

**Pre-Conference Workshops, Friday, March 18, 2022
9:30AM - 4:30PM**

Carbon Farming and Agroforestry with Mari Stuart, Meredith Leigh, and Sharon Dubuc
at the Sandy Mush Community Center, Leicester, NC

Build it, Plumb it, Hack it: The Basics of Fix, Mend, and Make for the Farm and Garden with Keenan Phillips
at Smith Mill Works, Asheville, NC

Mushrooms, Molds, and Mycorrhizae with Tradd Cotter
at Creekside Farm, Arden, NC

Water Resilience and Mitigation: Practical Adaptations for Farm and Home with John Henry Nelson
at Living Web Farms, Hendersonville, NC

29th Annual OGS Spring Conference, Weekend Schedule

Track Name	Saturday				Sunday			
	9:00 - 10:30	11:00 - 12:30	2:30 - 4:00	4:30 - 6:00	9:00 - 10:30	11:00 - 12:30	2:30 - 4:00	4:30 - 6:00
Cooking	Get Gut Happy! <i>Shanti Cox</i>	West African Culinary Influences <i>Ramona Young</i>	Fishing 3 Ways <i>Silver Cousler</i>	Plant-Based Cheesemaking <i>Gwendolyn Hageman</i>	Get Gut Happy! <i>Shanti Cox</i>	West African Culinary Influences <i>Ramona Young</i>	Fishing 3 Ways <i>Silver Cousler</i>	Plant-Based Cheesemaking <i>Gwendolyn Hageman</i>
Farming	Growing Your Brand <i>Cee Stanley</i>	❖ Agritourism in WNC (panel): <i>A. Zjip, F. Tacy</i>	CSAs from A to Z <i>Jason Roland</i>	Park Your Tiller <i>Cedar Johnson</i>	Growing Your Brand <i>Cee Stanley</i>	❖ Co-ops and Collectives (panel): <i>S. Patel, S. Tyler</i>	CSAs from A to Z * <i>Jason Roland</i>	Park Your Tiller * <i>Cedar Johnson</i>
Forest Farming	Woodland Botanicals <i>Jeanine Davis</i>	Fungal Forestry <i>Heather & Rodney Webb</i>	Community-Scale Agroforestry <i>Zev Friedman</i>	Organic Ginseng Cultivation <i>Iris Gao</i>	Woodland Botanicals <i>Jeanine Davis</i>	Fungal Forestry <i>Heather & Rodney Webb</i>	Community-Scale Agroforestry <i>Zev Friedman</i>	Organic Ginseng Cultivation <i>Iris Gao</i>
Gardening	Fresh Squeezed <i>Michael Fortune</i>	From Grass to Garden <i>George Brabant</i>	Holistic Gardening <i>Angie Lavezzo</i>	Africa to Appalachia <i>Ta'rin'ii Shanai</i>	Fresh Squeezed <i>Michael Fortune</i>	From Grass to Garden <i>George Brabant</i>	Holistic Gardening <i>Angie Lavezzo</i>	Africa to Appalachia <i>Ta'rin'ii Shanai</i>
Herbs	Herbal Remedies <i>Patricia Kyritsi Howell</i>	Herbs for Resilience <i>Brandon Ruiz</i>	Hemp Hemp Hooray! <i>M. Bloomquist, A. Wheeler</i>	Appalachian Medicinals <i>Marc Williams</i>	Herbal Remedies * <i>Patricia Kyritsi Howell</i>	Herbs for Resilience * <i>Brandon Ruiz</i>	Hemp Hemp Hooray! <i>M. Bloomquist, A. Wheeler</i>	Appalachian Medicinals <i>Marc Williams</i>
Holistic Forestry	Forestry and Land Retention <i>Alton Perry</i>	Appalachian Tree Crops <i>Justin Holt</i>	DIY Firewood <i>Ian Snider</i>	Healthy Habitats <i>Mary Vann Johnston</i>	Forestry and Land Retention <i>Alton Perry</i>	Appalachian Tree Crops <i>Justin Holt</i>	DIY Firewood <i>Ian Snider</i>	Healthy Habitats <i>Mary Vann Johnston</i>
Living on the Land	Fun With Food Preservation <i>Marc Williams</i>	Seed Saving 101 <i>Lee Barnes</i>	Wildlife on the Homestead <i>Jeff Gottlieb</i>	Cherokee Foods and Wildcrafting <i>Mary Crowe</i>	Fun With Food Preservation <i>Marc Williams</i>	Seed Saving 101 <i>Lee Barnes</i>	Wildlife on the Homestead * <i>Jeff Gottlieb</i>	Cherokee Foods and Wildcrafting * <i>Mary Crowe</i>
Livestock & Poultry	Praise the Lard <i>Rhyné Cureton</i>	Regenerative Farm Health <i>Asher Wright</i>	Silvopasture Basics <i>Shawn Swartz</i>	Hentopia for Chicken Keepers <i>Frank Hyman</i>	Praise the Lard <i>Rhyné Cureton</i>	Regenerative Farm Health <i>Asher Wright</i>	Silvopasture Basics <i>Shawn Swartz</i>	Hentopia for Chicken Keepers <i>Frank Hyman</i>
Mushrooms	Introduction to Mushroom Cultivation * <i>Sneha Ganguly</i>	Mycoremediation with Koji * <i>Wade Fox</i>	Fungal Food and Medicine <i>Cornelia Cho</i>	Ethical Mushroom Foraging <i>Stesha Warren</i>	Introduction to Mushroom Cultivation <i>Sneha Ganguly</i>	Mycoremediation with Koji <i>Wade Fox</i>	Fungal Food and Medicine <i>Cornelia Cho</i>	Ethical Mushroom Foraging <i>Stesha Warren</i>
Permaculture	Permaculture Principles <i>Nikita Mattingly</i>	Urban Permaculture <i>Laura Ruby</i>	Permaculture Design Basics <i>Anna Cifaldo</i>	Leaning Your Permaculture <i>Alyson Wade</i>	Permaculture Principles <i>Nikita Mattingly</i>	Urban Permaculture <i>Laura Ruby</i>	Permaculture Design Basics <i>Anna Cifaldo</i>	Leaning Your Permaculture <i>Alyson Wade</i>
Soils	Practical Nutrient Management <i>Elina Snyder</i>	Let's Get Composting! <i>Kelly Hollinger</i>	Soils 101 <i>Mark Dempsey</i>	Waste Not: Urine <i>Dan Hettinger</i>	Practical Nutrient Management <i>Elina Snyder</i>	Let's Get Composting! <i>Kelly Hollinger</i>	Soils 101 * <i>Mark Dempsey</i>	Waste Not: Urine * <i>Dan Hettinger</i>
Sustainable Living	Invasives in Native Culture <i>Nancy Basket</i>	Off-Grid Solar 101 <i>Keenan Phillips</i>	Water Resilience and Mitigation <i>John Henry Nelson</i>	Biofuels 101 <i>Tod Kershaw</i>	Invasives in Native Culture * <i>Nancy Basket</i>	Off-Grid Solar 101 * <i>Keenan Phillips</i>	Water Resilience and Mitigation <i>John Henry Nelson</i>	Biofuels 101 <i>Tod Kershaw</i>
Assorted Mix	Healthy Crew Dynamics * <i>Noah Poulos</i>	❖ Backyard Carbon Farming <i>Mari Stuart</i>	Berry Paradise * <i>Amyrose Foll</i>	Know the Laws * <i>Alexia Kulwicz</i>	Healthy Crew Dynamics <i>Noah Poulos</i>	❖ Growing Food Independence <i>Rob Greenfield</i>	Berry Paradise <i>Amyrose Foll</i>	Know the Laws <i>Alexia Kulwicz</i>
Healing Community (MEN Track)	Healing Trauma Through Plants * <i>April Jones</i>	Guide to Feeding Community * <i>Amyrose Foll</i>	Veterans and Farming * <i>Jaye Edens</i>	Belly Biochemistry * <i>Leah Webb</i>	Indigenous Principles of Just Transition * <i>Mary Crowe</i>	Farmworker Health and Justice * <i>Phoebe Gooding</i>	Womb Care * <i>Zaire Sabb</i>	Building Community Around Food and Medicine * <i>Brandon Ruiz</i>

