



COBBS CREEK OUTDOORS & MORE

STAY SAFE WHILE EXPLORING THE COBBS CREEK TRAIL

Cobbs Creek Trail is one of West Philly's hidden gems—perfect for walks, bike rides, or just a breath of fresh air. But like any urban trail, it's smart to stay aware and prepared. As someone who's spent plenty of time out there, here are six tips to help keep you safe while enjoying the beauty of the trail.

1. Buddy Up When You Can

It's always safer (and more fun) to walk or bike with a friend. If that's not possible, let someone know when you're heading out and when you plan to be back.

2. Stick to Daylight Hours

The trail's prettiest when the sun's out—and much safer too. Try to wrap up your walk or ride before dusk, especially in the quieter stretches.

3. Keep Your Phone Charged & Handy

Make sure your phone's charged before heading out. It's not just for emergencies—you might want to snap a photo of a deer or a cool mural along the way!

4. Trust Your Gut

If something doesn't feel right, it probably isn't. Don't be afraid to turn around or take a different route. Safety first, always.

5. Stay Aware of Your Surroundings

It's tempting to tune out with music or a podcast, but keep the volume low or use one earbud so you can hear what's going on around you.

6. Be Kind, Be Seen

A friendly nod or hello goes a long way. Wearing bright or reflective clothing also helps others see you—especially bikers and joggers.

Take care out there. The trail is ours to enjoy—let's look out for one another.





SPRINGTIME FORAGING FUN



Spring in Philly isn't just for cherry blossoms and cookouts. If you've ever walked the Cobbs Creek Trail and thought, "Could I eat that?"—you're not alone. Turns out, this stretch of green space has some edible treasures if you know where (and how) to look. Foraging isn't just some hippie hobby—it's a way to connect with nature, get free nutrition, and honestly, it's kinda fun.

One of the easiest plants to spot in spring is garlic mustard. It starts popping up around March and sticks around through May. You'll see it in shady patches, often growing in clusters. It's actually invasive, which means you're doing nature a favor by picking it. The leaves taste like a spicy mix between garlic and mustard (yep, the name's accurate), and they're great in pesto or cooked with eggs or pasta. Plus, they're high in vitamins A and C, and can even help fight bacteria. While, Philadelphia parks ask that you not forage because of the pesticides used to maintain our parks and because it can deplete the bio-resources, there are plenty of other places and spaces to explore.

Dandelion greens are another early spring staple. They're best before the bright yellow flowers bloom, when the leaves are tender and less bitter. You can toss them in a salad, cook them like spinach, or even roast the roots for tea. These greens are super nutritious—loaded with calcium, iron, and great for your liver. Just make sure to pick from cleaner areas away from roads or any spots that look like they've been sprayed.

Wild onions and wild garlic are also all over the trail from late March into May. If it smells like onion, that's usually a good sign. These plants look like thin scallions and grow in small bunches, often near sunny edges or close to the creek. You can use them in pretty much anything—soups, stir-fries, salads. They're packed with minerals, support your immune system, and add flavor to whatever you're cooking.

Now, before you go full woodland elf out there, a few safety notes. First, never eat something unless you're 100% sure what it is. Use an app like Seek or a foraging guide. Avoid foraging near roads, trash, or storm drains—those plants might be growing in polluted soil. Only take what you'll use, and always leave enough for the wildlife and other foragers. And unless you're dealing with an invasive plant like garlic mustard, don't dig up roots. Let the plants regrow and keep the ecosystem healthy.

So whether you're just grabbing a few leaves for lunch or making a whole wild salad, foraging along Cobbs Creek is a beautiful, free way to enjoy nature. Just respect the trail, be safe, and don't forget to thank the earth for the snack.

UPCOMING EVENTS

THE
BLACK
FARMERS
COOPERATIVE
BFC

SATURDAY, 5/31
10AM-2PM
GRAND OPENING
BFC FARMERS'
MARKET
IN PARTNERSHIP WITH
GET FRESH DAILY
52ND & PINE

SATURDAY & SUNDAY
5/24-5/25
COMMUNITY EVENT
ALL DAY (BOTH DAYS)
FARMERS' MARKET
VENDORS' CONTAINER
VILLAGE
48TH & PARKSIDE AVE.

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and volunteers will plant your new
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- Reduce heat island effect
- Mitigate flooding
- Provide habitat for wildlife
- Absorb noise pollution
- Sequester carbon dioxide



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Improve Mental Health
Beautify Your Home
Support Local Birds &
Butterflies
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Crime

FOR MORE INFO:
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WE WILL BE CANVASSING
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THROUGH OUT THE
COMING MONTHS. LOOK
AND SAY HELLO TO THE
TREE HUGGERS WHEN
YOU SEE THEM!



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