Early Pricing Ends August 7th!

Friday, August 7th is the last day at the *Early* price!

$40 before 8/7 & $45 after!

Topics include:
- fall growing season
- fermentation
- preservation
- home cooking
- self-reliance
- backyard wonders
- homesteading
- medicinal herbs......
  All organically of course!

REGISTER HERE!

| PRE CONFERENCE WORKSHOPS | FRIDAY, SEPTEMBER 11TH |[

| LINDSAY WILSON | Restoring Digestive Health |
| 10 am-4 pm at Warren Wilson College |

Join herbalist, foodie, naturalist, and traditional food ways maven, Lindsay Wilson, to explore ways to heal the gut and take charge of your digestion. This day-long workshop is the perfect tonic for the modern-world-weary stomach. Come and learn how to nourish yourself with: herbs, foods, and ferments.

$120 before 8/7 and $125 after!

| TRADD COTTER | Myco Magic: Mushrooms for Food, Medicine, and Remediation |
| 9 am - 5 pm at Warren Wilson College |
This all-encompassing, full-day workshop covers growing, medicine, and remediation. Whether you have a rooftop, patio, yard, or farm, these techniques of cultivation, medicine making, and remediation can be used. We'll explore successful strategies that can be customized to your situation.

$40 before 8/7, $45 after OR 2 half-day workshops for $75 before 8/7, $80 after

MARC WILLIAMS | A Wild Food Forage |
9 am - 1 pm at Warren Wilson College

Join Marc Williams, ethnobiologist, for a wild walk adventure where you will meet, taste, and learn stories about the plethora of wild foods in our region. You will never look at the forest, meadow, or roadside the same way again. Ethnobiology is the study of where people, plants, culture, and food intersect and Western NC is a rich landscape of botanical, fungal, and microbial friends that can be used for food, beauty, medicine, and more.

WILL HOOKER | Building with Bamboo |
2 pm - 5 pm at Warren Wilson College

Join Will Hooker, who has been building with bamboo for more than 25 years, including ephemeral bamboo sculptures, around the state and around the world. View a powerpoint of possibilities, discuss demonstrations of tools and techniques, and then create your own. Thanks to innovative designs and techniques including joinery, preservation, and tools, building with bamboo is quickly becoming a viable and exciting “modern” building option.

CEARA FOLEY | Healing from the Hive |
2 pm - 5 pm, Appalachia School of Holistic Herbalism

Recent studies verify the potency of these hive products and compliance is always higher with honey! From the ancient Chinese art of making herbal honey pills, to the modern day resurgence of metheglin (herbal honey wine), create and sample remedies people would fake an ailment to receive. Find out how to utilize these healing agents as well as what you can do to reciprocate and support the health of the honeybee.

JON CHRISTIE | Basic Beekeeping & Beyond |
9 am - 1 pm, Appalachia School of Holistic Herbalism

Learn the basics of equipment, terminology, cost and set up for a backyard apiary. You will get an overview of month by month hive management from starting out your new colony in the spring to preparing them for their best chances of winter survival all specifically geared for our mountain region. We will also discuss feeding, swarming, and organic management of pest and disease issues. Prepare for your spring hive over the winter.

REGISTER NOW!
LOCAL WISDOM AT THE HARVEST CONFERENCE!

Take a look at the wealth of classes being taught by local experts at this year's Harvest Conference!