7th Annual
Heritage Harvest Festival
At Monticello
September 6-7, 2013
The Thomas Jefferson Foundation and Southern Exposure Seed Exchange are delighted to host the 7th annual Heritage Harvest Festival at Monticello. This community festival is possible thanks to the support of sponsors and the hard work of many in the community including the Central Virginia Master Gardeners and our Monticello volunteers. We thank you for joining us in celebration of the harvest and Jefferson’s agricultural legacy. This program was designed for you to use as a resource both during and after the Festival.

Thomas Jefferson’s legacy in food, wine, and gardening provides rich context for the festival. The 7th annual Heritage Harvest Festival celebrates this table connection to the past. Learn about organic gardening, seed saving, and agricultural pursuits. Savor the local food at chef demonstrations and from food vendors. Taste hundreds of heirloom tomatoes to find your favorite, along with dozens of melons and peppers. Amble through the restored landscape and gardens at Monticello. Enjoy traditional crafts. Laugh with your family and friends. Dance to the music.

Welcome, learn something important, and have fun.

Gabriele Rausse
Director of Gardens & Grounds
Thomas Jefferson Foundation, Inc.

Ira Wallace
Festival Coordinator
Southern Exposure Seed Exchange

— A FEW OF OUR KEYNOTES —

JOEL SALATIN
Pa. & Kan. Fairs
Author, Lecturer, American Farmer

ELIOT COLEMAN
Kan. Fair
Author, Renowned Horticulturist

ED BEGLEY, JR.
Pa. & Kan. Fairs
Author, Environmentalist, Presented by Environet

TEMPLE GRANDIN
Kan. Fair
Animal Science Doctor, Author, Speaker

DANIEL SALATIN
Pa. Fair
Innovative Farmer, Author, Speaker

HERITAGE HARVEST FESTIVAL FOUNDERS

THE THOMAS JEFFERSON FOUNDATION
The Thomas Jefferson Foundation owns and operates Monticello, the mountaintop home of Thomas Jefferson. As a private, nonprofit organization, the Foundation receives no regular federal or state budget support for its twofold mission of preservation and education. About a half million people visit Monticello each year. For information, visit www.monticello.org.

SOUTHERN EXPOSURE SEED EXCHANGE
Southern Exposure Seed Exchange preserves flavorful, regional heirlooms, selected for productivity and disease resistance. We offer heirloom garlic, rare perennial onions, books and seed saving supplies for gardeners. Many of our 700+ varieties are grown on our farm in the rolling hills of central Virginia and by small, organic and ecological farmers. www.southernexposure.com
Taste the flavorful diversity of heirloom tomato varieties in the Tasting Tent. Enjoy over a hundred types of heirloom tomatoes including some of our favorites:

- Abraham Lincoln
- Cherokee Purple • Tropic
- Amy’s Apricot • Matt’s Wild Cherry
- Old Virginia • Yellow Pear • Rosella Purple
- Garden Peach • Red Cherry
- Risentraube • Principe Borghese
- Yellow Brandywine • Green Zebra
- Red Pisa Date

*Rank your favorites here, and tweet about them!* #HHF13

1. 
2. 
3. 
4. 
5. 
6. 

Grown by Southern Exposure Seed Exchange and other Buy Fresh, Buy Local farms.

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Also taste a variety of peppers and melons!

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NOTICE - The 7th Annual Heritage Harvest Festival at Monticello is an important educational & recreational program, and we want to share it with the world. The Festival is covered by local and national media, and may also be recorded in video and still form for educational and promotional use by the Thomas Jefferson Foundation. Attendees may be included in some of the footage. By attending this event you are consenting to allow your likeness to be used for the above purposes.
Book Signings

Come meet festival presenters during our scheduled book signings!

Books are available at the signing locations.

Friday, Sept. 6
The Shop at Monticello
Thomas Jefferson Visitor Center

10:15 - 10:45 AM
Pam Dawling, Sustainable Market Farming: Intensive Vegetable Production on a Few Acres

11:45 AM - 12:15 PM
Dr. Arthur O. Tucker, Encyclopedia of Herbs

1:15 - 1:45 PM
Cindy Conner, Develop a Sustainable Vegetable Garden Plan (DVD) and Cover Crops and Compost Crops IN Your Garden (DVD)

2:45 - 3:15 PM
Pat Foreman, City Chicks: Keeping Micro-flocks of Chickens as Garden Helpers, Compost Creators, Bio-recyclers, and Local Food Suppliers and Backyard Market Gardening: The Entrepreneur’s Guide to Selling What You Grow

Peter Hatch, “A Rich Spot of Earth:” Thomas Jefferson’s Revolutionary Garden at Monticello

Kathleen Maier, Bush Medicine of San Salvador Island, Bahamas

Hank Will, Plowing With Pigs and Other Creative, Low-Budget Homesteading Solutions

4:15 - 4:45 PM
Barbara Pleasant, Starter Vegetable Gardens and The Complete Compost Gardening Guide

Harvey Ussery, The Small-Scale Poultry Flock: An All-Natural Approach to Raising Chickens and Other Fowl for Home and Market Growers

1:15 - 1:45 PM
Kathleen Maier, Bush Medicine of San Salvador Island, Bahamas

Alexis Zeigler, Perennial Food: Easy and Reliable Methods for Growing and Propagating Fruits and Nuts

Lisa Mason Ziegler, The Easy Cut-flower Garden

2:45 - 3:15 PM
Tom Burford, Apples of North America and The Best Apples to Buy and Grow

Dr. Jeanine Davis, Growing and Marketing Ginseng, Goldenseal, and Other woodland Medicinals by Dr. W. Scott Persons and Dr. Jeannine Davis

4:15 - 4:45 PM
Michael Levatino, The Joy of Hobby Farming

Dr. Arthur O. Tucker, Encyclopedia of Herbs

Saturday, Sept. 7
The Shop at Monticello
Thomas Jefferson Visitor Center

10:15 - 10:45 AM
Cindy Conner, Develop a Sustainable Vegetable Garden Plan (DVD) and Cover Crops and Compost Crops IN Your Garden (DVD)

11:45 AM - 12:15 PM
Pam Dawling, Sustainable Market Farming: Intensive Vegetable Production on a Few Acres

Barbara Pleasant, Starter Vegetable Gardens and The Complete Compost Gardening Guide

Harvey Ussery, The Small-Scale Poultry Flock: An All-Natural Approach to Raising Chickens and Other Fowl for Home and Market Growers

1:15 - 1:45 PM
Kathleen Maier, Bush Medicine of San Salvador Island, Bahamas

Peter Hatch, “A Rich Spot of Earth:” Thomas Jefferson’s Revolutionary Garden at Monticello

Barbara Hobens, Garden Your City

Hank Will, Plowing With Pigs and Other Creative, Low-Budget Homesteading Solutions

2:45 - 3:15 PM
Tom Burford, Apples of North America and The Best Apples to Buy and Grow

Dr. Jeanine Davis, Growing and Marketing Ginseng, Goldenseal, and Other woodland Medicinals by Dr. W. Scott Persons and Dr. Jeannine Davis

4:15 - 4:45 PM
Michael Levatino, The Joy of Hobby Farming

Dr. Arthur O. Tucker, Encyclopedia of Herbs

Saturday, Sept. 7
Festival Shop Tent
Monticello West Lawn

10:15 - 10:45 AM
Dr. Arthur O. Tucker, Encyclopedia of Herbs

11:45 AM - 12:15 PM
Steve Bender, Passaleng Plants

Tom Burford, Apples of North America and The Best Apples to Buy and Grow

Forrest Pritchard, Gaining Ground: A Story of Farmers Markets, Local Food and Saving the Family Farm

Miriam Rubin, Tomatoes

1:15 - 1:45 PM
Peter Hatch, “A Rich Spot of Earth:” Thomas Jefferson’s Revolutionary Garden at Monticello

Barbara Hobens, Garden Your City

Hank Will, Plowing With Pigs and Other Creative, Low-Budget Homesteading Solutions

3:30 - 4:00 PM

Pat Foreman, City Chicks: Keeping Micro-flocks of Chickens as Garden Helpers, Compost Creators, Bio-recyclers, and Local Food Suppliers and Backyard Market Gardening: The Entrepreneur’s Guide to Selling What You Grow

Harvey Ussery, The Small-Scale Poultry Flock: An All-Natural Approach to Raising Chickens and Other Fowl for Home and Market Growers

4:15 - 5:15 PM
Cary Fowler, Shattering: Food, Politics, and the Loss of Genetic Diversity

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FREE SHOPPING HELP FROM OUR HEALTHY EATING SPECIALIST, BECCA
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‘Music on the Lawn’
BROUGHT TO YOU BY
the Lock’n Festival

