

Edible Plant Walk in Fanwood

By JOHN MOONEY

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Debbie Naha demonstrated examples of edible plants at Fanwood Borough Hall on Monday. *Credits: Brian Horton*
FANWOOD, NJ -- Educator, nutritionist, and wild plant expert Debbie Naha demonstrated examples of edible plants on Monday night during the Fanwood Environmental Commission's "Wild Edible Plants" walk on the Borough Hall grounds.

Civilization has moved far beyond the days when a person could live “off the land” by picking berries and leafy greens. Today, the closest the average person gets to the land is growing a garden or going to a pick-your-own farm or a roadside stand.

What most people don't realize is that we are still surrounded by hundreds of wild edible plants in vacant fields, meadows, woodlands, and anywhere Mother Nature can grow her merry way.

Naha explained how many of those plants are in plain view to us every day and pointed out the plants that can be harvested for salads and snacks.

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