrition in preventive medicine and tell us how wild plants can play a role in improving and maintaining our health. Rose will also be leading a nature walk and giving a workshop on Saturday afternoon.

**Saturday, 7:45-8:30 AM, Breakfast\***

**Saturday, 9:00-11:45 AM, Plant Identification and Nature Walks.** Assemble just outside of the Main Lodge to form groups for these excursions. There will be several groups heading out, each with one or more naturalists as leaders. Many very knowledgeable foragers will be present. We will have shorter and longer hike options to accommodate differing needs and desires of participants. Bring a notebook, sketch pad, camera, tape recorder, or any other learning aid that you find useful.

**Saturday, 12:00-12:45, Lunch\***

**Saturday, 1:00-5:30, Workshops and Presentations.** Held at various locations to be announced, there will be a several wild food workshops and presentations of varying lengths. A schedule will be posted during the Festival. Participants may choose which, if any, workshops or presentations to attend. Some of the hands-on workshops may have a limited number of participants.

If you would like to give a workshop or presentation, please contact the event coordinator, Sam Thayer, at 715-767-5826, [arcadiansam@yahoo.com](mailto:arcadiansam@yahoo.com).

**Saturday, 5:30-6:30 PM, Dinner\***

**Saturday, 7:00-10:00, Fun activities for all ages.** This will include a scavenger hunt, a wild food and outdoors trivia game, and many other activities. Copious prizes and door prizes will be awarded throughout the evening.

**Sunday, 7:00-9:00 AM and 7:00-9:00 AM, Morning nature walk.** A shorter, more relaxed hike.

**Sunday, 9:00-10:00 AM, Brunch\***

**Sunday, 10:00-11:30 AM, Worship or Social Time**

**Sunday, 11:00 AM-1:00 PM, Wild Craft Flea Market.** Participants with nature-related crafts or products to display or sell will each have a brief time to give a presentation about their wares and skills. Then there will be an open flea market for trading, selling, and sharing. All sellers must be pre-approved by the event coordinator.

**Sunday, 1:00 PM, Farewell and door prizes**

*\*Served in the dining area of the Main Lodge.*



## Rules and Regulations

Those attending the Midwest Wild Harvest Festival are privileged guests of Beaver Creek Reserve. By attending, we are agreeing to respectfully abide by the rules and regulations set forth by the Reserve for use of the grounds and facilities. These include, but are not limited to:

- No pets are allowed
- Smoking is allowed only in designated areas immediately outside the Main Lodge, Cedar Lodge, Wise Nature Center, and individual campfire areas.
- Quiet time is from 10:00 PM to 6:30 AM.
- Parking is restricted to designated areas. Do not park along the road through camp, on the grass, or in front of the caretaker's residence. The roads must be left accessible to emergency vehicles.
- Fires are allowed only in designated areas.
- Bicycles are allowed on paved roadways only; trails are for foot travel only.
- Alcoholic beverages are prohibited on Reserve property.
- All animals and plants on the reserve are protected. Event organizers have obtained special permission for certain edible plants to be harvested, but only under the supervision of event staff on educational plant walks. Flora and fauna shall otherwise be left alone.

## Health and Safety

In the case of a fire or medical emergency, call 911. 24-hour emergency medical care is available about 15 miles away at the Emergency Medical and Trauma Center at Sacred Heart Hospital (715-839-4121) on Clairemont Ave. (Hwy 12) in Eau Claire.

The designated tornado shelter is the basement of the shower house in the youth camp. There is a weather monitoring and warning system in the Main Lodge.

Any accidents should be reported to event staff so that an accident report can be promptly filed with Beaver Creek Reserve.

Poison ivy, nettles, bees, mosquitoes, ticks, and black bears are among the potentially hazardous plants and animals found at Beaver Creek. If you have any questions about appropriate preventive measures, ask event staff.

## Additional Information

- Cost for this weekend event is \$100 per adult, \$65 per accompanying child (under 18).
- Please register by August 6, to give event planners adequate time to prepare. Late registrations will still be accepted, but we may not be able to accommodate your specific lodging requests.
- For a copy of the registration form, please visit [www.northerntrailspress.com/wildharvest/register](http://www.northerntrailspress.com/wildharvest/register)
- Participants will receive a confirmation packet two weeks prior to the event providing more detailed information and directions.
- Questions? Contact Forager's Harvest, W5066 Hwy 86, Ogema, WI 54459 (email: [arcadiansam@yahoo.com](mailto:arcadiansam@yahoo.com)); phone 715-767-5826.