



NEW HAMPSHIRE

Becoming An Outdoors-Woman

PROGRAM PRESENTS



COOK LIKE A WILD WOMAN: SEACOAST WILD EDIBLES

Join us for a fun day, growing your skills around food in the wild! Our instructors will teach you about everything from foraging plants to prepping your seafood on your own. This course will stretch from the Great Bay Discovery Center out to the tide pools of New Hampshire, for a day of fun and food!

JULY 13, 2019 • 8:30 AM - 3:00 PM

Great Bay Discovery Center, 89 Depot Road, Greenland, NH

Online registration opens June 3, 2019.

Open to women age 18 and older.

COST: \$70 LIMIT: 20



Looking to learn about foraging and meal prep?

Wait no longer! BOW instructors will teach you helpful techniques for enjoying the outdoors.

- *Edible plant identification*
- *Coastal foraging*
- *Filleting fish, cleaning squid, handling lobsters and more!*



SPONSORED BY:
New Hampshire Fish and Game Department
New Hampshire Wildlife Federation



REGISTRATION OPENS JUNE 3 - REGISTER EARLY TO RESERVE YOUR SPACE! • NHBOW.COM



IMPORTANT REGISTRATION INFORMATION

REGISTRATION IS ONLINE ONLY: Registration opens June 3, 2019. Go to nhbow.com, where you will be directed to the event registration page. Payment and accompanying forms must be at Fish and Game headquarters by June 21, 2019. If the program is full, check back often to see if spaces have opened up through cancellations.

REGISTRATION CONFIRMATION: Upon being registered, you will be sent an email confirmation. Once your payment is received, you will be sent an information package (directions, basic agenda, and a list of what to bring). If we do not receive your payment by June 21, 2019, your name will be REMOVED from the roster.

CANCELLATION POLICY: If you cancel by June 28, 2019, you will receive a full refund. **Registrants who do not attend and who do not cancel by this date will be assessed the full program fee.** You may send a substitute in your place; please advise us if you choose to do this by June 28, 2019, by calling Kaitlyn Kelleher at (603) 271-0495.

CHECK-IN TIME: Please arrive by 8:30 a.m. on Saturday, July 13 to check in and park your vehicle.

CLOTHING: You will be outdoors and near tide pools, so dress accordingly. Dress in layers and wear closed-toed and waterproof shoes (no sandals or flip flops). A list of what to bring will be sent to you on confirmation.

FEE: \$70. Includes instruction, some equipment, lunch, breakfast, snacks, and water. **PLEASE MAIL THE PAYMENT FORM AND FEE** to BOW Coordinator, 11 Hazen Drive, Concord NH 03301 after registering online. Registration opens on June 3, 2019.

LOCATION: Great Bay Discovery Center is located in Greenland, NH. Directions will be included in your registration packet.

INCLEMENT WEATHER: This workshop will be held rain or shine. It will be held unless there are extreme weather conditions. You will be contacted in the event of cancellations.