Organic Growers School SPRING CONFERENCE

Supporting you to GET GROWING

28th Annual Event • ONLINE • March 13-21, 2021

Live Kick-Off Featuring Keynote Speakers

Themed Tracks: Cherokee Foods, Cooking, Farming, Food Systems, Gardening, Herbs, Livestock, Mushrooms, Permaculture, Soils, Sustainable Living

2021 EVENT PROGRAM
OGS Board of Directors:
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JULIE DOUGLAS, Marketing & Communications Associate
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RODNEY BOWLING, Director of Administration

Organic Growers School (OGS) is the premiere provider of practical and affordable organic education in the Southern Appalachians.

Since 1993 we have been building a vibrant food & farming community by boosting the success of organic growers. A 501c3 non-profit, our hands-on training, workshops, conferences and partnerships inspire, educate, and support people to farm, garden, and live organically.

We keep registration fees affordable through grants, sponsorship, and donations from people like you.

Our program fees DO NOT cover our operating expenses.

Please donate regularly to OGS to support the kind of food and farming systems you value.

organicgrowersschool.org/donate

We couldn’t do this without you!


Speakers: Thanks to our 40+ Speakers who have shared their time and expertise this weekend. For a complete list of speaker bios, go to page 15.
2021 CONFERENCE SCHEDULE

March 13, 2021 – Kick-off LIVE! Event

Three live Keynote Talks
Teaser videos for our 11 Themed Tracks
Lunchtime Entertainment
A live Q&A with our Keynote speakers
A video social with other attendees
Access to our Exhibit Hall

March 14-19, 2021 – Track Workshops

View 3 pre-recorded hourlong workshops in each of 11 Themed Tracks:
Cherokee FoodS
Cooking
Farming
Food Systems
Gardening
Herbs
Livestock
Mushrooms
Permaculture
Soils
Sustainable Living

View our Speaker Line-Up and Workshop Descriptions. Track videos will be released at 8am on 3/14, 3/16 & 3/18.

March 20-21, 2021 – LIVE! Track Panel Discussion Sessions

• Join a live Panel Discussion with each speaker from the Track workshops
• Interact directly with panelists during the live Q & A portion

We will be using the Whova Virtual Event Platform to host the conference.

IMPORTANT DETAILS

Whova
You will access the conference through the Whova event website and app. You should get an email from Whova, sent to the email address you used to register. If you do NOT receive this email by March 7th, email us at communications@organicgrowersschool.org.

On the mobile app it is easier to find talks, add items to your agenda, network via the community boards, watch videos or webinars, and receive communication from organizers and attendees. Your phone camera and microphone will work via the mobile app for zoom communication. The desktop app is better for zoom communication when you need/want to use a desktop or laptop webcam and videos will be larger on the desktop app.

You can access the desktop app for any video, by clicking the 'watch on desktop' link below the video. You can also go directly to the desktop app using this link: https://whova.com/portal/webapp/ogssc_202103/

Networking

Even though the conference is virtual this year, you can still connect with fellow conference-goers, OGS staff, and Speakers. The Whova app allows you to cchat directly with other attendees or initiate a video meeting that anyone can join.

We’ve also Continuing Conversations & and an Open Zoom Social during our Live Kick-Off Event on March 13th.

Live Q&A Panels

Another new feature this year is our Live Q&A Panels with all the speakers from each Track. You can submit questions on the Agenda listing for the Track Workshop. We will pass those questions along to our Speakers in advance of the Panel.

Social Media Mentions

If you’re posting about the Spring Conference this weekend, be sure to tag us! – @organicgrowersschool and use our hashtags: #ogsspringcon2021 • #getgrowing

OUR COMMITMENT TO SOCIAL JUSTICE

OUR GOAL: OGS aspires to develop, promote, and sustain an organizational culture that acknowledges, values, and nurtures equity, diversity and inclusion in board, staff, volunteers, audience, leaders, and programs. We define diversity as: race, gender, ethnicity, sexual orientation, socioeconomics, personality, ability, education, geography, age, experience, values, politics, appearance, religion, mental health, and immigration status.

OUR MISTAKES: OGS has made many and will continue to make many mistakes while working on this goal, and we are committed to this ongoing and important work through all of our educational programs through relationship building, partnerships, and policy development, to dismantle injustice in OGS and in the food system for the ultimate goal of food justice for all.

CLASSROOM CULTURE: OGS seeks to cultivate a classroom culture of a respectful and reciprocal learning that is non-judgemental and engaging of all people. With your partnership and through your leadership, please set the following goals:

• All participants have a voice & are deeply heard.
• Everyone takes responsibility for the quality of the conversation.
• Nothing about us, or for us, without us.
• Respect yourself and one another.
ORGANIC EDUCATOR OF THE YEAR AWARD

**PATRYK BATTLE** is a teacher, mentor, and farm and garden manager for Living Web Farms in Mills River, NC. He has developed agricultural systems including intensive cover cropping at Sparkling Earth Farm, Highland Lake Inn, and Mountain Air Community Organic Garden. He has written for local and national publications and has been featured on local and national radio and television.

Patryk is a dear friend of OGS having served on the steering committee that helped found OGS! He is certainly one of the more beloved presenters in the annals of OGS. Quirky and kind, he brings a new spice to a seasoned presentation each and every time. His audience leaves his sessions both educated and entertained.

EMERGING ORGANIC EDUCATOR AWARD

**TAMARYA SIMS** is a current Farm Beginnings student and has launched their farm business this year, 2021, Soulfull Simone Farm, focusing on cut flowers. They graduated from UNC Asheville with a degree in Environmental Studies, and after college pursued environmental education and learning how to grow food. Tamarya is a dedicated grower, pivoting last spring in their role on the SAHC community farm to grow food to give away to those in need due to the pandemic.

They volunteered at numerous community gardens showing their commitment to food access and education, like the Burton Street Community Peace Gardens. Tamarya loves teaching, photography, gardening, herbalism, beekeeping, and raising chickens. They are passionate about food justice and making farm and garden education accessible to all people. Check out their Black History month project on @plantswitht, featuring Asheville’s African American led community gardens.

