

Advocate for Your Health- understand how to be empowered and become your own health advocate. We will discuss natural childbirth, immunizations, chronic disease and medical gaslighting. **With:**



Krista Raymond is a Certified Holistic Health and Wellness Coach working on her PhD in Natural Medicine. As a wife, mother of five, grandmother, food enthusiast, and nature lover, I understand the need to care for your mind, body, and spirit. I have experienced the life-changing effects of faith, persistence, healing foods, and supplements in managing illness and promoting health. With my training in holistic coaching, I coach people to identify limiting beliefs, set achievable goals, and make lifestyle changes that will lead to lasting results. Together, we will explore nutrition and overall lifestyle to guide you toward simple yet powerful steps to transform your life and unleash your inner healing potential.

**KRISTA RAYMOND -
FIVE SPROUTS FARM**

Biochar- Learn the process of making Biochar and the story of Terra Preta as Indigenous Cultural Process. Compare two models of homestead-scale kilns and learn how our various teachers are integrating the product into their operations. **With:**



Dylan Kennedy has spent over fifteen years in diversified farm management, spanning diverse locations, environments and enterprises. His work is molded by a passion for agroecology and a drive to build sustainable businesses and communities in tandem with regenerating ecosystems. His work in the field is supported by extensive continued education in diverse agricultural disciplines from permaculture to biodynamics, and he is accredited in Holistic Management through the Savory Institute. Dylan is most in his element working with land managers as a connector of ideas and resources, or on his own small farm in Jabez Kentucky.

**DYLAN KENNEDY -
SAVORY INSTITUTE AND
MT. FOLLY ENTERPRISES**

Breathwork and gentle movement- Prepare for your day by connecting with your breath and your body and getting into a flexible flow state.



**LEILA CHRISTINA - GUIDE
AND YOGA TEACHER**

I have a great passion for learning, practicing and sharing useful tools and skills that support humans in remembering who they are and why they are here. I have experienced and witnessed that in this remembering, one regains power over oneself, relinquishes power over others, finds courage and builds confidence to live in alignment with the simple truth that every being holds the birthright of free expression and movement in our shared world and that we humans, with our capacity for intellect and creativity, bear a responsibility to ourselves and others for honoring that birthright. I do this primarily by organizing and guiding workshops and small group retreats in beautiful, natural places.

It is my prayer that this passion and the gifts I share are in service to a greater vision of creating a culture of authenticity and building community that is equipped and willing to do the work required to dance together and dream a more intelligent, heart-centered and life affirming world into being.

Cheesemaking - Join Reva Russell English as she transforms raw milk into cheese

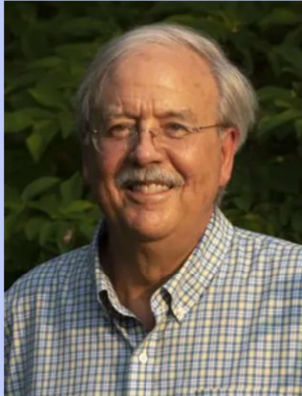


Reva is a farmer, writer and musician in Lexington, Kentucky, where she and her partner, Andrew, operate Future Farm, a decentralized food and plant medicine endeavor focused on permaculture practices, sustainable foraging, wild crafting and experiments in preservation.

**REVA RUSSEL ENGLISH
FUTURE FARM**

Chicken Processing - Learn hands on how to butcher chickens from start to finish.
[w/Jacob Towe, bio listed under “Producing for Home; Producing for Sale”]

Community Food Webs & Regional Food Systems - Examples and lessons learned from decades of work shared in the book, “Building Community Food Webs”



KEN METER - CRC WORKS FOOD SYSTEM ANALYST

Ken Meter is one of the most experienced food system analysts in the U.S., integrating market analysis, business development, systems thinking, and social concerns. Meter holds 47 years of experience in inner-city and rural community capacity building. His local economic analyses have promoted local food networks in 140 regions in 40 states, two provinces, and three tribal nations. He is currently one of 3 co-editors of a forthcoming international book covering food system assessments to be published by Routledge (UK).

