



YOUR INVITATION TO

THE 43rd ANNUAL
NATURE WONDER WILDFOODS WEEKEND

AT

NORTH BEND STATE PARK
CAIRO, WEST VIRGINIA

SEPTEMBER 17-19, 2010

You are cordially invited to attend the 43rd Annual Nature Wonder Weekend being held September 17-19, 2010, at North Bend State Park. This annual weekend is planned to offer you another enjoyable way of looking at our specialty, the use of wild foods. This year, we will focus on free foods from the land that were available in the days of the Civil War.

At this weekend you can enjoy wild foods known to such famous leaders as West Virginia's General Thomas J. (Stonewall) Jackson and North Bend State Park's General Thomas M. Harris amidst the amenities offered at North Bend, one of West Virginia's many vacation spots that offer a historical flavor. During the weekend we will be emphasizing wild foods that were available at well-known battle sites such as Harpers Ferry and Droop Mountain and we will weave them into party fare, songs, and stories.

The now famous naturalist-author, Euell Gibbons, changed our "make-do food" into enjoyable wild food when he appeared as guest naturalist at our first Nature Wonder Weekend. The Friday evening program will be presented by Mr. James Miracle of Vienna, WV. Jim Miracle, cousin of North Bend's Civil War Union Army General, Thomas Harris, is the founder of the re-enactment group, Carlin's Battery of the 1st Virginia (WV) Regiment. Miracle has been instrumental in the development of Fort Boreman Park at the confluence of the Ohio and Little Kanawha rivers which has become an

awesome reminder of its days of Civil War service. Mr. Miracle's subject is "Free Food, the Civil War and My Cousin the General." This year on Saturday evening we offer naturalist-author Janet Lembke of Staunton, Virginia to help us show how both Southern and Northern soldiers in the Civil War used foods as they tried to hold control over such places as the Staunton, VA to Parkersburg Turnpike, and the Baltimore and Ohio Railroad. Lembke is the author of Shake Them 'Simmons Down, River Time and other books describing living off the land, fishing and gathering free wild foods in an area where the Civil War once raged.

North Bend is in the land where Bushwhackers, Guerrillas and Home Guards protected their bit of western Virginia and where survival and finding food were an Appalachian talent. This weekend will give guests an opportunity to follow wild food scouts searching for useful nuts, berries and fruits as soldiers in Harpers Ferry, Vicksburg, Gettysburg, Atlanta and other famous places had to do sometimes.

Our other weekend leaders, special wild food events and even our audience participation will emphasize foods that were available in those Civil War years. In northwestern West Virginia you will learn about such favorites as Confederate Dandelion Ale, Yankee Blackberry Flummery and dozens of wild foods offered from the land and we will try to connect them to the Civil War.

Our Hazel Wood National Wildfoods Contest again offers \$50. prizes for the best wild foods at our Friday evening contest. The prizes are made available through the generous contributions of Edelene Wood, Ira Wood and Bill Faust. Your entry form is attached and you are encouraged to enter a prepared food known in Civil War Days.

The weekend begins with registration at the park lodge at 2:00 p.m. and a tour of the park at 3:00 p.m. A buffet dinner will be served at 6:30 p.m. Then, before the Friday night meeting which begins at 8:00 p.m., guests will want to try to win three cash prizes of \$50 each for their wild food cooking in the Hazel Wood National Wild Foods Contest.

After breakfast on Saturday, small groups under the leadership of park staff and guest naturalists will hike or tour the area looking for edible wild foods. Following Saturday's luncheon, these groups will gather to prepare wild foods for the wild foods social hour. Our Sunday morning service with Mike and Ava Anders presiding will be a musical tribute featuring Civil War songs with participants joining our wild food balladiers Mike Anders, Ron Boone, John Fichtner and others. A memorial service will be conducted by Dr. John Tomikel. The service will be followed by a wild food workshop will be led by Don Gartman, Janet Lembke and John Fichtner.

Although wild foods are featured throughout the weekend, five conventional meals will be provided by North Bend Lodge Restaurant.

When making reservations, please specify if you prefer a room in the lodge or if you desire to be housed in a cabin. Cabins are complete with telephone and television and are furnished to accommodate parties of four to six. If you choose to camp or stay elsewhere, the cost will be \$90 per participant. Camping fees are to be paid directly to a campground attendant. These fees are in addition to your \$90. Please use the enclosed reservation form to make your arrangements. There will be no refunds after September 8, 2010, unless the room or cabin can be rented. If additional information is needed, please call 304.558.2754 or E-mail emily.j.fleming@wv.gov or contact Edelene Wood at 304.428.9590.