SEED EXCHANGE

Participate in a Virtual Seed Exchange this year!
Use the Seed Exchange discussion board to post any seeds you’d like to share, please include the following information:

- Variety name
- Scientific name
- Date harvested or Seed Company “packaged for” year
- Stories and notes about your experience with this variety

Then you can connect directly with other attendees to privately share mailing addresses or to determine a meet-up location.

RAFFLE DRAWING

There’s still time to enter our Raffle! Every $5 you donate to OGS is one entry. You can donate when you buy your ticket, or at https://organicgrowersschool.org/donate/.

We will be drawing names for the winners of our prizes on our closing day, Sunday, March 21st at 1:00PM. You do NOT need to attend the prize drawing to be able to win.

**Top Prizes**
- $250 Gift Card for Gaia Herbs
- Chestnut School of Herbal Medicine - online medicine making course
- A Dr. Bronner’s Box of Goodness

**2021 Raffle Prize Donors Include**

- Baker Creek Heirloom Seed Company
- Chestnut School of Herbal Medicine
- Dr. Bronner’s
- Firestorm Books
- Gaia Herbs
- Mushroom Mountain
- OGS Sustainability Consultation
- Plant to Profit
- Reems Creek Nursery
- Whole Foods
KEYNOTES

Growing Food, People and Community
Rashid Nuri
The current paradigm of commercial agriculture is not sustainable and is detrimental to both humans and the planet. K. Rashid Nuri will demonstrate the power of small farms and urban agriculture to improve the future of the world’s food production, improve health outcomes, and build strong communities. Today’s conversations about equity, justice, and diversity are imperative. Equally as important is to remember that he who controls your food controls you. In the move toward nation-building, we must maintain focus on food security and food self sufficiency. To be truly free, a nation has to be able to feed its people. And it is imperative to feed the nation food that builds strong minds and bodies.

Rainbow Salad: Medicine for the Mind & Body
Seher Seven
The rainbow salad is an all-inclusive meal made to not only nourish our bodies, but our minds and hearts as well. Learn how to make and use a rainbow salad in every meal, with creative and delicious plant-based recipes that taste as good as they make you feel.

Gathering Wisdom & Sustenance from the Appalachians
Amy Walker, Mary Crowe & Tyson Sampson
In this track, we’ll dive deep into language, culture, and tradition of native Cherokee foods of the Appalachians with three generations of stories and experience. Learn about the endemic plants, mushrooms, and animals that provide us with sustenance and nourishment. This is an excerpt of the footage of the livestream event that was produced by OGS for the 2020 Harvest Conference.

CHEROKEE FOODS

Pollinators for our Future: The Future Flies on the Wings of Pollinators
Samantha Foxx
Pollinators are responsible for at least 1 in every 3 bites of food that we eat. Over 90% of different varieties of fruits and essential crops depend on pollinators for reproduction. Learn from Samantha Foxx, farmer, mother and beekeeper about the intersection of community and pollinator health and the lessons pollinators teach about stewardship, community and survival. How are we spreading our wings to pollinate our own backyards, each other, and the world around us to help have a more secure future?

Meat On The Side: De-centering Meat as an Omnivore
Meredith Leigh
This session focuses on de-centering meat in an omnivorous diet. Tips for cooking and preservation will be shared that help eaters adjust portion size, boost flavor, and conserve resources. Learn lesser-known muscles, get more comfortable with offal, and learn fermentation tips to produce highly flavorful meat products that can revolutionize your palette and your plate.

Non-Alcoholic Fermented Beverages
Marissa Percoco
Learn the art of making amazing fermented beverages that nourish the body and uplift the soul... without inebriating the spirit! We will explore tonics, water kefir, jun, kombucha and more, plus fun variations of ingredients and beverages from different cultures around the world. Learn how to turn your kitchen into a magical elixir creation station!

COOKING

Finding Farm Flexibility: Adapting Your Business During A Pandemic
Jason Roland
The past year has created rapid shift in how farms operate and generate profits. When the pandemic hit the restaurants and farmers markets, many farmers had to completely change how they did business in order to survive. In this session, we’ll examine how to adapt your business model to fit the needs of your community and still make a profit.

Forest Farming: Growing Native Medicinal Herbs
Jeanine Davis
There is a growing demand for native woodland medicinal herbs such as ginseng, goldenseal, and black cohosh. Opportunities range from running a nursery selling planting stock to forest farmers, to providing raw material to herbalists/manufacturers, to creating
value-added products. We’ll cover how to grow and sell native medicinal herbs.

**FOOD SYSTEMS**

**Your Local Foodshed**  
*Mari Stuart*

Would you like to eat a more local diet? Learn strategies for shifting more of your food consumption to your local foodshed. Discover practical resources and tips for sourcing local foods, traditional and innovative foodways in Southern Appalachia, and opportunities to make local eating accessible to everyone.

**Local Food Impact: Supporting Markets & Community Food Strategies**  
*April Jones*

Learn how to create a local food market and strategies to bring community together with food. Take steps to maintain and expand your local food system, and expand local food knowledge in your community.

**GARDENING**

**Gardening for Resilience**  
*Ta’rin’ii Shanai*

This class is offering women a reminder of their inner resilience, strength and fertile potential to restore and heal the land in their greater communities. We will address the issues and concerns that characterize the contemporary food system and speculate on some ways to approach the subject of ethical farm and food practice.

**HERBS**

**Herbs for Oral Health: An Exploration Into the Oral Microbiome**  
*Amy Wright & Eileen Brantley*

Take a deep dive into the oral microbiome, how it affects the rest of the body, and a few small things we can do day to day to greatly improve our health. Learn about oral herbal allies and myths.

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we’ve believed our whole lives.

**Seed to Sip: Building a Boutique Herb Business**
*Cee Stanley*
This session will focus on how to scale your herb business, from growing small scale to expanding into a full operation. Farmer Cee will show attendees how she went from growing in grow tents in her garage to scaling to her small farm by creating and building a boutique brand with a loyal customer base.