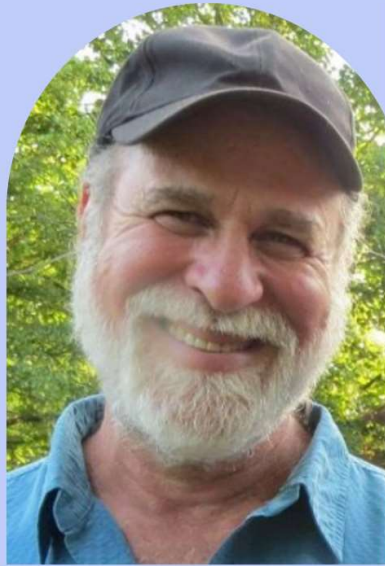
Learn more at <https://www.crcworks.org/>

Cooking for Groups - Lots of folks coming to the fest, including our wonderful festival chef, have cooked for groups ranging from big family meals to gatherings of hundreds. Cooking in bulk is necessary to effectively bring traditional skills back into our kitchens. This workshop is an opportunity to trade tips and tricks.

Deep Resilience - A class in three parts

- 1) “Lifeboats” on-grid and off offers a look at Mark's work making standalone and integrated systems to reduce dependence on “the grid”;
- 2) Inner and Outer Terrains addresses the mental and physical body roots of social and economic phenomena, includes discussion of the inner blocks to health and vitality and to loving complex landscapes; and
- 3) Landscape-scale Land Access Strategies addresses the fact that we can't impact bioregions if we don't find ways to significantly influence land ownership and use patterns and to help people gain access to land who want to do 'the work'.

With:



Mark has a background in wildlife biology, ecology, ethnobotany, permaculture, cooperative land use, and renewable energy. He has been an organic inspector with Ohio Ecological Food and Farm Association for 34 years. He has lived off the grid for 45 yrs on a community land trust he cofounded, growing a wide range of crops, harvesting seeds, honey, mushrooms, and medicinals. He founded the Belize Agroforestry Research Center and spent winters in Central America practicing and teaching tropical permaculture for 25yrs.

He has been leading experiential learning programs for multiple universities in cultural ecology, and wholistic landscape mgt. Currently teaching regenerative agriculture for ag extension educators and inner city growers as well. Enjoys natural history, networking and cross pollinating ideas.

**MARK D. COHEN -
INDEPENDENT ORGANIC
INSPECTOR, ORGANIC FARMER,
ETHNOBOTANIST, NATURALIST,
EDUCATOR AND CONSULTANT**

**Eating for Joy!- Learn to savor your food. Joy! With:
Sydney Wilk, great lover of food, excellent chef, and AmeriCorps “FoodCorps” member.**

Fall Fermentation -Join twin brothers, Irucka and Obiora Embry, who will discuss basics of fermentation, how soil and the health of our microbiome affects our health, all while preparing a unique fall ferment with a cabbage base and nutritive herbal additions.



**OBIORA EMBRY
AUTHOR,ARTIST,ENTREPRENEUR**

Obiora Embry is not only an author but also a poet, amateur photographer, born again artist, entrepreneur, food grower, and a developer with a love for what is real and natural. He finds beauty in Nature and knows that we must “wake from our collective slumber” to solve the problems we humans have created. Obiora is a life-long learner and on his journey he has been educating and healing himself, mentoring and educating others, volunteering, growing food and cooking flavorful, colorful, healthy meals, and so much more.

Learn more at <https://onlyoneme.us/>



IRUCKA EMBRY, EIT PRINCIPAL, ECOC²S

Irucka Ajani Embry is the name of the experiential vehicle that he occupies in this Life.

Irucka Ajani Embry, M.E., E.I.T. has a Master of Engineering (ME) with a Concentration in Environmental Engineering from Tennessee State University (TSU), in Nashville, and a Bachelor of Science (BS) in Civil Engineering with Minors in Environmental Engineering and el español (Spanish) from the University of Tennessee, Knoxville (UTK).