Half-day Workshops

Saturday		Sunday	
9:00 - 12:30	2:30 - 6:00	9:00 - 12:30	2:30 - 6:00
Herbal Alchemy: Brewing Spring Tonics, Teas, and Meads <i>Almeta Tulloss</i>	Invasive Vine Basketry <i>Nancy Basket</i>	Herbal Alchemy: Brewing Spring Tonics, Teas, and Meads <i>Almeta Tulloss</i>	Invasive Vine Basketry <i>Nancy Basket</i>
Beekeeping 101: Honeybees and Their Byproducts <i>Oxx Simeina</i>	Fermenting Garden Abundance: Vegetable Fermentation Techniques from Around the World <i>Sandor Katz</i>	Beekeeping 101: Honeybees and Their Byproducts <i>Oxx Simeina</i>	Fermenting Garden Abundance: Vegetable Fermentation Techniques from Around the World <i>Sandor Katz</i>
Cherokee Heritage, Food Ways, and Ecological Flavors <i>Tyson Sampson</i>	Restoring the Soil Food Web: Compost and Compost Teas * <i>Troy Hinke</i>	Cherokee Heritage, Food Ways, and Ecological Flavors * <i>Tyson Sampson</i>	Restoring the Soil Food Web: Compost and Compost Teas <i>Troy Hinke</i>
Mycelial Magic: Fine Tuning Your Expertise * <i>Tradd Cotter</i>	Buggin' Out: Integrated Pest Management in Organic Systems <i>Lisa Gonzales</i>	Mycelial Magic: Fine Tuning Your Expertise <i>Tradd Cotter</i>	Buggin' Out: Integrated Pest Management in Organic Systems * <i>Lisa Gonzales</i>
Seed Saving: Preserving Genetic Diversity and Community Culture <i>Ira Wallace</i>		Seed Saving: Preserving Genetic Diversity and Community Culture <i>Ira Wallace</i>	

❖ = nonrecurring class * = recorded workshop