

Sassafras Moon Forest Farming Conference

Schedule - Sunday, September 25th, 2022

Erwin, TN



Time	Activity
8:00-9:00 am	Registration at the Welcome Tent
9:00-9:15 am	Welcome and Logistics
15 min	Travel Time - to session #1
9:30-10:30 am	Concurrent Session #1 <ul style="list-style-type: none"> • Intro to Forest Farming (Library) David Brown, Mountain Cove Forest Farm • Goldenseal and other Non Timber Forest Products (NTFPs) (Outdoor Store) Jeanine Davis, NC State Extension • Traditional uses of NTFPs in our region (Taproom) Ryan Huish, University of Virginia's College at Wise, and Appalachian Forest Farm and Homestead
15 min	Travel Time - to session #2
10:45-11:45 am	Concurrent Session #2 <ul style="list-style-type: none"> • Forest Botanical Specifications -A Buyer's Perspective (Outdoor Store) Jeannie Dunn, Red Moon Herbs • Tree Syrups (Taproom) Kate Fotos, Future Generations University • Cultivating & Foraging Mushrooms (Library) Stesha Warren, Appalachian Sustainable Development
12:00-1:00pm	Lunch at the Welcome Tent
45 min	Travel time - to Field Session Sessions #1-3
1:45-2:00pm	Intro to the Farm and Field Sessions
2:00-3:30pm	Field Sessions(s) - Woods Walk <ul style="list-style-type: none"> • Post-Harvest Handling Robin Suggs, Appalachian Sustainable Development • Site Assessment and Analysis John Munsell, Virginia Tech • Sustainable Harvest and Plant Propagation Ryan Huish, University of Virginia's College at Wise, and Appalachian Forest Farm and Homestead



APPALACHIAN
sustainable
DEVELOPMENT

Sassafras Moon Forest Farming Conference

Class Descriptions - Sunday, September 25th

Intro to Forest Farming with *David Brown, Mountain Cove Forest Farm*

From growing vegetables to Forest Gardener to Forest Farmer, it's been an adventure! Come learn more about where you might take your Forest Farming efforts. Plan to discuss what forest farming is and some of the methods. We'll discuss getting started with your land, how to stay in touch, and the best way to keep learning and grow as you go. The session will touch on growing a few of our native woodland medicinals.

Goldenseal and other Non Timber Forest Products (NTFPs) with *Jeanine Davis, North Carolina State University*

This session will introduce you to goldenseal, black cohosh, Solomon's seal and many other native botanicals that are in demand. A short primer on growing and selling them will be included.

Traditional uses of NTFPs in our region with *Ryan Huish, University of Virginia's College at Wise, and Appalachian Forest Farm and Homestead*

Humans have held relationships with hundreds of Appalachian species to help provide food, medicine, craft, ceremony, and more. We will focus more on the relations with plant species as we dive into the ethnobotany of the region in the context of forest forest farming and other traditional agroforestry practices.

Forest Botanical Specifications - A Buyer's Perspective with *Jeannie Dunn, Red Moon Herbs*

As a small extracts company focusing on locally grown or foraged plants, Red Moon Herbs strives to have deep connections with their suppliers. Jeannie Dunn, a forager, grower and director of Red Moon, speaks on the challenges and successes of working with Appalachian forest growers and sustainable foragers. Quality sourcing of materials in peak season is a must for the most potent herbal formulas and Red Moon often receives fresh materials, sometimes picked that same day. Careful harvesting and post-harvest handling techniques in relation to a small to medium sized herbal extracts company and expectations of grower or forager will be discussed.

Tree Syrups with *Kate Fotos, Future Generations University*

Join Kate Fotos, for her session on tree syrups and how they are made. She will cover from tap to table and the differences between maple, walnut, and sycamore syrups.

Cultivating & Foraging Mushrooms with *Stesha Warren, Appalachian Sustainable Development*

Mushrooms are a natural and profitable addition to any forest farming operation. Join Stesha to learn more about fungi opportunities beneath the canopy covering a wide range of options for continued exploration in the harvesting of wild mushrooms, cultivation and agritourism.



APPALACHIAN
sustainable
DEVELOPMENT