“The ornaments too, and the amusements of life, are entitled to their portion of attention. ... Music is invaluable where a person has an ear ... It furnishes a delightful recreation for the hours of respite from the cares of the day, and lasts us through life. ... Do not neglect your music. It will be a companion which will sweeten many hours…”
— Thomas Jefferson, to Nathaniel Burwell, March, 14, 1808

**SCHEDULE OF PERFORMANCES**

<table>
<thead>
<tr>
<th>Time</th>
<th>Performer</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 – 12:45 AM</td>
<td>The Ridge Runners of Virginia</td>
</tr>
<tr>
<td>1:15 – 2:00 PM</td>
<td>Adrienne Young-Ramsey</td>
</tr>
<tr>
<td>2:30 – 3:30 PM</td>
<td>Pegi Young</td>
</tr>
<tr>
<td>4:00 – 5:00 PM</td>
<td>Jorma Kaukonen</td>
</tr>
<tr>
<td>5:30 – 6:30 PM</td>
<td>Sarah Jarosz</td>
</tr>
</tbody>
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Heritage Harvest Festival
Craft Beer Garden
BROUGHT TO YOU BY
Devils Backbone Brewing Company

$5 Pint of Beer
$10 for Pint of Beer in a Klean Kanteen Stainless Pint Glass, with $3 refills

Enjoy four Devils Backbone beers while savoring the sights and sounds of the festival! Today’s brews include:

- Vienna Lager
- Eight Point IPA
- Oktoberfest Lager
- Ichabod Crandall

DEVILS BACKBONE BREWING COMPANY
Brewing award-winning craft beers in the Virginia Heartland.
We create traditional and eclectic craft beers in our two locations in Lexington, Virginia, and Roseland, Virginia.
Backyard Revolution is a familial celebration of our country’s cultural and agricultural heritage. Connecting those devoted to the historic preservation of practical traditions with those curious to learn, Backyard Revolution bridges past to present, fostering recollection, reskilling and respect for the invaluable wisdom and self-sufficient ingenuity of our forebears.

Join us this year near the South Terrace and visit the Young Pioneers area to explore activities and games designed for children of all ages. Meet friendly farm animals, make instruments, and learn new skills like sewing and weaving, blacksmithing and archery, or even rail splitting.*

Backyard Revolution was founded by musician Adrienne Young-Ramsey, who would like to offer heartfelt thanks to all those contributing their time, talent, and passion to the Preservation of our Planet and who keep alive the connection to our Historic Skills and Wisdom.

Learn more today at www.backyardrevolution.com

* Special Thanks to FITZGERALD SOD FARM for generously supplying logs for the VA Rail Splitters.
### FRIDAY, SEPTEMBER 6

<table>
<thead>
<tr>
<th>9:00 – 10:00</th>
<th>10:30 – 11:30</th>
<th>12:00 – 1:00</th>
<th>1:30 – 2:30</th>
<th>3:00 – 4:00</th>
<th>4:30 – 5:30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Classroom 5</strong></td>
<td><strong>Visitor Center</strong></td>
<td>Backyard Revolution’s Growing a Nation presents: Small Scale Cheese-Making in the Home Kitchen with Anne Butera</td>
<td>Easy Fermentation with Dawn Story of Farmstead Ferments</td>
<td>Vinegar-Making Basics with Gabrielle Rausse</td>
<td>Plowing with Pigs &amp; Other Farmstead Solutions with Hank Will of Grit and Mother Earth News</td>
</tr>
<tr>
<td><strong>Classroom 6</strong></td>
<td><strong>Visitor Center</strong></td>
<td>Creating Abundance with Permaculture Christine MaEhlman Gyovai of Blue Ridge Permaculture Network</td>
<td>Native American Herbs of Flavor &amp; Fragrance with Dr. Arthur O. Tucker</td>
<td>The Basics of Seed Saving with Rodger Wees</td>
<td>Native Medicinals: Making Medicine &amp; Creating Sanctuaries with Kathleen Maker of Sacred Plant Traditions</td>
</tr>
<tr>
<td><strong>Classroom 7</strong></td>
<td><strong>Visitor Center</strong></td>
<td>Producing Plentiful Asian Greens with Pam Dowling</td>
<td>The New Victory Garden: Harmonizing Vegetables &amp; Flowers with Joe Brunetti and Erin Clark, Horticulturists at the Smithsonian National Museum of American History</td>
<td>Grow a Sustainable Diet with Cindy Conner</td>
<td>Chicken Whispering: Discover the Chicken You Never Knew with Patricia Foreman</td>
</tr>
<tr>
<td><strong>Woodland Pavilion</strong></td>
<td><strong>Visitor Center</strong></td>
<td>Backyard Revolution’s Growing a Nation presents Creating the Family Homestead with Adrienne Young-Ramsay</td>
<td>Backyard Revolution’s Growing a Nation presents How to Build A Pole Barn with Luke Ramsey of Ramsey Restoration</td>
<td>Backyard Revolution’s Growing a Nation presents Harmonious Herd Management for Land &amp; Animals with Ben Coleman</td>
<td>Backyard Revolution’s Growing a Nation presents: Keeping Happy, Healthy Orchard Trees with Pierre Boulanger</td>
</tr>
<tr>
<td><strong>Walkabout Tours,</strong> Meet at the Fish Pond</td>
<td><strong>Mountaintop</strong></td>
<td>Thomas Jefferson’s Fruit Garden with Gabrielle Rausse</td>
<td>Thomas Jefferson’s Natural History Woodland Walk with Jerry Threinen</td>
<td>Monticello Herbs &amp; Their Uses with Lily Fox-Bruguiere</td>
<td>Thomas Jefferson’s Revolutionary Garden with Peter Hatch</td>
</tr>
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### GRAND PREVIEW KEYNOTE SPEAKER

**Dr. Cary Fowler**

Dr. Cary Fowler’s international career in the conservation and use of crop diversity spans almost 40 years. Most recently Cary was Executive Director of the Global Crop Diversity Trust.

In the 1990s, Cary headed the International Conference and Programme on Plant Genetic Resources at the Food and Agriculture Organization of the United Nations (FAO), which produced the UN’s first ever global assessment of the state of the world’s plant genetic resources. He drafted and supervised negotiations of FAO’s Global Plan of Action for Plant Genetic Resources, adopted by 150 countries in 1996. That same year he served as Special Assistant to the Secretary General of the World Food Summit. Currently he is a member of the Boards of the New York Botanical Garden Corporation and Rhodes College, and he chairs the International Advisory Council of the Svalbard Global Seed Vault. The Vault provides a secure backup for the world’s seed collection and is the single largest collection of crop diversity in the world. Inside the Seed Vault, Fowler and his team work to ensure that the world’s food supply has the diversity needed to address the omnipresent threats of pests, diseases, and climate change.

Cary has been profiled by CBS 60 Minutes, The New Yorker, and New Scientist, and is the author of several books on the subject of crop diversity and more than 100 articles on the topic in journals on agriculture, law, and development.

### GRAND PREVIEW KEYNOTE SPEAKER

**Steve Bender**

Steve Bender is the Senior Writer for Southern Living and has been with the magazine since 1983. He received his B.A. in History from Washington College in Chestertown, MD and a Certificate in Ornamental Horticulture from the Institute of Applied Agriculture at the University of Maryland.

Steve has edited three books for Southern Living—the Southern Living Landscape Book, the Southern Living Garden Problem Solver, and the Southern Living Garden Book and is currently working on a revision of the latter, due out in 2015. Over the years, he has received many writing awards. Passalong Plants, co-authored with Felder Rushing, was named the best-written garden book by the Garden Writers of America in 1994. A sequel is pending. As the “Grumpy Gardener,” Steve writes one of the most popular gardening blogs in the country with more than a million page views per year.

