



GOOD NEIGHBORS

Back-to-Nature Girl

A chef returns to her homestead roots.

BY LEAH WYNALEK



While working on Wall Street, born-and-raised farm girl

Georgia Pellegrini yearned to escape her computer screen and use her hands again. So she quit her job, went to culinary school and started cooking at farm-to-table restaurants, where she harvested and hunted for ingredients just as she had as a kid on the family farm in New York's Hudson Valley. Now this resourceful chef shows other women the way of the modern pioneer on adventure getaways.

What was your childhood like on the farm?

Tulipwood Farm has been in our family for 100 years. I grew up foraging for wild edibles, fishing off boulders for trout and eating my catch. My Great-Aunt Ann knew the name of every plant on the property, and I learned how to crush berries and use them as ink for my paintings.

Why did you start hunting?

In one of my restaurant jobs, I had to kill turkeys. A switch flipped, and I decided if I was going to be a meat eater, I needed to pay the full price of the meal and not depend on factory farms.

What are your adventure getaways like?

I focus on teaching true pioneer skills. I've had adventures in Texas, Mississippi, Montana, Virginia, Georgia and Wisconsin. We go fly-fishing, clay pigeon shooting and on ATV rides. We hunt for everything from birds to deer and wild hogs, and I teach courses on how to clean, field dress and cook animals.

What comments have participants shared?

A lot of women say, "I feel taller after this weekend." They devote so much time to their family and kids. It's amazing to hear their stories and see how adventure changes them. They get to roll up their sleeves and "do."

Be a Modern Pioneer

Try these money-saving tricks to get back to the land wherever you live.

Snip extra seedlings from your vegetable garden to use as microgreens in salads.

Turn overripe fruits and veggies into jams or sauces.

Add coffee grounds to your next homemade body scrub to naturally exfoliate your skin.

Take a ride through the countryside and seek out roadside farm stands.

Pick up Georgia's book *Modern Pioneering* for more hands-on tips and tutorials, or visit georgiapellegrini.com to join an adventure getaway.