

NEWS RELEASE

FOR IMMEDIATE RELEASE _____

September 19, 2019



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WILD MUSHROOM FORAGING

SUFFOLK, VA (September 19, 2019) Join Suffolk Parks & Recreation and learn the Do's and Don'ts of Fall *Wild Mushroom Foraging* on Saturday, October 26, 2019, from 9 a.m. to 11 a.m. at Sleepy Hole Park, 4616 Sleepy Hole Road. The program will cover mushrooms common to Hampton Roads, the rewards, perils, and pitfalls of mushroom foraging, as well as recipes and cooking techniques. Afterwards attendees will hit the trails of Sleepy Hole Park in search of what fantastical fungi can be found hidden amongst the forest floor. The program is \$5 per person and light refreshments will be served.

Advanced registration is required and can be done at www.suffolkva.us/parks, or at the Parks & Recreation Administrative Office, 134 South 6th Street. The registration deadline is October 24, 2019.

This program is catered to adults and mature teens ages 13+. Youth must be accompanied by an adult.

For more information, contact Nakiesha Bridgers at 757-514-7281, or email nbridgers@suffolkva.us

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