Steve makes his home in Hoover, Alabama with his beautiful wife, Judy, his brilliant son, Brian, his lazy cat, Ketchup, and his garden gnome, Svalbard.
### SATURDAY, SEPTEMBER 7

<table>
<thead>
<tr>
<th>Time</th>
<th>Classroom 5 Visitor Center</th>
<th>Classroom 6 Visitor Center</th>
<th>Classroom 7 Visitor Center</th>
<th>Woodland Pavilion Visitor Center</th>
<th>Walkabout Tours, Meet at the Fish Pond Mountaintop</th>
<th>Vegetable Garden Tent Mountaintop</th>
<th>West Lawn Tent Mountaintop</th>
<th>South Terrace Mountaintop</th>
<th>Farmer Tent Mountaintop</th>
</tr>
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<tr>
<td>9:00 – 10:00</td>
<td>Mushrooms &amp; Useful Plants: Fungal Allies with Mark Jones of Sharenaide Farm</td>
<td>Putting By: An Introduction to Home Canning with Lori Sorenson</td>
<td>Elderberry Syrup &amp; other Elixirs for Immune Health with Kathleen Maier of Sacred Plant Traditions</td>
<td>Tomatoes for Southeast Gardens: Colors, Flavors, Stories with Craig LeHoullier</td>
<td>Thomas Jefferson &amp; Natural History Woodland Walk with Jerry Therrien</td>
<td>Virginia Cider Making with Chuck &amp; Charlotte Shelby of Albemarle CiderWorks and Vintage Virginia Apples</td>
<td>New Dimensions in Garden Art with Dr. Arthur O. Tucker</td>
<td>Seed Swap with Rodger Winn</td>
<td>How to Gross $1 Per Square Foot on Your Small Farm with Clif Slade</td>
</tr>
<tr>
<td>12:00 – 1:00</td>
<td>The Basics of Seed Saving with Rodger Winn</td>
<td>Grow Great Spring Flowers with Fall Plantings with Lisa Mason-Ziegler of The Gardener’s Workshop</td>
<td>The Sustainable Farm Lifestyle with Michael Levatino of Ted’s Last Stand</td>
<td>Propagating Fruit Trees with Alexis Ziegler of Living Energy Farm</td>
<td>Seed Saving in the Monticello Flower Garden with Debbie Donkey</td>
<td>Green Up Your Home &amp; Town: Beauty &amp; Benefits with Barbara Hobens</td>
<td>Can the Sweet Corn with Hank Will of Girl and Mother Earth News</td>
<td>Seed Swap with Rodger Winn</td>
<td>Selecting the Right Land and Location for Your New Farm with Sue Ellen Johnson of Piedmont Environmental Council</td>
</tr>
<tr>
<td>1:30 – 2:30</td>
<td>Seasonal Cooking: Extending the Harvest with Gay Beery of A Pimento Catering</td>
<td>Apple Varieties for Organic Orchards with Tom Burford</td>
<td>Planning a Sustainable Food System with Tony Keeve of Earthwise Company, LLC</td>
<td>The Flora of Virginia: Worth the 250 Year Wait with Marion Lodge of Virginia Native Plant Society</td>
<td>Thomas Jefferson &amp; Natural History Woodland Walk with Peggy Comert</td>
<td>Planning Your Garden for Seed Saving with Grant Dixon of Savers Exchange</td>
<td>Extending the Harvest: Garden Fresh Eating All Year with Ira Wallace of Southern Exposure Seed Exchange</td>
<td>GMO Panel</td>
<td>Albemarle County presents Marketing Boot Camp</td>
</tr>
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**Note:** The Visitor Center is 0.3 miles from the Mountaintop. Please allow at least 15 minutes of travel time between these locations. Shuttles also run from the Shuttle Drop-Off area to the Visitor Center.

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### Chef Demonstration Tent Mountaintop

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<tr>
<td>9:00 – 9:30</td>
<td>Cup Cake Decoration: So Easy a Kid Can Do It with Kimberly Ligh, Wilton Method Instructor</td>
<td>Duck Confit with Dean Muppin, Owner C &amp; O Restaurant</td>
<td>A Duo of Tomato Salads with Miriam Rubin</td>
<td>Seed Swap with Rodger Winn</td>
<td>How to Gross $1 Per Square Foot on Your Small Farm with Clif Slade</td>
<td>The Future of Small Farms with Forest Pitchard</td>
<td>Selecting the Right Land and Location for Your New Farm with Sue Ellen Johnson of Piedmont Environmental Council</td>
<td>Albemarle County presents Marketing Boot Camp</td>
<td>Farm Foundation Presents Solutions from the Lands</td>
</tr>
<tr>
<td>9:45 – 10:15</td>
<td>Duck Confit with Dean Muppin, Owner C &amp; O Restaurant</td>
<td>A Duo of Tomato Salads with Miriam Rubin</td>
<td>Why We Eat What We Eat with Michele Kayal</td>
<td>Visiting Center.</td>
<td>Farming in the Style of Thomas Jefferson with Mark Gresge, Owner, 5 South Catering</td>
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<td>Visiting Center.</td>
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<tr>
<td>10:30 – 11:15</td>
<td>A Duo of Tomato Salads with Miriam Rubin</td>
<td>Why We Eat What We Eat with Michele Kayal</td>
<td>maize, The Mother Corn with Kelley Wilkinson</td>
<td>Visiting Center.</td>
<td>Farming in the Style of Thomas Jefferson with Mark Gresge, Owner, 5 South Catering</td>
<td>Farming in the Style of Thomas Jefferson with Mark Gresge, Owner, 5 South Catering</td>
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Ivy Publications is pleased to support the 7th Annual Heritage Harvest Festival at Monticello.

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Proud to be part of community events like the
HERITAGE HARVEST FESTIVAL
AT MONTICELLO

Gabriele Rausse, Director of Gardens and Grounds, Monticello
Adjunct Faculty, PVCC

Contact us at 434.961.5354 or workforce@pvcc.edu

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Monticello

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We take it away,
you get high-quality, finished compost in return.

“The meats are my table drink” - Thomas Jefferson
Come discover the crisp taste of the ciders Jefferson enjoyed

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NOTE: The Visitor Center is 0.3 miles from the Mountaintop. Please allow at least 15 minutes of travel time between these locations. Shuttles also run from the Shuttle Drop-Off area to the Visitor Center.

0.3 mile walking path to the Thomas Jefferson Visitor Center
**Exhibitors and Vendors**

1. **Piedmont Virginia Community College** - The culinary arts program at PVCC is an Associate in Applied Science in Culinary Arts. Our goal is to educate students and build a foundation of knowledge and skills so that they will be able to build successful careers in culinary arts and for our graduates to be sought after culinary professionals within our local food service industry. [www.pvcc.edu](http://www.pvcc.edu)

2. **Albemarle County** - Home to 98,970 residents, is one of the most attractive and desirable locations in Virginia. The county has a wide range of cultural, historic and recreational activities which offer unique advantages for thriving businesses and for gracious living. [www.albemarle.org](http://www.albemarle.org)

3. **Rebecca’s Natural Food** - Offers personalized service in choosing the highest quality natural supplements, body care items, specialty food, and organic bulk spices in a fun, comfortable, clean environment. [www.rebeccasnaturalfood.com](http://www.rebeccasnaturalfood.com)


5. **Mountain Meadow Creamery** - Located in Ivy and in business for over 25 years, produces milk based soaps, lotions and bath salts. [mountainmeadowproducts.com](http://mountainmeadowproducts.com)

6. **Hope of Glory Farm** - We are a fiber farm offering products such as socks, scarves, stuffed toys and shawls made from our alpacas, sheep and goats. Also, raw fleece and rovings for spinning are available. [www.hopeofgloryfarm.com](http://www.hopeofgloryfarm.com)

7. **LFN Textiles** - Presents garden-themed ribbons and hand-printed household textiles designed by Laura Foster Nicholson. [www.lfntextiles.com](http://www.lfntextiles.com)

8. **Roses Ridge Farm** - Handcrafts goats milk soap and natural skincare products using local and environmentally friendly ingredients. Our products are made on our small family farm especially for those with sensitive skin. [www.rosesridgefarm.com](http://www.rosesridgefarm.com)

9. **The Secret Garden** - Provides fresh foods and gardening innovation from our sustainable homestead. We design live succulent wreaths, hypertufa and whimsical container gardens as well as live wall hangings and provide fresh local vegetables in season. [www.hensandhicks.com](http://www.hensandhicks.com)

10. **Gossamer Foundation** - Is a nonprofit dedicated to Global Sustainability and Local Foods. Their projects include the Chickens and You Training Series leading to the Master Backyard Chicken Keeper Certification, and the Coop Corps. [www.chickensandyou.com](http://www.chickensandyou.com)

11. **Forrest Green Farm** - Is located in central Virginia, supplying the best naturally- and ecologically-grown medicinal and culinary herb plants, vegetables, grass-fed beef, pasture-raised chickens, and more. [www.forrestgreenfarm.com](http://www.forrestgreenfarm.com)

12. **Bath Fitter** - One of North America’s leading acrylic bathtub, shower enclosure and tub-to-shower conversion companies. Our bathtub refinishing products are custom molded to fit over existing fixtures for quick and clean bathroom renovations that last a lifetime. [www.bathfitter.com](http://www.bathfitter.com)

