

# FED UP WITH INVASIVES? LET'S EAT THEM!

## *You're invited to* **Eat the Invasives**

Hosted by the **NEW JERSEY INVASIVE SPECIES STRIKE TEAM**

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Join us for a potluck dinner  
featuring invasive species  
& local cuisine

Frelinghuysen Arboretum

Thursday, October 3rd

6 - 9 pm

**Free**—Family Friendly



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Invasive-centric dishes are encouraged, but feel free to contribute anything locally foraged, grown, harvested, or homemade. Please bring enough to share.  
Water & tea, plates, and utensils provided.

This event is free, but space is limited.

[Register now](#)

Please sign up through link above, or email [mspencer@fohvos.org](mailto:m Spencer@fohvos.org) with you name and number of guests

## Forager Foodie: Tama Wong

For inspiration, you can check out New Jersey's own Tama Matsuoka Wong's cookbook [Foraged Flavor](#). Look forward to trying her refreshing Sumac tea, which recently caught the attention of [The New York Times](#). Tama is an excellent resource for all things foraging, weed-eating, and sustainable cooking. For inspiration, education, and recipes, check out her website [Meadows and More](#).



I'll be bringing something made using Jay Kelly's Norway Maple syrup (excessively tapped!) and maybe another dish or two.

What will you bring? If you have some recipes you'd like to share, please post them on our [Facebook](#) page. The Invasive Species Potluck is a Strike Team tradition we are so excited to bring back, and I hope to see you and your family on October 3rd.

Happy foraging!

### Invasive Cooking Resources

[Eat the Invaders - Recipes & more](#)

[Saveur "Invasive Edible Weeds"](#)

[Meadows & More - In Season](#)

[Gourmet Weeds Cooking Methods](#)

[NJ Monthly - NJ's Edible Weeds](#)

[Kudzu: Vine That Ate the South Comes North to Jersey](#)

## Invasive Species Recipe Board



[Autumn Olive berries are ripe](#)



[Inspiration for invasives like wineberry here](#)



[Enough recipes for ALL the Dandelion in your yard](#)



[Deer season opens September 14th](#)



[How about gourmet Lamb's Quarters?](#)

**The Frelinghuysen Arboretum**  
353 East Hanover Ave, Morris  
Township, NJ 07960

[Directions](#)



[Google Maps](#)

Look for signs for the Haggerty Education Center Auditorium.

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Sign up while space is still available!

[Register](#)

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The Strike Team needs your help to fight invasive species throughout New Jersey. By making a membership donation, you directly fund our efforts to keep invasive species at bay and protect our native plants and wildlife. Donate through the link below!

[Donate](#)

[Facebook](#)

[Strike Team website](#)

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## Contributing Partners

If you would like to know how to become a Strike Team Contributing Partner,

please contact [lhovath@fohvoss.org](mailto:lhovath@fohvoss.org)



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[www.njaudubon.org](http://www.njaudubon.org)



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FoHVOS New Jersey  
Invasive Species  
**Strike Team**

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