**Botanical Skincare**
*Noelle Joy*
Learn about skin loving herbs, including rose, plaintain, and calendula, their benefits for the skin, and how to make preparations such as herbal infused oils and hydrosols.

**LIVESTOCK**

**Grazing Beef Cattle**
*Eddy Labus*
Explore rotational grazing with beef cattle and the role it plays in weed control. We will discuss the establishment of new forage species and regeneration of pasture through livestock management.

**Makin’ The Bacon: Profitable Pig Enterprise**
*“Pork” Rhyne Cureton*
Although pork is the most widely consumed meat around the world, being able to capitalize on markets and customers can still be a headache! In this session, we will discuss how to develop a profitable pig enterprise through proper market evaluation, understanding costs of production, record keeping, scaling production, and farming with a cooperative spirit!

**Shepherding in the Mountains: Raising Small Ruminants**
*Sharon Dubuc & Eddy Labus*
Producer Sharon Dubuc discusses sheep production for meat and wool in an interview with OGS, including grazing, fencing, watering, and health management. Learn about local production and incorporating sheep in agritourism and farm stays. Extension agent Eddy Labus follows up with an emphasis on rotational grazing and slow growth for optimum flavor and size. Learn about small-ruminant grazing management practices and how they can be used for an effective parasite management program.

**MUSHROOMS**

**Mushroom Cultivation for Everyone: Techniques Anyone Can Use to Grow Mushrooms**
*Tradd Cotter*
Never grown mushrooms? Experienced but looking for some tips to elevate your operation? This class inspires all on the skill and art of growing mushrooms. Explore the best and easiest techniques for growing many common and medicinal mushrooms at home or on your farm.

**Mushroom ID & Foraging Practices**
*Rachel Zoller*
Take a thorough look at the mushroom identification process as well as the basics of mushroom foraging. We will discuss the anatomy of a mushroom, what tools are needed for foraging, how to pick a proper field guide and best foraging practices. This is a beginner friendly course.

**Change to A Foray into Mushroom Extraction**
*William Padilla-Brown*
We know that fungi produce compounds that are powerful healers for our minds, bodies, and ecosystems. But how can we efficiently extract these compounds and make them available to our immune systems? Come learn more about mushroom extracts, with a little bonus on sterile technique for your fungal operation.

**PERMACULTURE**

**Basics of Permaculture Design**
*Anna Timmerman*
Walk through the steps of designing for a permaculture-minded landscape. At the end of this class, students will have an understanding of the key elements required to create an effective blueprint for their own edible and ecological paradise.

**Permaculture Principles: Beginning Cultivation**
*Nikita Mattingly*
Begin your permaculture journey. Learn the 12 basic principles of permaculture, an essential foundation. See examples of these principles in action, and learn how they apply not only to the agriculture, but also community and interpersonal relationships.

**Regenerative Landscapes: 3 Pillars of Sustainability**
*Brandy Hall*
By utilizing the 3 Pillars of a Regenerative Landscape, we can build health from the ground up. Every garden can contribute to protecting biodiversity; growing food, medicine, and pollinator habitats; building soil, and restoring the water cycle. Your land, no matter the size, can have a positive impact.

**SOILS**

**Soils 101**
*Mark Dempsey*
Soil is complex, but with some basic knowledge of how soil works, you can...
farm better. Come learn how the many properties of soil interact, and how you can manage for both healthy soil and healthy plants.

**Restoring the Life in Our Soils**  
*Quinn Metoyer*  
Discover the benefits of composting and the importance of restoring microbial life back into our soils. Viewers will be guided on how to construct a vermicompost system with materials in your backyard, how to construct a thermal composting system for larger operations, and ways we can redirect our waste from the landfill.

**A Grower’s Guide to Soil Test Interpretation**  
*Richard Boylan*  
This workshop will cover the when, where, and how of taking soil samples, and then guide growers through the results, using tests you can perform at home, the NCDA Agronomic Lab, and Midwest Labs soil tests and results as examples. The workshop will conclude with an overview of building appropriate fertility via cover crops and organic soil amendments as possible inputs.

**DIY Solar Power**  
*Keenan Phillips*  
Introduction to solar powered systems on a small scale. Learn about siting, planning, designing, components, energy storage methods, construction, and more! Get some hands-on experience with tools to help you create your own power system.

**Seed Selection & Crop Diversity for a Changing Climate**  
*Chris Smith*  
Dig into the reasons and opportunities for exploring and expanding variety and crop diversity on your farm (or in your garden). We’ll cover basic variety trials, seed selection for variety improvement, and some of the experimental crops from the Utopian Seed Project. All of these activities can help build climate resilient food systems, as well as offering unique stories for any food enthusiast.

**Super Organism: Observing Inside the Beehive**  
*Oxx Simenia*  
This presentation examines the social behavior of honeybees inside if the hive and why they are considered a super organism. We will explore their behaviors, the diverse ecosystem of the beehive and the synergistic relationships within the hive. We’ll also learn about the life cycles and hygiene of honeybees.

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**SUSTAINABILITY CONSULTING**

**Harvest Conference**

https://organicgrowersschool.org/consulting/

https://organicgrowersschool.org/conferences/harvest/

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**Ongoing**

**Assess** the land you own or want to purchase to identify your holistic goals and needs.

**Plan** sustainable systems for your farm, garden, or homestead to work towards your land-based projects.

**We Guide You** through the self-assessment processes, follow up with next steps, provide referrals, reports and more.

**September 2021**

**An Educational Event** that offers affordable classes on organic growing and sustainable living.

**1 Day Workshops** taught by outstanding guest speakers. Each day-long workshop is independent.
GROW YOUR HOMESTEAD with REEMS CREEK NURSERY
PLANTS, GARDENING SUPPLIES & GIFTS

Excellent selection of fruit trees, berries, unusual fruits, herbs, sustainably raised veggies, seeds, pollinator plants & organic gardening supplies.
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2021 EXHIBITORS
Align With Plants Community
Asheville Tool Library
CoThinkk
Dr. Bronner’s
Firestorm Books & Coffee
Gaia Herbs
Goodnight Family Sustainable Development Department
Mushroom Mountain
NCAT/ATTRA
Oxx Beekeeping
Peace and Harmony Farm
Reems Creek Nursery
Shades of Green Permaculture
Shanti Elixirs
SunCatcher Passive Solar Greenhouses
Sustainable Market Farming.com
The Farm Connection

Thank you, organic growers,
for nurturing the rich flavors
of Appalachia.