13. **Blue Ridge Permaculture Network** - Is a group of permaculture practitioners and educators who live and work in the Central Virginia Bioregion. [www.blueridgepermaculture.net](http://www.blueridgepermaculture.net)

14. **Aunt Beas Backyard Beehives** - Promote the use of sustainable practices as naturally as possible within any managed hive system. It is a beginner-friendly, small scale, economical, pesticide-free, bee-conservation hive: a viable alternative beekeeping paradigm. [www.auntbeasbees.com](http://www.auntbeasbees.com)

15. **UVA Institute for Environmental Negotiation** - The Virginia Food Heritage Project is a collaborative, community-based project that envisions a greater understanding and documentation of our food heritage to enhance our regional sustainability and resilience. [www.vgfoodheritage.com](http://www.vgfoodheritage.com)

16. **Black Bear Composting** - Was founded in 2010 to play a role in organics recycling in Central Virginia. We are located on a 47 acre farm in Crimora, located in Augusta County in Virginia’s Shenandoah Valley. [www.blackbearcomposting.com](http://www.blackbearcomposting.com)

17. **Purple Mountain Organics** - Is committed to offering quality organic farm and garden tools, as well as growing supplies. Whether it’s a backyard garden, community plot, or market farm, they can help you grow organically. [www.purplemountainorganics.com](http://www.purplemountainorganics.com)

18. **Ogden Publications** - Inc., based in Topeka, Kan., is the leading information resource serving the sustainable living, rural lifestyle, farm memorabilia and classic motorcycle communities. As proud sponsors of the Heritage Harvest Festival, Ogden’s brands Mother Earth News, Mother Earth Living, and Grit are leading voices in the Charlottesville area and nationwide.

19. **Optima Health** provides health plan coverage to more than 450,000 members throughout Virginia. We offer programs to support members with chronic illnesses, customized wellness programs, and integrated clinical and behavioral health services—all to help our members improve their health. Wherever we serve our members, Optima stands out through our passion for health and service excellence.

20. **Enchanter’s Garden Native Plant Nursery** specializes in growing plants native to the southern Appalachian Mountains and beyond. We also have a special focus on plants growing in the rare and endangered shale-barrens habitat found from Pennsylvania through Virginia and West Virginia. [www.enchantersgarden.com](http://www.enchantersgarden.com)

21. **A Thyme to Plant at Lavender Fields Herb Farm** has Virginia’s largest selection of USDA Certified Organic herb plants, gourmet vegetable plants, and raw local honey. [www.lavenderfieldsfarm.com](http://www.lavenderfieldsfarm.com)

22. **The Airlie Center** - Center opened its doors in 1960, establishing a space where individuals and organizations could meet in a distraction-free and neutral environment to candidly exchange ideas on issues, ignite thought and inspire collective action around shared interests, purpose and values. [www.airlie.org](http://www.airlie.org)


24. **Gilliard Farms, LLC** specializes in recording and collecting personal stories and memories of culturally significant food and agriculture practices—including written and audio-visual documentation (“Food Heritage StoryCorps”). [www.gilliardfarms.com](http://www.gilliardfarms.com)

25. **Blue Ridge Pizza Co.** A 100% wood-fired pizza oven located on the back of a truck in Central Virginia. Our pizzas feature local ingredients as often as possible. [www.blueridgepizza.com](http://www.blueridgepizza.com)

26. **Amaizin’ Grazin’** prepares grass-finished beef from Polyface Farm with the aim of selling “real” food.

27. **Family Ties and Pies** makes fresh fruit, all natural seasonal gourmet, pies, quiche, brioche, scones, & granola. We are a family based business and have sold at markets and festivals and Relay Foods for 7 years. [www.familytiesandpies.com](http://www.familytiesandpies.com)

28. **Greenie’s** offers locally source vegetarian and vegan foods. We call our menu creative vegetarian because we depend on what’s fresh and seasonal and what comes to mind.

29. **Pantheon Ice Pops** - We are selling popsicles that we make using fresh fruit, and/or coconut milk. We also make a chocolate with sea salt that’s a real favorite. Find us on Facebook at Pantheon Pop Shop.

30. **Griffon’s Aerie** is a pasture-based farm that not only raises the Devon beef and Tamworth pork, but expertly prepares and serves their product at select events. [www.griffonsaerie.com](http://www.griffonsaerie.com)

31. **Kira’s Crepes** - Provides delicious freshly-made sweet and savory crepes. [www.kirascrepes.com](http://www.kirascrepes.com)

32. **The Early Bird Gallery** specializes in antiques & new accessories for you, your home and your garden, collected by Cheri Kennedy Early.

33. **Countryside Organics** manufactures organic material mixes, livestock feeds, and a complete line of supplements and fertilizers for organic farming. [www.countrysideorganics.org](http://www.countrysideorganics.org)

34. **Michelle’s Herbs** offers a wide variety of organic foods and everyday products including: Organic Spices, Gluten-Free Foods, Organic Produce, Organic Skin Care Products and much more! [www.michellesherbs.com](http://www.michellesherbs.com)
Ted’s Last Stand is a small, sustainable flower, vegetable, honey, and egg farm. Their book The Joy of Hobby Farming was published in April 2011. [www.tedslaststand.com](http://www.tedslaststand.com)

Albernale CiderWorks is a family-run Cidery and Tasting Room that produces hard cider from heritage varieties of apples that can thrive in Albemarle County, Virginia. [www.albernalmagazine.com](http://www.albernalmagazine.com)

Sandy Motley Catering presents the Backaroo Chuck Wagon. We will bring back some of the authenticity of the Old West with dutch ovens and grills to serve foods of the past with a present day twist. [www.sandymotleycatering.com](http://www.sandymotleycatering.com)

Carpe Donut believes in real organic, locally-produced food. They also believe in lots of pure cane sugar, because hey, a donut is a donut! [www.carpedonut.org](http://www.carpedonut.org)

Anderson Carriage Food has been locally owned and operated for over 80 years. Anderson Carriage Food offers the highest quality and the freshest seafood, meats and produce. [www.andersoncarriagefoodhouse.com](http://www.andersoncarriagefoodhouse.com)

Bazlamas brings you hand picked street foods of Turkey; Doner Kebabs, appe†z-...
Exhibitors and Vendors

**Backyard Revolution's Young Pioneers**
See what young pioneers did for fun while living off the land, and try some activities yourself!

**Food History** • Back in the day, every meal was a seasonal masterpiece. Come create with Christina Putnam.

**Whittington/Country Woodworking** • Try your hand at this ancient art with David Montague.

**Handmade Puppet Shows** • Purl Samohel will entertain and engage the entire family.

**The Art of Nature** • Lisa Kimball guides young ones integrating expression and our natural world.

**Natural Survival** • The Rivanna Master Naturalists illustrate how Pioneers & Indigenous Peoples depended on harmonious relations with the Natural World to survive.

**Pioneer Games and Skills** • Hugh Gildea, a true preservationist of 18th-century America customs and lore, engages and instructs.

**Backyard Revolution's Domestic Arts**
Learn what you had to do to make items like clothes, toys, and hygiene products before modern machines.

**Farmstead Ferments** • Dawn Story demonstrates ancient art of Food and Health Preservation

**Herbal Body Care** • Brigitte Rau of Brights Organics highlights how-to's of DIY herbal goodess

**Kimberly's Heirloom Crafts** • Kimberly Radcliffe invites us in to spin.

**Albemarle Handweavers Guild** • Experience the energy and expression of Fiber Arts with the lovely ladies of AHG hand weaving, spinning, knitting, crocheting...come try to drop spindle!

**Historic Nutrition** • Alexa Bell, representing the Weston A. Price Foundation, reveals the steady and wealth of our ancestral palates

**Botanical Dyeing** • Janet Karg illuminates the vibrant world of natural color with hands on fun

**Natural Fiber Dollmaking** • Allegra Studzinskij gives form to nature spirits through handmade dolls

**Herb Simplex** • Learn to introduce simple herbs for families from Terry Lilly of Heartroot Farm

**Basic Sewing** • Learn basic stitching techniques with Rosie Valentino and Kathy Carter

**Backyard Revolution's Skills and Survival**
What did it take to trap your own food, defend yourself from outsiders, and survive the unpredictable weather? Learn about log cabin construction, archery, stone masonry and much more!

Central Virginia Master Gardeners are based in Louisa county. In addition to other projects we serve as a co-sponsor of the Heritage Harvest Festival providing logistical support on the days of the event. [www.louisamgv.org](http://www.louisamgv.org)

**Central Virginia Master Gardeners—Louisa** offer horticultural and gardening education and information through a Plant Clinic. We will also be offering Vermaculture (worms) presentations at 11:00 am and 2:00 pm. Also we will have a Rain Barrel display with presentations at 9:00 to 11:00 am and 1:00 to 3:00pm. [www.louisamgv.org](http://www.louisamgv.org)

**Chesapeake Area Tree Stewards**
Identify-at-risk, threatened and endangered place-based heritage foods, seeds, and animal breeds unique to the central Piedmont.

