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Wild Edibles Hike at Sam A. Baker

MAY 06TH 2013 BY BETH FARRAH

Wild Edibles Hike at Sam A. Baker

*Submitted by
Beth Farrah, SMT Writer*

Jefferson City, Missouri — The public will have the opportunity to learn about edible plants on a guided hike on Saturday, May 11, at Sam A. Baker State Park. Sponsored by the Missouri State Parks, the hike will begin at 10 a.m.

During a leisurely stroll on the Shut-Ins Trail, participants will learn about the different types of edible plants, how to identify them, their medicinal and edible purposes, and historical folklore. Those wanting to join the hike should meet at the Mudlick Trail trailhead, across from the park store, and wear sturdy, closed-toed shoes.

Sam A. Baker State Park is located four miles north of Patterson on Highway 143 in Wayne County. For more information on the event or to register, call the park at [573-856-4411](tel:573-856-4411). For more information about Missouri state parks and historic sites, visit mostateparks.com. Missouri State Parks is a division of the Missouri Department of Natural Resources.

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