The Buncombe County Tourism Development
Authority is a proud sponsor of the Organic
Growers School Spring Conference.

Explore ASHEVILLE
Buncombe County Tourism Development Authority

March 23-April 27, 2021

MANAGE your crop production for whole-farm success by
addressing disease, pests, weeds and soil health.

DEVELOP and understanding of the four ecosystem
processes – energy flow, water cycle, nutrient cycle, and
community dynamics to promote balance and productivity.

NETWORK and learn from farmers and agricultural experts,
while building community with experienced growers.

https://organicgrowersschool.org/farmers/holistic-crop-management/
Conserving natural resources through education, technical and cost-share assistance, and farmland preservation.

Serving families, youth, and communities in Buncombe County for over 70 years!

For more information contact us at 828-250-4785 or use the QR code to visit our website.

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North America’s largest supplier of Walk-Behind Farming Equipment

INDISPENSABLE: THE WALK-BEHIND TRACTOR FOR THE SMALL-SCALE FARM

Walk-behind tractor With R2 Power Harrow
Walk-behind tractor with Berta Rotary Plow
Walk-behind Tractor with Flail Mower

— Over 40 Implements!!
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# Spring Conference Live Kick-off Event Schedule

**Saturday, March 13, 2021 - Live via Whova Events, Stream From Anywhere!**

$20 for Live Kick-off Event; 30+ hours of workshop content in 10 Themed Tracks Purchased Separately

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00AM - 10:00AM</td>
<td><strong>VIRTUAL HELP DESK</strong></td>
</tr>
<tr>
<td>9:00AM - 9:35AM</td>
<td><strong>Growing Food, People &amp; Community with RASHID NURI</strong></td>
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<tr>
<td>9:35AM - 10:50AM</td>
<td><strong>TRACK TEASER VIDEOS</strong></td>
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<td><strong>CHEROKEE FOODS</strong></td>
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<td></td>
<td>- Gathering Wisdom &amp; Sustenance from the Appalachians</td>
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<td><strong>COOKING</strong></td>
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<tr>
<td></td>
<td>- Meat On the Side • Non-Alcoholic Fermented Beverages • Rainbow Salad</td>
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<td><strong>FARMING</strong></td>
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<tr>
<td></td>
<td>- Finding Farm Flexibility • Forest Farming • Farm Tools &amp; Ergonomics</td>
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<tr>
<td>10:50AM - 11:15AM</td>
<td><strong>COFFEE BREAK</strong></td>
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<tr>
<td>11:15AM - 11:45AM</td>
<td><strong>Pollinating a Colorful Future with SAMANTHA FOXX</strong></td>
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<td>11:45AM - 12:05PM</td>
<td><strong>TRACK TEASER VIDEOS</strong></td>
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<td><strong>FOOD SYSTEMS</strong></td>
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<td>- Discover Your Local Foodshed • Fitting Into the Food System • Local Food Impact</td>
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<td><strong>GARDENING</strong></td>
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<td>- Gardening For Resilience • Gardening Victoriously • The Seed Garden</td>
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<td><strong>HERBS</strong></td>
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<td>- Herbs for Oral Health • Seed to Sip • Botanical Skincare</td>
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<td><strong>LIVESTOCK</strong></td>
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<td>- Grazing Beef Cattle • Makin’ The Bacon • Shepherding in the Mountains</td>
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<tr>
<td>12:05PM - 1:00PM</td>
<td><strong>LUNCH SPECIAL FEATURES</strong></td>
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<td>1:00PM - 1:30PM</td>
<td><strong>The Organic Question: Agrarian Transitions &amp; the Future of Family Farming</strong></td>
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<td></td>
<td><strong>with ERIC HOLT-GIMENEZ</strong></td>
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<tr>
<td>1:30PM - 2:30PM</td>
<td><strong>CONTINUING CONVERSATIONS</strong></td>
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<tr>
<td></td>
<td>- Continuing Conversation: Growing Food, People and Community</td>
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<td></td>
<td>- Continuing Conversation: Pollinators for our Future</td>
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<td></td>
<td>- Continuing Conversation: The Organic Question</td>
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<tr>
<td>2:30PM - 2:50PM</td>
<td><strong>AFTERNOON BREAK</strong></td>
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<td>2:50PM - 3:10PM</td>
<td><strong>TRACK TEASER VIDEOS</strong></td>
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<td><strong>MUSHROOMS</strong></td>
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<td>- Mushroom Cultivation for Everyone • Mushroom ID &amp; Foraging Practices • A Foray into Mushroom Extraction</td>
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<td><strong>PERMACULTURE</strong></td>
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<td>- Basics of Permaculture Design • Permaculture Principles • Regenerative Landscapes</td>
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<td><strong>SOILS</strong></td>
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<td>- Soils 101 • Restoring the Life in Our Soils • A Grower’s Guide to Soil Test Interpretation</td>
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<td><strong>SUSTAINABLE LIVING</strong></td>
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<td>- DIY Solar Power • Seed Selection &amp; Crop Diversity for a Changing Climate • Super Organism</td>
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<tr>
<td>3:10PM - 4:10PM</td>
<td><strong>Live KEYNOTE Q&amp;A with RASHID NURI, SAMANTHA FOXX, &amp; ERIC HOLT-GIMENEZ</strong></td>
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<tr>
<td>4:10PM - 5:00PM</td>
<td><strong>SOCIAL</strong></td>
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## Spring Conference Track Session & Live Q&A Schedule

**3/14 - 3/21/2021 - Via Whova Events, Stream From Anywhere!**

30+ hours of workshop content in 10 Themed Tracks.