**Elizabeth Lord** creates handmade 99% natural handmade skincare and soap. [www.elizabethlordnaturals.com](http://www.elizabethlordnaturals.com)

**Food For Thought** is a collaborative program addressing childhood obesity and wellness through teaching nutrition, ecology, agriculture and environmental stewardship in the classroom and outdoor learning center. [www.foodforthoughtva.org](http://www.foodforthoughtva.org)

**Monticello Garden Explorers**
Thomas Jefferson was not only a founding Father—he was a founding gardener. Learn how to sift and save heirloom seeds and go on a Veggie Quest scavenger hunt in Monticello's spectacular vegetable garden.

**Kim and Jimbo Cary** perform Southern Mountain Music for the whole family on fiddle, banjo, guitar, and mandolin. The audience plays along on gourds, bones, bamboo, and seed rattles. [www.kimandjimbcary.com](http://www.kimandjimbcary.com)

**Discovery Tent**
Decorate your own picture frame with natural materials, create a fun craft using sliced fruits and veggies as stamps, see how to make paper with bicycle power, and more!

**Historic Chocolate Demonstrations**
The Historic Division of Mars was established with the vision of becoming the undisputed leader in chocolate history. Enjoy demonstrations of chocolate making and learn about Chocolate in Jefferson's day. [americanchocolatechocolate.com](http://americanchocolatechocolate.com)

**Java Bags**
creates tote bags and hand bags sewn from upcycled coffee sacks in three different sizes. [www.facebook.com/javabags](http://www.facebook.com/javabags)

**Lynn Szarabajka** is a fiber artist and spin my own locally produced wool fiber and along with many other fibers. She will be demonstrating fiber spinning, talking about raising sheep and displaying many different fiber felting techniques such as needle felting and wet felting.

**Mountaintop Montessori School** is an accredited Montessori program for toddlers through middle school. We share the gardens, greenhouse, chickens, bees and fish on our nine-acre campus with the greater Charlottesville community. [www.mountaintopmontessori.org](http://www.mountaintopmontessori.org)

**Piedmont Virginia Master Gardeners**
horticulture educators serving Albemarle County and Charlottesville through 4-H programs, adult seminars and answering questions through our “help desk” and farmer’s market booths. [www.piedmontmastergardeners.org](http://www.piedmontmastergardeners.org)

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**EXHIBITORS AND VENDORS**

**Kid and Family Zone**

**A** Thomas Jefferson's Gadgets
Discover the genius of Jefferson as you try your hand at writing with a quill pen, crack a code with a wheel cipher, peer through a camera obscura, and color a Travelin’ TJ.

**B** The Fluffy Flock
A small flock of Colored Rambouillet and the endangered Leicester Longwool sheep located in Unionville, Virginia. The flock is owned by Natalia Seitzer who was selected through the Youth Conservationist Program. [www.facebook.com/thefluffyflock](http://www.facebook.com/thefluffyflock)

**C** Historic Children's Games
Roll hoops on Monticello's West Lawn, just like Jefferson's grandchildren.

**D** Backyard Revolution’s Picture Station
Pose for a photo with TJ in front of the iconic “nickel-view” of Monticello.

**E** Backyard Revolution's Music
Learn how to make violins and other instruments with Chip Stanley and Luther John Larrimore.

**F** Backyard Revolution's Farm Games
Come play these family oriented, old-fashioned farm games designed to test skills, wit and wisdom! Enjoy animal calls, gunny-sack races, eggs in spoons and more.

**G** Backyard Revolution's Field Arts
Ever wanted to know how to milk a cow? Take care of a bee hive? Look after farm animals, and more? Find out with a wide variety of hands-on demonstrations and lessons.

Healing with Herbs • Ben Coleman teaches us how to build healthy soil, happy animals, and delicious, nutritionally dense food with age-old herd management methodologies

Cow Milking • Nathan Vergin of Silky Cow performs the demonstrated way to Horse Hoof Care and shows her miniature ponies

**H** Backyard Revolution’s Domestic Arts
Sheep Shearing • Wojciech Wagiel invites us to marvel as he sheers sheep from Bon Aire Farm

**I** Backyard Revolution's Young Pioneers
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Project GROWS Our goal is to lower obesity rates among youth in Augusta County through connecting children and youth to the food they eat at a 10-acre community farm in Verona, VA. www.projectgrow.org

Silpada Designs offers .925 fine sterling silver jewelry, all handcrafted with a lifetime guarantee. Authentic semi-precious tones and freshwater pearls, hand-knotted silk, hand-tooled Italian leather, and a variety of natural materials are used. mysilpada.com/raina.rop

Tara Luna Y Sol Botanical Arts Lenna Keefer is a co-creative, biodynamic gardener, botanical illustrator, educator, medicinal herbalist and wild crafter with 20 years of experience teaching, practicing and communicating with plants.

Allegheny Mountain School is an experiential fellowship program designed to serve our region’s communities in developing a more secure food system. AMS is a program of The Highland Center, a non-profit located in Monterey, VA. www.alleghenymountainschool.org

Forrest Pritchard and Smith Meadows Forrest Pritchard is a professional farmer, writer and public speaker. His book Gaining Ground, A Story of Farmers’ Markets, Local Food and Saving the Family Farm was named a Top Ten Book by Publishers Weekly. Washingtonian and NPR’s The Splendid Table. www.smithmeadows.com

Glean Acres is a small diversified farm that grows specialty produce and free-range, pastured, non-GMO chicken for market. www.gleanacres.com

The Elderberry LLC Identify and map heritage food and agricultural sites, such as mills and graineries, canneries, butcheries and cideries.

The Jade Butterfly with Heather Gerry. apart from creating green, handmade cards, paper crafts, and gifts, also offers crafting classes, workshops, and parties. www.thejadebutterfly.com

Thomas Jefferson Demonstration Garden is a teaching garden made up of Jefferson-documented useful plants, including varieties used for the production of food, medicine, textiles, dyes, and other materials. www.tjdemonstrationgarden.wordpress.com

UVA Community Garden hopes to be a space for both Charlottesville and the University to learn more about organic gardening, uvacarden.wordpress.com

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Backyard Revolution’s Growing a Nation Presents: Small Scale Cheese-Making in the Home Kitchen with Anne Buteau Join Backyard Revolution’s Anne Buteau for this do-it-yourself introduction to the art and science of cheese-making and other fermented dairy products. Making cheese at home is economical, allows you to use the best quality, most local dairy products available, and for many types of cheese is quick and easy. Anne will share recipes appropriate to the home kitchen and will demonstrate a variety of cheese-making techniques.

Creating Abundance with Permaculture with Christine Gyovai of Blue Ridge Permaculture Learn how to build sustainable gardens in your home and community through the use of permaculture, a system of ecological design based on natural patterns.

Producing Plentiful Asian Greens with Pam Dawling Many varieties of tasty, nutritious greens grow quickly and bring fast returns. This session will cover production of Asian greens in our region, both outdoors and in the hoop house, and will include tips on variety selection, timing of plantings, pest and disease management, fertility and weed management, and the harvesting over twenty types of Asian greens.

Sacred Plant Traditions, LLC is an educational center offering classes on herbal medicine. From beginner classes in kitchen apothecary and fermentation, to our three year Clinical Herbal Training, we have something for all levels of interest. www.sacredplanttraditions.com

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Washington Gardener Magazine The only gardening publication published specifically for Washington DC and its MD and VA suburbs. The magazine is written entirely BY local area gardeners FOR local gardeners. The content of the magazine gives real examples that you can use immediately in your own garden. It will save you time and show you how to stretch your garden resources, and inspire you with new ideas and new ways of looking at things.

Program Descriptions

Paid Programs • Friday, September 6

Herb Box on a Budget with Althea and Matthew Raiford Siblings Althea and Matthew will teach you how to build your own organic herb garden on a small budget. They will be use pallets (which you can usually find for free at a hardware store) to build a small herb box to house your herb garden. Discover how to build the garden with and without a mini-hoop house for colder months. In conclusion, Althea and Matthew will provide a simple printout of the plans, instructions, and suggestions for the construction process.

Thomas Jefferson’s Fruit Garden with Gabriele Rausse Enjoy an in-depth tour of Monticello’s South Orchard and Vineyards. Explore over 150 historic fruit varieties that Jefferson referred to as “precious refreshment,” from peaches, plums, and apples, to berries, grapes, and figs.