He has been the Principal of EcoC²S (<https://www.ecoccs.com>), in Nashville, since 2007. EcoC²S is a small business offering the following services:

1. Consulting in a variety of areas [General Consulting, Food Grower, Healthy Living Coach (Promoting Healthy Living through the Read the Labels Campaign), Free/Libre and Open Source Software (FLOSS) selection and installation as opposed to proprietary, closed-source, freedom-limiting software];
2. Public Speaking;
3. Providing Data Analysis and Data Science Services via R & Offering R Trainings; and other services (<https://www.ecoccs.com/services.html>).

Via EcoC²S, Irucka co-created and co-maintains an edible food ecosystem with his twin brother, Obiora [EConsulting™], on 2 acres of formerly fallow land on their maternal family farm called Martin Acres. They are doing the work under the collective name of Getting Back to Nature™. They use an eclectic mixture of biologically-based techniques (agroecology/agroforestry, agrohomeopathy/biodynamic and organic agriculture, companion planting, native vegetation, permaculture, and soil food web dynamics) to restore the health and vitality of the land.

Food Buying Clubs and Weston A Price Chapters - WAPF can be a great vehicle for improving farmer incomes, community health, and capacity for self-reliance. Learn from leaders about their experiences with food buying clubs and WAPF chapter leadership work.

Ivory was raised in Kentucky and now works and teaches seed and harvest preservation in Northern Indiana. Ivory supports community agriculture and sustainable food infrastructure by mentoring new gardeners as they plan and establish new home and community gardens. From seed to harvest, Ivory has experience safely preparing, processing, storing and/or preserving fruits, vegetables, root crops, herbs, & meats by means of sun dehydration, electric dehydration, fermentation, salting, dry storing, ground storing, freezing, and water bath canning.

**IVORY NAVA -GARDENER, SEED
SAVER, FOOD PRESERVATION
EDUCATION AND FOOD
PROTECTION MANAGER**

Ebony Nava: Scientist, educator, Owner/Manager BULK FOOD CLUB, WAPF Chapter Leader.

Ebony is passionate about God's Word and consumer access to Real Good Food; Real Good Foods defined as clean, nutrient dense, no GMO, no Bioengineering, no Nano Additive, no F1 Hybrid, No exposure to synthetic "cides" or other synthesized sprays or powders cultivated in healthy nutrient dense soils. Ebony is committed to supporting local community and local food infrastructure; which includes exports and imports. She has experience working hands-on at many levels of the food chain; from home garden, production CSA farm, wholesale distribution, to connecting with global producers of clean nixtamalized corn, olive and coconut oils. Ebony enjoys researching and educating on all things related to food: food sources, food safety & inspection, food integrity & quality, food access, marketing of food, food risks, fake foods, food inspections, traditional food preparation and how to manage and market a Food Buying Club that supports local producers and provides EVERYONE access to Real Good Food.

**EBONY NAVA -SCIENTIST,
EDUCATOR, OWNER/MANAGER
BULK FOOD CLUB, WAPF
CHAPTER LEADER**

Also with Courtney Byron, bio listed under “Sourdough and Kefir”

Homestead Profits - Join our panel as we share strategies around turning a profit from your homestead starting with the end goal in mind. **With: Dylan Kennedy and Krista Raymond**

Improving Woodlots - Join Andrew Ozinskas as he discusses how to improve woodlots for production of food and medicine. Andrew has decades experience both gathering from wild populations with techniques that support continued vibrancy of those patches, and also cultivating herbs in wild-simulated conditions.



ANDREW OZINSKAS
NATURA APOTHECARY

Andrew Ozinskas is a clinical herbalist, sustainable wildcrafter, forest farmer and apothecary. In practice since 2002, Andrew is passionate about a full-spectrum approach incorporating research-based medical science and analytical chemistry, along with spirit oriented awareness & traditional folk wisdom.

Based on 9th generation family land in Owen County Kentucky, Andrew uses a forest management system that ensures he increases the populations of wild herbs while tending them over time. A graduate of Bastyr University, he taught for the Bastyr Appalachian Herbal Intensive, and has taught around the world at universities, festivals, health food stores and wildlife centers. Find him at [Natura Apothecary](#).