View at your schedule; access for up to 3 months after the event.

<table>
<thead>
<tr>
<th>TRACK NAME</th>
<th>SESSION 1 Released 3/14</th>
<th>SESSION 2 Released 3/16</th>
<th>SESSION 3 Released 3/18</th>
<th>LIVE Q &amp; A’s With all Speakers in Track</th>
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<tbody>
<tr>
<td>Cherokee Foods</td>
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<td>Saturday, 3/20 9:00 - 10:00AMEST</td>
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<tr>
<td>Cooking</td>
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<td>Saturday, 3/20 10:30 - 11:30AMEST</td>
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<tr>
<td>Farming</td>
<td>Finding Farm Flexibility</td>
<td>Forest Farming</td>
<td>Farm Tools &amp; Ergonomics</td>
<td>Saturday, 3/20 12:00 - 1:00PMEST</td>
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<tr>
<td>Food Systems</td>
<td>Discover Your Local Foodshed</td>
<td>Fitting Into The Food System</td>
<td>Local Food Impact</td>
<td>Saturday, 3/20 1:30 - 2:30PMEST</td>
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<td>Gardening Victoriously</td>
<td>The Seed Garden</td>
<td>Saturday, 3/20 3:00 - 4:00PMEST</td>
</tr>
<tr>
<td>Herbs</td>
<td>Herbs for Oral Health</td>
<td>Seed to Sip</td>
<td>Botanical Skincare</td>
<td>Saturday, 3/20 4:30 - 5:30PMEST</td>
</tr>
<tr>
<td>Livestock</td>
<td>Grazing Beef Cattle</td>
<td>Makin’ The Bacon</td>
<td>Shepherding in the Mountains</td>
<td>Sunday, 3/21 9:00 - 10:00AMEST</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Mushroom Cultivation for Everyone</td>
<td>Mushroom ID &amp; Foraging Practices</td>
<td>A Foray into Mushroom Extraction</td>
<td>Sunday, 3/21 10:30 - 11:30AMEST</td>
</tr>
<tr>
<td>Permaculture</td>
<td>Basics of Permaculture Design</td>
<td>Permaculture Principles</td>
<td>Regenerative Landscapes</td>
<td>Sunday, 3/21 12:00 - 1:00PMEST</td>
</tr>
<tr>
<td>Sustainable Living</td>
<td>DIY Solar Power</td>
<td>Seed Selection &amp; Crop Diversity</td>
<td>Super Organism</td>
<td>Sunday, 3/21 3:00 - 4:00PMEST</td>
</tr>
</tbody>
</table>
EmPOWERING Mountain Food Systems is a three-year project focused on bringing expanded opportunities & capacity to food and farm businesses across the southwestern NC region. Apprenticeships, loans, business counseling and more!

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828 359 6926

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2021 Speaker Bios

KEYNOTE SPEAKERS

K. Rashid Nuri

K. Rashid Nuri had a powerful “burning bush” revelation while a student at Harvard. The experience set him on a global food odyssey, managing agricultural operations throughout the U.S., 35 countries in Europe, Asia, and Africa. He also served as Deputy Administrator for USDA during the Clinton Administration. Rashid saw, up close, the abuses and inefficiencies of Big Ag. His vision of community food sovereignty and food equity emerged with full clarity. He brought that vision to Atlanta in 2006, founding Truly Living Well Center for Natural Urban Agriculture (TLW). TLW became Atlanta’s premier urban agricultural organization, growing tons of chemical-free, nutritious food, providing jobs, and educating communities about food, nutrition, and self-sufficiency.

As CEO of The Nuri Group, Rashid works to expand food equity, food security, food self-sufficiency, and food sovereignty, particularly for small farms and urban agriculture. His work is accomplished through education, training, consultancy, and public policy initiatives. He chronicled his journeys, the failing state of our food system, and offers guidance for the new food movement in his book, Growing Out Loud: Journey of a Food Revolutionary.

Rashid is a frequent contributor at conferences and seminars, consults with political and community leaders, and is a regular guest on podcasts and other media outlets.

You can learn more about Rashid and his work at www.thenurigroup.com

Samantha Foxx

Samantha “Foxx” Winship is a Farm-Her, Mother, Bee Keeper, Master Gardener, and owner of Mother’s Finest Family Farm in Winston Salem, NC. Samantha lived in the Eastern part of North Carolina up until she became a teenager and relocated to Chicago, IL where she spent most of her adult life. On a search to connect back to more of her indigenous roots, she relocated back to North Carolina.

Today, she represents food sovereignty, women of color in beekeeping, food activism, and farming. She started Mother’s Finest Family Farm in 2016 after attending an Urban Farming program at her local Cooperative Extension. Since, taking the class she has created a successful and fully functioning farming enterprise with herself and her family. She serves at her local farmers markets, partners with retail locations across the US, and advocates for community wellness with her handmade wellness tonics and syrups.

She has been featured in the New York Times Magazine, appeared on PBS Black Issues Forum, and many other high profile media outlets for diligent work in creating a more equal and just food system. She is also continuing a path to enlighten other families about the power of planting a seed.

@mothersfinesturbanfarm

Eric Holt Giménez

Eric Holt-Giménez, PhD is an agroecologist, political economist, researcher, lecturer, and author.

In his path-breaking participatory research, “Measuring Farmer’s Agroecological Resistance to Hurricane Mitch,” 2,000 farmers documented the superior sustainability of agroecologically-managed farms to conventional farms in Central America, spurring the Movimiento Campesino-a-Campesino (Farmer-to-Farmer Movement), a transnational peasant movement for sustainable agriculture. His first book, Campesino a Campesino, chronicles nearly 30 years’ work with peasant culture and agroecology in Central America and the political, socioeconomic, and ecological factors that galvanized the movement.

As a lecturer, Eric has taught courses in international development, agroecology, social movements and food systems transformation at the University of California, Boston University, the University of Gastronomic Sciences, Pollenzo (Slow Food) and the Universidad de Antioquia in Medellín, Colombia.