Easy Fermentation with Dawn Story of Farmstead Ferments Join Dawn Story and learn how easy it is to ferment vegetables into products such as zesty and delicious sauerkraut, kimchi, or pickles and how bringing the art of fermentation into the home can boost your family’s health and well-being.
Native American Herbs of Flavor and Fragrance with Dr. Arthur O. Tucker
When European settlers washed upon the shores of the New World, they found a number of “flavor cognates” of the plants that they knew in the Old World, such as native plants smelling of onions, oregano, and other culinary standards. Some novel flavors, such as chile peppers and vanilla, were quickly assimilated within their culture and spread rather quickly. In this informative workshop, learn about the plethora of native herbs that still remain unknown to most of America, but have the power to enrich our cooking arsenal.

Erin and Joe will start with a quick history of Victory Gardens, add some fun facts about war propaganda and what was harvested, then dive into some of their favorite fruit, vegetable, and flower combinations.

Backyard Revolution’s Growing a Nation Presents: Creating the Family Homestead with Adrienne Young-Ramsey
The desire to nurture a self-sustaining lifestyle harkens back to days of old when such efforts were a matter of survival. While the simple charms of DIY and a “raise it yourself” style of living captures many people’s attention, this workshop is designed for those who are interested yet hesitant. Practical tips on where to begin your DIY journey, the spiritual nuances and benefits of a seasonally based and Earth centered living, and ideas on how to incorporate your whole family into the homesteading effort will be discussed.

Thomas Jefferson & Natural History Woodland Walk with Jerry Therrien
Jefferson's passion for gardening arose from his curiosity about natural history and the "trivial pursuits" of science. Trek through the forests of Monticello Mountain and examine wildflowers, seedpods, nuts, trees, mammals, birds, fungi, insects, and geology.

Vinegar-Making Basics with Gabriele Rausse
Vinegar was an integral ingredient by joining winemaker Gabriele Rausse in learning the basic principles of vinegar-making.

The Basics of Seed Saving with Rodger Winn
Learn seed-saving techniques for tomatoes, peppers, eggplant and beans. There will be a discussion on isolation techniques, seed processing, harvesting, and storage. Also included in the lecture is a comprehensive demonstration of picking fruits for maximum seed viability and how to extract their seeds.

Grow a Sustainable Diet with Cindy Conner
Cindy Conner combines her experience with GROW BIOINTENSIVE® Sustainable Mini-farming with what she has learned through study and practice of organic gardening, soil building, and nutrition since her first garden in 1974. Learn how she has put it all together in a way that works for her and get valuable tips for growing your own sustainable diet. Discover which crops provide the most food in the least space and what to grow to also give back to the Earth. www.HomeplaceEarth.com

Backyard Revolution’s Growing a Nation Presents: How to Build a Pole Barn with Luke Ramsey of Ramsey Restoration
A pole barn is the simplest and cheapest design. With just a little know how, you too can learn to build one. A pole barn can be used for just about anything: animal shelter, feed and tractor storage, a greenhouse, or even a home. If you are curious about simple structure construction but have never known where to begin, this workshop is for you! We will cover basic building techniques. While no previous experience is necessary, a working knowledge of tools is helpful.

Monticello Herbs and Their Uses with Lilly Fox-Bruguier
Herbs have long been valued for their many uses as flavorings, medicines, dyestuffs, and more. Tour the useful herbs growing in the gardens at Monticello, focusing on the herbs documented by Jefferson in his garden book and correspondence.

Plowing with Pigs and Other Farmstead Solutions with Hank Will of Grit and Mother Earth News Magazine
Join Grit magazine Editor in Chief Hank Will as he considers off-the-wall solutions for real farmstead problems. Yes, you can make enough hay with hand tools to feed a flock through the winter and accomplish very much more using your head, animals on hand, and sufficient labor to keep you in good shape!

Native Medicinals: Making Medicine and Creating Sanctuaries with Kathleen Maier of Sacred Plant Traditions
Back by popular demand, this class will discuss our favorite native plants that have been traditionally and are currently used as safe and effective medicines. Kathleen has over 20 years of experience as a practicing herbalist and will guide us through preparing these plants into medicines. As a Board member of the United Plant Savers, she will also discuss how to create a botanical sanctuary and become part of the United Plant Sanctuary network.

Chicken Whispering: Discover the Chicken You Never Knew with Patricia Foreman
Learn the essentials of preventative disease management that utilize proactive care to keep your flock healthy. You will learn about considerations for housing, air-quality, feed, water, and special challenges that you might face with your flock. You will learn how to treat the most common diseases as well as wounds and trauma. The workshop will include hands-on administration of treatments and wound care. Learn how to make and use simple but effective treatments without prescription drugs. This workshop teaches you what you need to know to avoid most veterinary bills.

Backyard Revolution’s Growing a Nation Presents: Harmonious Herb Management for Land and Animals with Ben Coleman
Follow along with a first-generation farmer seeking truth and holistic health that works on any scale. Our Earth’s land base has been used and abused for generations. This workshop will discuss hands-on methods for living on the land without detriment, using proven methods of healing and encouraging the Earth to provide her caretakers with abundant food and water for FREE! What else do we need?

Thomas Jefferson’s Revolutionary Garden with Peter Hatch
Jefferson’s Kitchen Garden at Monticello was a melting pot of new and unusual plants from around the world. On this tour, stroll through the 1,000-foot-long vegetable garden and learn about this experimental laboratory and some of the 350 vegetable varieties it houses.

Heirloom Garlic & Perennial Onions: How to Grow These Culinary Essentials with Ira Wallace of Southern Exposure Seed Exchange
Learn how to add these hardy, productive perennials to your farm or garden plans. Each participant will receive a “mini samples” from the Southern Exposure 2012 garlic and onion varieties.

The Small-Scale Poultry Flock: An All-Natural Approach to Raising Chickens and Other Fowl for Home and Market Growers with Harvey Ussery
This workshop discusses a whole-systems approach to poultry husbandry based on “stacking” the flock with other functions on the homestead or farm such as soil fertility, food production, recycling waste to resource, and expanding biodiversity to become more self-sufficient while protecting the wider ecology. Holistic practices include low labor manure management using deep litter both indoors and out; maximizing access to live natural foods; putting the flock to work in real-world tasks such as tilling, insect and weed control, and compost-making; protecting the flock while respecting the essential roles of predators; working with broody hens to hatch new stock; stepping up to small market production; and much more.

Growing a Better Organic Food Garden with Barbara Pleasant
To grow plenty of organic edibles, you must improve your soil, create good habitat for beneficial creatures, and plant strong varieties at the right times. Organic gardening expert Barbara Pleasant shares dozens of proven techniques for growing high-quality vegetables, herbs, and fruits. This lively presentation explores simple ways to improve poor soil, and you’ll also learn organic pest management strategies that involve around songbirds, tole row covers and flowers. Barbara’s tips for extending the spring and fall seasons—and for surviving summer in style—will help your garden better than ever.

Maintaining a Bee Yard during Times of Adversity with Paul Legrand
This workshop will focus on the obstacles facing established beekeepers and offer suggestions and remedies for confronting these issues. Specific topics will include queen bee replacement, minimizing swarms, and dealing with the enemies of bees such as bee mites, moths, and the latest problem in this area, the small hive beetle.

Thomas Jefferson & Natural History Woodland Walk with Peggy Cornett
Thomas Jefferson’s passion for gardening arose from his truly wide-eyed curiosity about natural history and the “trivial pursuits” of science. Peggy Cornett will lead this trek through the forests of Monticello Mountain. Participants will examine autumn wildflowers, seedpods and nuts, trees, mammals, birds, the skies, fungi, insects, and geology with the historical perspective of the Sage of Monticello ever in mind.
Common Nutritive Herbs for Promoting Family Health
with Krista & Rob Rahm of Forrest Green Farm
 Nutritive herbs are plants that provide “all the good stuff” such as protein, carbohydrates, fats, vitamins and minerals necessary for general nutrition and health. These nutritive herbs provide the body with a source of easily assimilated nutrients to make us feel stronger, more energetic, and help prevent diseases. Nutritive herbs can easily be added to any diet through food rather than the pills that are common in modern medicine. In this workshop, we learn about some common nutrient dense herbs, recipes, and how we can incorporate them into our daily diets.

Regionally Adapted Plants
with Kathy Jentz of Washington Gardener Magazine
Explore plants that have proven themselves to be easy and successful to grow in the Mid-Atlantic. With our ever increasingly busy lives, low-maintenance gardening is the goal of many plant enthusiasts. The key is to plant the right plants for our Virginia climate. Kathy Jentz will talk about some native plants, but also will explore the tried-and-true plants that can endure clay soil, deer, and periods of drought. Season-by-season, we will share our favorite plants that excel in our local gardens.