Inclusive Food Community: Making Sense of Today - In these challenging times, the need for connection is greater than ever. This class will explore some saucy strategies to bring diverse cultures together over community concerns and help individuals feel more at ease with each other.



DEBORA L'T. MAPP

AUTHOR, EDUCATOR, COACH

DeBora L'T. Mapp, EdD, is a retired educator, transformative author and speaker, family coach, and founder of Schooling Solutions LLC. As a parent of five engineers, she understands the importance of preparing children to tackle complex future challenges in the world they will inherit. Dr. Mapp supports families in fostering wellbeing and learning at home while addressing external influences.

Inspired by her farmer grandparents, civil rights activist parents, and a social justice background, she developed the S.A.U.C.E. (Speak and Act on Unspoken Connections to Embrace change) Framework. This holistic approach guided her work in universities, school districts and community agencies, where she successfully facilitated change and improved outcomes for students, their families, colleagues and community folk.

Through her SAUCE Book Series and workshops, Dr. Mapp continues to help families build essential skills for today's contradictory world so they can better prepare their children, while filling personal learning gaps to enhance financial security. Try us!

Milpa Permaculture - Join Susana Lein as she discusses her permaculture system, developed over decades, her experience learning Milpa Agriculture in Guatemala, and her best strategies for home and community-scale production.

Salamander Springs farm is renowned for its flavorful, nutrient-dense vegetables, fruits, cornmeal, popcorn and dry beans - and it's fertile, living soils of high organic matter. It was built by Susana Lein from on a logged ridge-top devoid of any topsoil in 1999, using no-till continuous no-till cover/crop cycles, poultry, farm-made compost, and contour swales. Completely off-grid, she built a tiny house and farm structures with local wood, clay & straw, and uses only gravity-fed spring water from the forest and and rainwater catchments. Learn how permaculture management mimics natural systems for high productivity: salamandersprings.wixsite.com/farm/about

SUSANA LEIN, SALAMANDER SPRINGS FARM



Nutrient Density – connecting soil health, plant health, and human health, to improve farms, human health, and the markets that connect the two. **With:**



Dan Kittredge has been an organic farmer for more than 30 years and is the founder and Executive Director of the Bionutrient Food Association (BFA), a non-profit whose mission is to “increase quality in the food supply.”

Dan grew up on Many Hands Organic Farm in central Massachusetts with his parents, Julie Rawson, NOFA-MA Executive Director, and Jack Kittredge, Natural Farmer publisher. After a global career in food and seed activism where he worked with farmers across India, Russia, and South America, Dan returned to the U.S. in 2010 to launch the BFA and ignite a movement around food quality.

Dan has become one of the leading proponents of “nutrient density,” and works to demonstrate the connections between soil health, plant health, and human health through workshops and speaking engagements across the country and globe, the annual Soil and Nutrition Conference, and an increased presence online through social media, a YouTube channel, and an upcoming online course.

DAN KITTREDGE, BIONUTRIENT FOOD ASSOCIATION

Nutritive Herbs - Join Andrew Bentley and his daughter Aoife as they walk the boundary between food and medicine, teaching the uses of available nutritive herbs that support overall wellness and provide needed nutrients, even when consumed in smaller quantities than foods that we use as primary calorie sources.



Andrew Bentley is an herbalist with a clinical practice in Lexington, Kentucky. Since the beginning of the pandemic, he has worked with hundreds of individuals affected by COVID-19 in all states of health, and has written an ebook, [“Herbal Medicine in the COVID-19 pandemic.”](#)

Herbal Medicine is the world’s oldest and most widely used form of healthcare. Centuries of experience and study have lead to a complex understanding of which herbs are most useful in which situations.

When someone comes in for an office visit, we take time to listen and do a thorough assessment before devising an individualized strategy to help that specific person get better. It’s an herbalist’s goal to assess which structures and functions in the body need support, And to provide help accordingly to improve the body’s health. With decades of experience and a vast assortment of herbs to work with, Bentley helps people achieve better health and a better life. Learn more about Bentley’s story in [this piece](#).

**ANDREW BENTLEY -
PRACTICING HERBALIST**



Aoife Bentley is an herbalist and herbal medicine-maker, practicing in Lexington, Kentucky; and an instructor for the “Herbalism from the Ground Up” program.

