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FOR IMMEDIATE RELEASE

Wild Food + Herb Market will host Carrboro's First Annual Picnic-In

Carrboro, NC – The Triangle community embraced the opening day of the United States' first wild food and herb market last March 10th at the Carrboro Town Commons.

Over 500 market-goers explored the unique offerings of the Market including wild foods such as dried and fresh mushrooms, chickweed-peppergrass salad mix, herbal sodas, and paw paw seedlings. The lively and welcoming spirit of the Wild Food + Herb Market paired well with its motto, "Celebrating the wild plants and people of the Carolina Piedmont."

With warmer spring temperatures approaching, wild foods are becoming more abundant in North Carolina. On April 7th, from 1-4 PM, in addition to more than 20 vendors, the Wild Food + Herb Market will throw *Carrboro's First Annual Picnic-In* on the grounds of the Carrboro Town Commons. The public is encouraged to bring some food, add something wild from the Market, spread out a blanket and enjoy the picnic and the live entertainment.

Each monthly market has an educational theme. April's theme is "Cooking with Wild Foods." There will be a wild foods talk and cooking demo at 2 PM from mushroom educator Alan Muskat, founder of Asheville's No Taste Like Home. Wildcrafters, foodies, chefs, and picnic-lovers won't want to miss this.

The Wild Food + Herb Market takes place one Sunday afternoon each month on the Carrboro Town Commons through November from 1-4 PM. The Wild Food + Herb Market is a project of The Abundance Foundation, a non-profit located in Pittsboro focused on sustainable food systems, renewable energy, and inspiring community.

The Wild Food + Herb Market coming to Carrboro is a "farmers" market featuring foragers, herbalists, wild food cultivators and local plant educators in the North Carolina Piedmont. The market will offer resources to learn more about wild plants of the Piedmont and their uses, how to identify and harvest wild foods and herbs sustainably, and have the opportunity to ask experts to identify edible and medicinal plants and mushrooms.

The market is currently seeking sponsorships and vendors for the market on a rolling basis. For vendor guidelines and applications, or to learn more information about the Wild Food + Herb Market, please contact wildfoodandherb@gmail.com. To stay up to date, please join Wild Food + Herb Market by "liking" our page on Facebook: <http://www.facebook.com/WildFoodAndHerb>