As the former Executive Director of Food First, Eric’s work strove to inform and amplify the voices of social movements fighting for food justice and food sovereignty across the globe. His publishing approach brought researchers, writers, and social movements together in a collective effort to amplify the voices of frontline communities fighting for food systems transformation. He generated research and education for action, bringing the perspective of community-based struggles to broader development and policy debates.

In Eric’s words, “successful social movements are formed by integrating activism with livelihoods. These integrated movements create the sustained social pressure that produces political will—the key to changing the financial, governmental and market structures that presently work against sustainability.”
Amy Walker
Amy Walker is a member of the Deer Clan, is a great grandmother, and is 78 years old. Her parents, one Cherokee and one South Dakota Sioux, were both herbalists. She grew up eating out of the Appalachian forests; a wildcrafter and a farmer, she focuses her farming on traditional Cherokee food preferences, mostly growing traditional medicine, corn, beans, and squash. She is a retired social worker, and an indigenous traditionalist. Amy is a pipe carrier and a Sundancer in South Dakota.

CHEROKEE FOOD TRACK - Gathering Wisdom & Sustenance from the Appalachians

Amy Wright & Eileen Brantley
Herbgirlsathens
Amy Wright & Eileen Brantley work together in their new business, Herb Girls Athens; their mission is to reconnect their community with healing foods and herbal medicine by providing nutritional therapy consults, education, and high-quality, handcrafted herbal products.

HERBS TRACK - Herbs for Oral Health: An Exploration Into the Oral Microbiome

Anna Timmerman
Gardens of Eatin’ Landscaping
Anna Timmerman is a certified permaculture designer, ecological landscaper, and former organic farm manager. She has a passion for local food and helping to establish sustainable structures for communities to be built upon. Anna’s works to bridge the gap between sustainability and ornamental properties by embodying permaculture principles and implementing ecological design.

PERMACULTURE - Basics of Permaculture Design

April Jones
Pinehurst Farmers Market
April Jones is the founder of the Pinehurst Farmers Market located in downtown Columbia, S.C. She is passionate about community, gardens, and farmers markets. She is a writer, blogger, YouTuber and more, advocating for her community through the food sovereignty movement. She contributes content to her blog Frolicking Americana, and to national magazines such as Mother Earth. She founded Pinehurst Consulting to help farmers and communities to be more sustainable and to increase their impact.

FOOD SYSTEMS - Local Food Impact: Supporting Markets & Community Food Strategies

Brandy Hall
Shades of Green Permaculture
Brandy Hall has been working with Shades of Green since 2008, working with thousands of clients who are applying permaculture across contexts. At age 20, she became a General Contractor, and began training as a stone mason where she fell in love with the way intelligent design responds to the natural world. She is passionate about leading a purpose-driven business that actively creates a healthier world for our children.

PERMACULTURE - Regenerative Landscapes: 3 Pillars of Sustainability

Cee Stanley
Green Heffa Farm
Clarenda “Farmer Cee” Stanley is a fifth-generation farmer, originally from Anne Manie, Alabama. Although she didn’t set out in life to follow on her family’s agrarian path, in 2017, she found herself returning to her roots as the CEO of Green Heffa Farms (GHF), a medicinal plant and hemp farm in Liberty, NC. As one of the first black women to be licensed in North Carolina, she was selected as the 2019...
Featured Farmer for Hemp History Week. She has been featured in more than 200 national and international publications, including April's Oprah O Magazine, and is a frequent speaker at national conferences.

**HERBS - Seed to Sip: Building a Boutique Herb Business**

**Chris Smith**  
*The Utopian Seed Project*  
@blueandyellowmakes

Chris Smith is the executive director of the Utopian Seed Project, a crop-trialing non-profit working to celebrate food and farming. His book, *The Whole Okra*, won a James Beard Foundation Award in 2020. He also co-hosts *The Okra Pod Cast*.

**SUSTAINABLE LIVING - Seed Selection & Crop Diversity for a Changing Climate**

**Derek Haynes**  
*The Crazy Botanist*  
@thechocolatebotanist

Graduate of North Carolina State University, Derek Haynes's passion for Botany is readily seen by anyone who meets him. "The Crazy Botanist", as he is known, found an allure for plants at a young age. Derek gives back to his community by volunteering with local community gardens, and creating and maintaining relationships, especially within the community of Black plant enthusiasts.

**GARDENING - Gardening Victoriously: Raised Beds & Greenhouses**

**Eddy Labus**  
*NCSU Watauga Cooperative Extension*

Eddy Labus has been an extension agent for Livestock & Field Crops for Watauga County, NC for 13 years. His love of agriculture started with his upbringing on a small diversified farm in West Virginia. After serving in the Marine Corps, he received a degree and managed the farm at Berea College. Eventually, he became a research assistant at UT, managing the beef program of 450 cows. He has served a multitude of farm and extension roles throughout his career.

**LIVESTOCK - Grazing Beef Cattle**

**LIVESTOCK - Shepherding in the Mountains: Raising Small Ruminants**

**Georie Bryant**  
*Symbodied / Communities In Partnership*  
@symbodied

Georie Bryant is a cultural historian and chef from Durham, NC. His work focuses on connecting the complicated cultural histories of food and agriculture with the realities of injustice and inequality. Through his cooking and the work of his company SymBodied, Georie seeks to help individuals reconnect to their indigenous roots in a way which fosters a healthy self-awareness, something he believes is key to addressing the problems of today.

**FOOD SYSTEMS - Fitting Into The Food System**

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[Learn how to garden throughout the seasons in this six workshop series.](https://organicgrowersschool.org/gardeners/gardening-series/)

[Connect with other home growers in the classroom and in community.](https://organicgrowersschool.org/gardeners/gardening-series/)

[Acquire knowledge on planning, growing, and harvesting various types of plants.](https://organicgrowersschool.org/gardeners/gardening-series/)

[Learn about sustainable farming careers in Western North Carolina, plus connect with regional training opportunities and support networks.](https://organicgrowersschool.org/farmers/farm-dreams/)

[Discover and assess your resources, skills and farming intentions to prioritize your farming goals.](https://organicgrowersschool.org/farmers/farm-dreams/)

[Begin to develop an educational plan towards running a successful farm.](https://organicgrowersschool.org/farmers/farm-dreams/)
Ira Wallace
Southern Exposure Seed Exchange
@southernexposureseed
Ira Wallace, author of Vegetable Gardening in the Southeast, is a Master Gardener and a worker/owner of Southern Exposure Seed Exchange. She serves on the boards of Organic Seed Alliance and the Virginia Association for Biological Farming.