Paid Programs • Saturday, September 7

Mushrooms and Useful Plants: Fungal Allies
with Mark Jones of Sharondale Farm
This engaging talk explores human-fungal interactions and the possibilities of our alliance for Earth healing, maintaining resilient ecosystems, and building vibrant communities. Mark will also explain why we should eat more mushrooms!

All Things Lavender
with Nicole Schermerhorn of A Thyme to Plant at Lavender Fields Herb Farm
Learn about all things lavender, including growing lavender, its native habitat and cultivation, hardy varieties, general cultivation requirements, herbal/folk lore and traditional uses, essential oil, principal components and therapeutic uses, using lavender throughout the home, cooking with lavender, cleaning with lavender, and other great secrets!

Grow a Sustainable Diet
with Cindy Conner
Cindy Conner combines her experience with GROW BIOINTENSIVE® Sustainable Mini-farming with what she has learned through study and practice of organic gardening, soil building, and nutrition since her first garden in 1974. Learn how she has put it all together in a way that works for her and get valuable tips for growing your own sustainable diet. Discover which crops provide the most food in the least space and what to grow to also give back to the Earth. www.HomeplaceEarth.com

Tomatoes for Southeast Gardens: Colors, Flavors, Stories
with Craig LeHoullier
Focusing on varieties that succeed in Craig’s challenging Raleigh gardens, this lecture will take the attendees on a pictorial journey through tomatoes of every conceivable color, flavor, size, and shape.

Growing Your Own Woodland Botanicals
with Jeanine Davis of North Carolina State University
If you have even a little bit of shade on your property, you can grow some of your own forest medicines! Jeanine Davis will start with a colorful presentation to introduce you to a wide array of woodland botanicals, including ginseng, golden-seal, black cohosh, and bloodroot. She will cover the basics about the plants, their conservation status, and how to grow them. Then, Jeannine will lead a hands-on workshop where participants will be able to propagate some of these plants. You will get to take home a few pots of these precious plants to start your own forest medicinal herb garden!

Seed Saving in the Monticello Vegetable Garden
with Pat Brodowski
On this tour, discover how to maintain your heirloom garden by saving your own seeds. Learn techniques for identifying, growing, harvesting, cleaning, and storing vegetable seeds during a hands-on collecting demonstration as we walk through the Vegetable Garden at Monticello.

Thomas Jefferson & Natural History Woodland Walk
with Jerry Therrien
Jefferson’s passion for gardening arose from his curiosity about natural history and the “trivial pursuits” of science. Trek through the forests of Monticello Mountain and examine wildflowers, seedpods, nuts, trees, mammals, birds, fungi, insects, and geology.

Virginia Cider Making
with Chuck and Charlotte Shelton of Albermarle CiderWorks and Vintage Virginia
“Ciders and malt beverages are my table drink,” Jefferson wrote, as his north orchard was devoted exclusively to producing this important product. Until the later half of the 19th century, apples were grown in America primarily to produce cider; one notable horticulturist observed that it was a turning point in American history when we started eating our apples instead of drinking them. This workshop demonstrates the art and science of cider production.

Innovative Home Composting
with Barbara Pleasant
Every gardener needs more compost, but all organic waste is not alike. In addition to using a bin or heap to capture unsightly materials, organic gardening expert Barbara Pleasant will share dozens of time-saving composting techniques discovered by innovative gardeners. Learn how to use sheet composting, fermented trench composting, captive earthworms, and other simple techniques to dispose of biodegradable waste and create healthier soil.

Succession Planting for Continuous Vegetable Harvests
with Pam Dawling
In this workshop, learn how to pin down sowing and planting dates to ensure continuous supplies of crops such as green beans, squash, cucumbers, edamame, and sweet corn, as well as year-round lettuce.

Elderberry Syrup and Other Elixirs for Immune Health
with Kathleen Maier of Sacred Plant Traditions
This fun class will demonstrate how to make simple elderberry syrup as well as other remedies for your home kitchen apothecary. Stock up on these natural elixirs to protect immune health during allergy season and the cold winter. Samples will be provided for a variety of simple cold and flu recipes.

Feeding the Poultry Flock Entirely from Home Resources
with Harvey Ussery
Is it possible to keep a backyard flock without purchased feeds? Harvey Ussery, author of The Small-Scale Poultry Flock, shares home-based feeding strategies you too can use, such as appropriate breed choice; pasturing the flock (access to all three essential “food groups”); putting the flock to work (tilling in cover crops, controlling insects, and making compost). A major bonus of all this activity is self-foraged feeds. You’ll also learn creative use of “edge habitat” plantings to both produce feed and boost biodiversity; how to cultivate earthworms as high-protein feeds; and much more!

Monticello Herbs and Their Uses
with Lily Fox-Bruguier Hedges
Herbs have long been valued for their many uses as flavorings, medicines, dyestuffs, and more. Tour the useful herbs growing in the gardens at Monticello, focusing on the herbs documented by Jefferson in his garden book and correspondence.

Cheese Tasting
with Tom Burford and Kate Collier
Explore this traditional culinary combo, focused tasting of which fruits go best with which cheeses. Hosted by Tom Burford, one of the world’s leading experts in heritage apples, and Kate Collier, artisan cheese expert and co-owner of Feast!

Local Gardening: Solving Common Challenges
with Kathy Jentz of Washington Gardener Magazine
Have you been gardening for a few years but still feel as if you have more to learn? If so, then this class is for you. We will take it to the next level and discuss local gardening challenges like poor landscape drainage, gardening on a slope, dealing with deer, planting in clay soil, and more. In addition, we will also examine case studies of local gardeners who have conquered these common garden challenges.
**PROGRAM DESCRIPTIONS**

**Grow Great Spring Flowers with Fall Plantings**
with Lisa Mason Ziegler of the Gardener’s Workshop
Any flowering plant can be propagated easily and cheaply using materials found in your home. Come to this workshop for an overview of all of the methods you will need to propagate any flowering plant, including growing from seed, layering, rooting cuttings, and grafting. With these basics, you will know how to proceed to create your own bountiful orchard at little cost.

**Propagating Fruit Trees**
with Alexis Ziegler of Living Energy Farm
Any fruiting plant can be propagated easily and cheaply using materials found in your home. This garden includes some of the favorites of spring: Snapdragons, Sweet William, Bells of Ireland, Larkspur, Sweet Peas, and more. With these easy, low-maintenance flowers, spring in your garden will never be the same.

**The Flora of Virginia: Worth the 250 Year Wait**
with Marion Lobstien of Virginia Native Plant Society
The new Flora of Virginia by Alan Weakley, Chris Ludwig, and Johnny Townsend was published in 2012. 250 years after the last Flora of Virginia was published in 1762. This modern taxonomic treatise of Virginia’s diverse vascular plant life is ground-breaking. In this presentation, Marion Lobstien will give a brief history of the Foundation of the Flora of Virginia Project that developed and supported the writing and publishing of the Flora. She will also overview the layout of the Flora and tips on how to use it to identify native and naturalized plants in Virginia.

**Seed Saving in the Monticello Flower Garden**
with Debbie Donley
Join Debbie Donley, Monticello’s Flower Gardener, for a hands-on seed saving workshop in Thomas Jefferson’s Flower Garden. Learn to identify seeds and the proper techniques for seed harvesting, cleaning, and storage. Participants will go home with a selection of seeds they harvest from the garden.

**Apple Varieties for Organic Orchards**
with Tom Burford
Explore how to identify and choose disease resistant apple varieties for organic or low-spray orchards. The resistance-susceptibility for a dozen or more modern and uncommon apples will be detailed along with the characteristics of each during the ripening season, as well as their best uses and storage qualities. Additionally, there will be a discussion of what some of the new apple growers must do to keep the trees healthy before considering a spray schedule. Burford will also discuss the apple’s history and how to proceed to create your own bountiful orchard at little cost.

**The Sustainable Farm Lifestyle**
with Michael Levatino of Ted’s Last Stand
The importance of first-timers and part-timers in reclaiming our farmsteads cannot be overstated. In this workshop, participants will learn about the Levatino’s experience moving from the city and finding their diversified hobby farm business and lifestyle on Ted’s Last Stand. Whether you are only just dreaming of a farm or trying to establish a farm business, this workshop will give you valuable insight and entertaining anecdotes to help you realize your farm dreams and avoid common mistakes. You will also learn a cornerstone of soil building and diversity through a compost tea demonstration that anyone can use to get started on the path to sustainable agriculture.

