



The Lodge at Woodloch Announces Its Nourish, Nosh and Nurse with Nature Program Slated for Spring 2014

Destination Spa Resort Rolls Out New Offerings to Answer the Increasing Requests for Foraging and Natural Remedies

For Immediate Release: March 6, 2014, HAWLEY, PA- The long anticipated spring season will bring more than just blooming flowers and cooing birds at The Lodge at Woodloch this year. Master Herbalist Nathaniel Whitmore added a new series of offerings based on the growing number of comments he has heard from guests. “Guests are truly interested in delving deeper into foraging, edible plants and natural remedies and how to incorporate them into their lifestyle.” With viewers loving the survivalist mentality in movies like the Hunger Games and television programming like The Walking Dead, combined with lifestyle trends of going local and eating superfoods, it is no wonder that wild edibles are so popular. This new program combines the excitement of learning survivalist skills along with knowledge about the micro-local nutritional powerhouses found in the backyard with a how-to course on what to do next.

Because Mother Nature truly dictates the availability and timing of edible wild foods, Nathaniel will closely monitor and share his findings with the programming team at The Lodge at Woodloch. Throughout the spring and fall, unique foraging classes will be offered and May will be dedicated with an increased number of offerings of foraging and preparation, edible plant walks and natural remedies because of the probability of new growth and plentiful varieties of plants and mushrooms.

The classes in the Nourish Nosh and Nurse with Nature Program will include:

Nourish and Nosh with Nature using Wild Edibles: 2 hours

Learn about the preparation of local wild vegetables. We will demonstrate the day’s fresh harvest including seasonal wild edibles such as Dandelion, Burdock, and Pokeweed with special methods of preparation like parboiling and classic methods like stir-frying.

Herbal Remedy Preparation- 50 minutes

Learn about the various forms of preparing medicinal herbs. The class will cover tinctures, infusions, decoctions, syrups, capsules, and other preparations; including a demonstration of preparing two types of herbal “tea” – infusions and decoctions.

Wild Edibles Walk- 50 minutes

Learn about the various wild edible plants that grow at the Lodge at Woodloch. Discussion will include identification, harvest, and preparation of wild edibles.

Guests will go home with a plethora of information including a guide to edible plants and foraged foods available in the Northeast as well as their health and restorative benefits. Foraged foods offer a plethora of benefits such as:

- Being rich in phyto-nutrients, enzymes, fiber, chlorophyll and many other nutritious benefits
- They often have medicinal values to naturally cure various ailments

- They are often genetically superior in order to survive in the wild (free of genetic modifications)
- They are free and reduce your carbon footprint

Of course, the key is to be 100% positive about the correct identity of the plants, berries and mushrooms before consuming.

The Nourish Nosh and Nurse with Nature program will extend through fall however the program is dependent on the availability and seasonality of the foods with the spring and fall being the most abundant.

Weekend rates in May start from \$349 per person, per night and weekday rates start at \$229 per person, per night both rates based on double occupancy. To learn more call **866.953.8500**.

About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest full-service [luxury destination spas](#) in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 150 wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The exclusive property features 58 luxury accommodations and a 40,000-square-foot spa. Additional information and reservations are available toll-free at 1-866-953-8500 or on the Web site at thelodgeatwoodloch.com.

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