GARDENING - The Seed Garden: Planning for Seed Saving & Lots of Vegetables

Jason Roland
Organically Roland
@organicallyroland
Jason Roland is the owner of Organically Roland, a small scale market garden in Lexington, SC. He uses organic and biodynamic methods to provide two CSAs, local restaurants, and a weekly market with fresh produce. He loves sharing his knowledge and passion for growing with others through classes.

FARMING - Finding Farm Flexibility: Adapting Your Business During A Pandemic

Jeanine Davis
NC State University
Jeanine Davis is a researcher and extension specialist with NC State University. She and her staff run a program dedicated to organic agriculture and alternative crops (e.g., hops, truffles, stevia, herbs) at research stations in Mills River and Waynesville. She is the lead author of the book Growing and Marketing Ginseng, Goldenseal and Other Woodland Medicinals and co-owner of Our Tiny Farm in Etowah.

FARMING - Forest Farming: Growing Native Medicinal Herbs

Josh Volk
Slow Hand Farm
@slowhandfarm
Josh Volk runs Cully Neighborhood Farm, a small urban CSA farm in Portland, Oregon. He also consults, writes, and teaches workshops on vegetable production under the name Slow Hand Farm. He is a regular contributor to Growing For Market and the Author of the book Compact Farms: 15 Proven Plans for Market Farms on 5 Acres or Less.

FARMING - Farm Tools & Ergonomics: Selecting and Using Tools Efficiently

Keenan Phillips
KSPhillips Contracting
@ksphillips_contracting
Keenan Phillips is an experienced builder, mechanic, tinkerer. He has built three small homes, 150-450 square feet each, and currently resides in his custom, off-grid, double-wide, mobile home clad in poplar bark. He is passionate about affordability and building empowerment, liberty, and justice for ALL through skill building.

SUSTAINABLE LIVING - DIY Solar Power
Mari Jyväsjärvi Stuart
@makegathergrow
Mari Jyväsjärvi Stuart, PhD is an ecological landscape designer and teacher. She is the program coordinator for Co-operate WNC’s new initiative for community-supported regenerative agriculture, and is core faculty of SIT Graduate Institute’s Master’s Program in Sustainable Development, where she teaches Regenerative Design. Mari runs an urban homestead in Asheville.

**FOOD SYSTEMS - Discover Your Local Foodshed**

Marissa Percoco
The Firefly Gathering
@fireflygatheringnc
Marissa Percoco is an avid fermentation enthusiast who has spent the last thirteen years exploring fermented cultures, local plants, and their synergy. Traveling throughout the US, with her four amazingly adventurous children, Marissa has gathered cultures and recipes from far and wide.

**COOKING - Non-Alcoholic Fermented Beverages**

Mark Dempsey
CFSA
Mark Dempsey is the Farm Services Coordinator at Carolina Farm Stewardship Association, helping farmers implement conservation practices and transition to organic production. His background is in soil microbiology, weed science, and cover crop research.

**SOILS - Soils 101**

Mary Crowe
Mary Crowe was born and raised in Cherokee, NC, and is a member of the Eastern Band of the Cherokee. Mary was raised in social work with social worker parents, and eventually helped author the Indian Child Welfare Act. In 1993, she began working with the Indigenous Environmental Network (IEN) and founded the Eastern Cherokee Defense League, an economic, social and environmental organization for the Qualla boundary in 1994. Through IEN, Mary works on a national level with Grassroots Global Justice Alliance, the Climate Justice Alliance, and It Takes Roots. In between her activism work, she’s a breast cancer survivor, a widow, and has raised three kids. Her children follow in her footsteps as climate and community activists.

**CHEROKEE FOOD - Gathering Wisdom & Sustenance from the Appalachians**

Meredith Leigh
Mereleigh Food
@mereleighfood
Meredith Leigh is a writer, activist and teacher focusing on anything that reinvigorates the land to people connection. Over the past 17 years, she has worked as a consultant, farmer, butcher, chef, educator, non-profit director, shop owner, co-op founder, food activist, and writer, all in pursuit of sustainable food and the reimagining of mindful foodways. She is the author of Ethical Meat Handbook and Pure Charcuterie.

**COOKING - Meat On The Side: De-centering Meat as an Omnivore**
Nikita Mattingly
*Hazy Acres Homestead*
Nikita Mattingly and her husband grow on 19 acres in Louisville, KY. An avid gardener and environmentalist, Nikita has furthered knowledge by obtaining her Permaculture Design Certificate. After quitting her corporate career, she now farms and landscapes full time. She is working to establish Hazy Acres Homestead into a diverse crop Permaculture farm and goat dairy, and much enjoys life with her new fuzzy co-workers.

PERMACULTURE - Permaculture Principles: Beginning Cultivation

Noelle Joy
*UGArden*  
@iamnoellejoy
Noelle Joy has a Certificate of Herbal Medicine and an M.S. in Horticulture. Her research focused on holy basil. She now serves as the director of the medicinal herb program at UGArden, a demonstration farm at the University of Georgia.

HERBS - Botanical Skincare

Oxx Simeina
*Oxx Beekeeping*  
@oxxbeekeeping
Alwyn “Oxx” Simeina founded Oxx Beekeeping in 2013 in Jacksonville Florida and Honey Touched products in 2016. He practices treatment free beekeeping by limiting honey removal. Oxx collaborated with Dermatologist, Estheticians, Cosmetologist, and Aesthetician to create his own skin care line based on his skin conditions he has encountered growing up.

