

Friends of White's Woods to hold plant walk

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Dr. Dana Driscoll

Submitted photo

Join the Friends of White's Woods on Wednesday, Oct. 11, to learn more about edible and medicinal plants and trees located in White's Woods.

Led by Dr. Dana Driscoll, a traditional western herbalist and wild food forager, this early fall plant walk will explore a number of plants and trees located in White's Woods and talk about their edible, medicinal and human craft uses.

In addition to learning about 15 to 20 medicinal and edible plants, the ethics of wild food foraging and how to focus on conservation and regeneration to increase desirable plant populations will be discussed. This plant walk requires hiking up trails to get to the top of White's Woods. Appropriate footwear (hiking boots, closed-toe shoes) is recommended.

Driscoll is a homesteader, certified permaculture designer, certified permaculture teacher and Indiana University of Pennsylvania faculty member. She is committed to regenerative approaches to tending and healing the land and creating a positive, earth-centered vision for future generations.

The walk, which is free and open to the public, will begin at 4:30 p.m. at the 12th Street entrance of the White's Woods Nature Center. Be prepared for inclement weather, wear tick-protective clothing and bring water to drink.