**Planning a Sustainable Food System**
with Tony Kleese of Sustain Floyd
All of us want a sustainable food system but what does that really mean? What is sustainability and how do organic and local relate to it? What are the components of a food system and how do we create equal access and fair wages? Join Tony Kleese, one of the Southeast’s experts on sustainable food systems, and organic agriculture, for a lively discussion on planning a food system that is good for consumers, farmers, and the environment we all share.

**Apple Varieties for Cider- and Pie-Making**
with Tom Burford
After providing a history of cider-making in America, this lecture will explore historic and modern apple varieties that contain the elements necessary to make an exceptional cider, such as tannin, acid, sugar and an aromatic. A recipe for making apple pie will be demonstrated as well as a power point program that details each variety of apple and its history.

**Planning a Sustainable Food System**
with Peggy Cornett
Explore the various aspects of planning a sustainable food system including the importance of diversified crops, regional sourcing, and community involvement. Participants will also learn about the programs that support organic and sustainable agriculture and the multiple benefits of sustainable food systems.

**The Basics of Seed Saving**
with Rodger Winn
Learn seed-saving techniques for tomatoes, peppers, eggplant and beans. There will be a discussion on isolation techniques, seed processing, harvesting, and storage. Also included in the lecture is a comprehensive demonstration of picking fruits for maximum seed viability and how to extract their seeds.

**Native American Herbs of Flavor and Fragrance**
with Dr. Arthur O. Tucker
When European settlers washed upon the shores of the New World, they found a number of “flavor cognates” of the plants that they knew in the Old World, such as native plants smelling of onions, oregano, and other culinary standards. Some novel flavors, such as chile peppers and vanilla, were quickly assimilated within their culture and spread rather quickly. In this informative workshop, learn about the plethora of native herbs that still remain unknown to most of America, but have the power to enrich our cooking arsenals.

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**Growing Great Greens Year-Round**
with Cindy Brown, Manager of Horticulture Collections Management and Education at Smithsonian Gardens.
Find out how you can grow great greens throughout the year in any Mid-Atlantic garden. Learn about common and unusual tasty greens, when and how you should plant them, and how to prevent premature bolting and bitterness. Cindy Brown will conclude with a discussion on which leafy weeds you should be harvesting and eating instead of composting.

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Free Programming • Saturday, September 7, 2013

New Dimensions in Garden Art with Dr. Arthur O. Tucker
Hypertufa is still useful but so yesterday! A number of new composite materials, many based on cement, are available today for those with limitless imagination to create items from tiny pots to your own multi-story fairy castle.

Seed Swap with Rodger Winn
Meet legendary and everyday seed savers at our annual Old Timey Seed Swap. Come share your seeds, your knowledge, and your enthusiasm. Bring any seeds you have to share, whether you’ve saved them yourself or left over from this year’s garden. This is an informal, relaxed event. Beginners are welcome.

How to Gross $1.00 Per Square Foot on Your Small Farm with Clifton A. Slade
This workshop explains how to make a diversified, small farm operation profitable and sustainable.

Passalong Plants with Steve Bender
Many of our most cherished plants don’t come from the garden center or big box stores. They come to us as hand-me-downs and survive through the years by being shared from friend to friend and generation to generation. In this way, we ensure that future gardeners can enjoy more than assemble-bought plants grown for the mass market. They best survive through being shared from friend to friend and community.

Can the Sweet Corn with Hank Will
Some folks call it field corn. others call it ornamental or “Indian” corn. While most folks are focused on sweet corn for homestead growing, heirloom flint, flour and dent corns are much more versatile and arguable more practical in the garden or small field plot. Most are easy to grow, some have incredibly short growing seasons, some are highly drought tolerant, and all offer a multitude of uses, including being ground into flavorful cornmeal and flour. Join GRIT Editor in Chief and field corn freak Hank Will as he walks you through the process of raising, harvesting, using and storing this “amazing” crop on a homestead scale.

Selecting the Right Land and Location for Your New Farm with Sue Ellen Johnson
Once you decide you want to farm, how should you identify and select the right types of soils and the most appropriate location for your new farm enterprise? Soils, crop history and exposure all determine the productivity of your farm, while location determines your marketing costs and effectiveness.

Planning Your Garden for Seed Saving with Grant Olson
If you’re interested in seed saving, understanding some basic concepts before you get started will make the process easier. Learn the difference between open-pollinated and hybrid seed and gain understanding of plant taxonomy, reproductive structures and pollination methods. Seed Savers Exchange staff will also touch on the isolation techniques used at Heritage Farm, the 830-acre home of SSE. Seed Savers Exchange is a non-profit, member supported organization that saves and shares the heirloom seeds of our garden heritage, forming a living legacy that can be passed down through generations.

Green Up Your Home & Town—Beauty & Benefits with Barbara Hobens
Do you fully enjoy the outdoors at your home? Do you grow a favorite herb, vegetable, or wish you could pick your favorite flower? Urban gardening is all about beautification. Learn how to increase your enjoyment of nature and wildlife with practical can-do and low-maintenance ideas. Adding “green” to your home can lower your stress and air conditioning bills, while adding property value without an added tax assessment. Learn “right place, right plant” skills and then expand greening efforts to include your road, neighborhood, and community.

The Future of Small Farms with Forrest Pritchard
A one hour talk about the future of small farms, discussing the challenges, obstacles and opportunities to successfully navigating an evolving food landscape.

Extending the Harvest—Garden Fresh Eating All Year with Ira Wallace
Learn how cool season vegetable gardening, in the spring and fall, can be just as prolific as the heart of the growing season. Explore growing techniques and suggestions for extending your vegetable gardening season to 12 months.

Fall & Winter Veggies: Zero Degree Gardening with Ken Bezila
Gardens don’t have to end when frosts come in October. Expand your garden’s production, and feel happier about your winter trips to the grocery store! September’s the month for planting fall and winter greens, and there’s still time to get some root crops in too. Come learn how to grow a bountiful winter garden, how to keep your veggies alive through zero degree nights, and how to enjoy harvests all the way through April! Emphasis will be on low-tech production – floating row cover, mulch, a good thermometer, and an eye on the weather are all you need.

Seeds on Ice: A Guided Tour of the Svalbard Global Seed Vault with Gary Fowler
Take a virtual guided tour of the Svalbard Global Seed with its founder, Cary Fowler. Learn about this state-of-the-art seed storage facility built to stand the test of time on a remote island in the Svalbard archipelago, halfway between mainland Norway and the North Pole. Hear about the more than 750,000 varieties of seeds stored there and how the seed vault will help ensure crop diversity for future generations.

Gardening With and For Chickens with Patricia Foreman & Oprah Hen-Free, Celebrity Chickens
This cutting-edge, ever-expanding, interactive workshop gives you practical, and effective ways to employ chickens in your garden or homestead. Learn how chickens create and enrich topsoil. Understand that not all chicken feed has to come from bags. Learn how chickens forage and which foods they prefer. Use your yard as a mini-pasture (including rotational grazing systems) to build soil fertility and provide fresh graze. Control insects, including ticks and fleas. Integrate different types of fencing by understanding what works, and what doesn’t. Jump start your gardens with chicken-assisted biomass recycling that transforms trash into black gold. Begin birdscaping (planting trees, shrubs, perennials and annuals that your flock will perpetually love). Best of all, we talk about getting truly wholesome, nutritious, non-GMO homegrown food for both you and your flock. This is truly a “Think Outside the Coop and Inside Local Food Systems” workshop. Textbook: City Chicks.

The Multi-Functional Homestead Greenhouse with Harvey Ussery
We will start with design, size, bracing for snow load, and continue with a discussion of winter growing, especially appropriate crop choice and management of “the mirror season.” A greenhouse offers far more than winter greens and salads, it also provides green forage for poultry or livestock in winter. Instructional include: starting winter transplants a month early; keeping the winter poultry flock in one end of the greenhouse and releasing them onto a heavily mulched yard for numerous stacked benefits; adding a large-volume, frost-free, year-round vermicomposting operation with virtually no loss of growing space.
We thank our generous sponsors, presenters, food donors, planning committee members, staff and volunteers. It takes the work of many people to make the Heritage Harvest Festival a great success year after year.

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Special thanks to our Monticello Volunteers, the Central Virginia Master Gardeners, Virginia Eagle Distributing Company, and Haymaker Productions.
Celebrate our gardening heritage with flavorful, regional heirlooms and the stories of how they came to be.

Request a Free Catalog & Garden Guide: www.SouthernExposure.com

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September 12-13, 2014

Southern Exposure Seed Exchange & Monticello