SUSTAINABLE LIVING - Super Organism: Observing Inside the Beehive

Pam Dawling
*Sustainable Market Farming / Twin Oaks Community*
Pam Dawling has lived at Twin Oaks Community in central Virginia for 27 years, growing vegetables for 100 people on 3.5 acres, training members in sustainable vegetable production. Her first book Sustainable Market Farming is widely used and her second book The Year-Round Hoophouse is proving popular.

GARDENING - The Seed Garden: Planning for Seed Saving & Lots of Vegetables

Pork Rhyne Cureton
*RAFI-USA*  
@pork.rhyne
Rhyne Cureton AKA "Pork" Rhyne is known across the country and even overseas in East Africa as an international agricultural & food systems educator; educating experienced as well as new and beginning farmers primarily on small-scale livestock production, business, and marketing. Rhyne is also an active advocate for local/niche meat; serving an an adviser for NC Choices as well as being featured on The Good Meat Breakdown.

LIVESTOCK - Makin’ The Bacon: Profitable Pig Enterprise
Quinn Metoyer  
*Miami Compost Project*  
@miamicompost

Quinn Metoyer found his way to Miami after his 4-year stint at Tufts University in Boston, when he quickly realized the importance of year-round sun, beaches, and tropical fruits. While growing cannabis for Florida's medical industry, he noticed the ethical and practical limitations of conventionally grown plants grown for pure profit. Since then he has dedicated his life to creating compost and other natural amendments with the intention of restoring the health of the soil to cultivate healthy plants and healthy people. He founded the Miami Compost Project, an educational outlet highlighting the ecological benefits of sustainable growing techniques.

**SOILS - Restoring the Life in Our Soils**

Rachel Zoller  
*Yellow Elanor*  
@yellowelanor

Rachel Zoller is a "myco-educator" and loves introducing people to the beautiful world of mushrooms through storytelling, photography and video. Her self-taught journey has taught her tricks for cultivating the same curiosity in others through teaching about mushroom identification, sustainable foraging practices and the function of fungi.

**MUSHROOMS - Mushroom ID & Foraging Practices**

Richard Boylan  
*Appalachian State University*

Richard Boylan is the Area Extension Agent in the Watauga and New River Headwaters region, supporting diversified and sustainable agriculture and the success of local farms. He teaches the Permaculture Design Curriculum at Appalachian State University, and grows garlic and other crops as the owner and operator of Otus Branch Farm.

**SOILS - A Grower’s Guide to Soil Test Interpretation**

Seher Seven  
*Align with Plants Community*  
@alignwithplants

Seher Seven is a plant loving, unschooling mama, herbalist and home chef currently living in the beautiful Sonoran Desert. She is the author of two full length books as well as multiple poetry anthologies and is the creator of Align with Plants Community, a non-profit organization on a mission to spread the power of plants around the world.

**COOKING - Rainbow Salad: Medicine for the Mind & Body**

Sharon Dubuc  
*Black Thorn Farm & Kitchen*  
@blackthornfarmandkitchen

Sharon Dubuc is a shepherd and chef on her small family farm in Big Sandy Mush, NC. She and her partner tend a flock of mixed breed wool sheep from which they harvest meat, wool and sheepskins. Most of their harvest is sold directly to their farmstay guests.

**LIVESTOCK - Shepherdding in the Mountains: Raising Small Ruminants**

Ta’rin’ii Shanai  
*Lionpaw Botanicals*  
@lionpawlivity

Ta’rin’ii Shanai is a land steward & educator. She grounded in her work on traditional, women-based, sustenance garden techniques & its fertile promise for future generations. Her commitment to women, restoration and sustainability drives her passion as an advocate in community circles in Africa to the mountains of southern Appalachia. Based in North Carolina, she stewards the land by gardening, farming, and maintaining a social enterprise producing specialty greens, seeds & medicinal herbs that are used for value-added products sold through her business, Lionpaw Botanicals.

**GARDENING - Gardening for Resilience**

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Tradd Cotter
*Mushroom Mountain LLC*
@sporeprints
Tradd Cotter is a microbiologist, professional mycologist, and organic gardener who has been cultivating Southeastern fungi both commercially and experimentally for more than 22 years. In 1996 he founded Mushroom Mountain, which he owns and operates with his wife, Olga, to explore applications for mushrooms in various industries. He is the author of *Organic Mushroom Farming and Mycoremediation* (Chelsea Green, 2014).

**MUSHROOMS - Mushroom Cultivation for Everyone: Techniques Anyone Can Use to Grow Mushrooms**

Tyson Sampson
Tyson Sampson is a two-hearted and two-spirited individual whom has descended from the local indigenous matriarchy called the ᎠᏂᎩᏯᎵ (A-ni-gl-lo-hi). Their home is referred to as The Beautiful Painted Earth. This family is based here in their aboriginal territory most commonly known as the Great Smoky Mountainsides. Tyson has a background in the healing arts and communications. They (he/she) have been of service to connective circles/family for 19+ years. In multi-faceted contributions, they have worked on everything from documenting endangered language, holding mindful awareness/presence, to sharing wild food practices and cultural sensibilities about Cherokee cuisine. He has contributed to efforts for residents of the Qualla Indian Boundary to have more intimate and legally protective relationships to plants/wild foods in this indigenous bio-region. Currently, Tyson is cultivating an apothecary for ethnobotanical accessibility, called Bigwitch Botanicals. He is also developing a broader collective to support traditional ecological knowledge for his fellow tribesfolk, called the Oconaluftee Wisdom Initiative.

**CHEROKEE FOOD - Gathering Wisdom & Sustenance from the Appalachians**

William Padilla-Brown
*MycoSymbiotics*
@mycosymbiote
William Padilla-Brown is a social entrepreneur, citizen scientist, mycologist, amateur 'phychologist', urban shaman, writer, youtube vlogger, non-profit director, researcher, poet, and father. William holds Permaculture Design Certificates. William is leading the country in the field of Cordyceps cultivation.

**MUSHROOMS - Innovations in Mushroom Farming**

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