**AOIFE BENTLEY -
HERBALIST**

Preserving Food and Herbs- How do we best preserve the harvest? canning, dehydration, as well as making salves and tinctures to make shelf-stable herbal medicine. **Also with Ebony and Ivory Nava.**

Principles of Biological Systems - This course provides an overview of the principles and practices of biological farming, with the goal to build upon your knowledge and experience to find ways to increase the health of your soil and crops for greater yields, healthier produce and better marketability. **Also with Dan Kittredge, bio under “Nutrient Density”**

Producing for Home; Producing for Sale- Learn lessons from Jacob Towe's experience comparing growing for homestead use to growing for profit on a diversified regenerative farm.



Jacob Towe, from Spartanburg South Carolina. Owner of Jubilee Farms and co-owner of Farmfare a cooperative grocery store. Polyface intern of 2017. Public speaker and consultant.

**JACOB TOWE -
DIVERSIFIED FARMER**

Reclaiming Maiz - Join a group discussion about the conquest of North America by industrial, genetically modified dent corn; comparing it to the hearth culture where maiz was born from wild grasses around the Guatemalan highlands region. Learn about nixtamalizing corn to properly prepare it for human digestion and utilization. A final fest conversation centered on a selection of reading from “Braiding Sweetgrass.”

Regional Food System, Asset Mapping – Let's talk together about the shape of our regional food system, where we are strong and where we are lacking, where our energies are best spent to increase the portion of food that is raised here and ate here. **With fest organizer, Alice Melendez:**



ALICE MELENDEZ - FEST ORGANIZER

I was born in the foothills of the Appalachian Mountains between Clay City and the rolling fields of central Kentucky. I grew up on the farm, went to small town schools, learned to drive on winding country roads with lots of blind spots. I went away, like a lot of people, and came back. "Away" took me to Dartmouth College, to Philadelphia, and then six or so years in Houston where my kids were born into a big Mexican household. I studied the way that economies and social agreements and hard physical realities interplay in real actual places (not models). I worked at a delivery business and at a refugee resettlement agency. I ran a handyman business and for a short while a grain elevator. I thought for a while that 'the climate movement' might generate political will for a massive transformation in the way that humans relate to the natural world, and I worked on that. Now, I think it's time to focus on regenerative agriculture in our Ohio River Valley to ride through whatever comes our way.

Rendering Lard - Join Dylan Kennedy by the fire as he demonstrates traditional lard rendering in a large cast iron kettle.

Seed Saving - Join in on a conversation around seed saving for resiliency. Swap seeds, learn techniques for proper selection of plants for seed, best practices and tips

Sourdough & kefir- How to make great sourdough bread and work with kefir, while also conversing on the lessons learned by Weston A Price and shared through his legacy organizations today.



**COURTNEY BYRON
- REAL FOOD
EDUCATOR**

Courtney Byron, a homeschooling mother of eight healthy, vibrant children, is a passionate advocate for nutrient-dense, real food and a dedicated educator in the realm of sustainable agriculture and food freedom. With over 20 years of experience in the real food realm, Courtney has provided her large family with nutrient-dense foods throughout and has committed her life to promoting the importance of wholesome, locally sourced foods that nourish the body, mind and spirit.

Courtney has developed a deep appreciation for the land and the food it produces. She recently moved to Clark County and is beginning her own journey into regenerative farming. She has a rich understanding of how food quality impacts health, leading to a lifelong mission to empower individuals to take charge of their dietary choices and advocate for real food systems and sustainable agriculture.

Courtney has been a member of the Weston A. Price foundation for over fifteen years. She believes that everyone has the right to access wholesome, organic produce, and she actively collaborates with local farmers and community organizations to promote food sovereignty.

In addition to being a real food educator, Courtney is involved in several projects whose intent is to either grow and raise real food as well as connect our farmers to those who want the benefits that eating real food provides. Her current efforts are all dedicated to aligning with her vision for a healthier, more sustainable food system that gives everyone in our community access to nutrient dense, real food.