

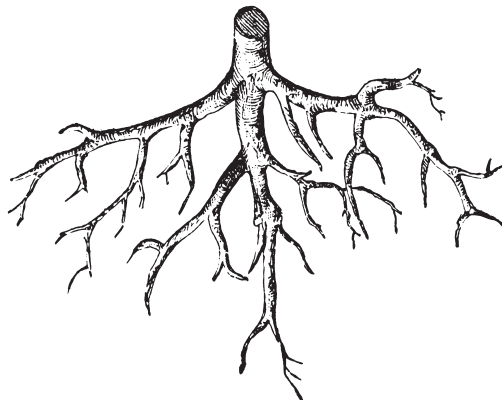


*presents*

# APPALACHIAN SUMMER SOLSTICE

June 20 - 26, 2022

ANCIENT ROOTS, RISING VOICES



## WHAT TO KNOW UPON ARRIVAL

**Check in upon arrival** at the Gate House. Day passes can also be purchased here.

**Market and Office hours** are 10:00 am to 7:00 pm.

**Free parking is available** out past the Grand Field. If you would like to park at your campsite, **parking passes can be purchased for \$40.**

**WiFi** is available throughout a majority of the campground. You can purchase this directly via your mobile device or from the Market.

**Caffeina's Cosmic Cafe hours** are 8:00 am - 10:00 pm.

**Hestia's Hearth Kitchen** will be serving lunch at 11:30 am and dinner at 6:00 pm. Purchase meal plans or single plates at Caffeina's Cosmic Cafe.

**Green Man Tavern** hours are 3:00 pm - 1:00 am. Happy Hour is from 4:00 pm - 5:00 pm and Happiest Hour is from 11:00 pm - 12:00 am.

**Shower house** is open 24 hours.

**The swimming pond** is open from 10:00 am till dusk. No lifeguard on duty; swim at your own risk.

**Wood and ice** can be purchased from the Market or Caffeina's. Wood is \$18 per cart full and ice is \$5 per 7lb bag. There are a small number of fire rings available; do not dig fire pits. Absolutely no fires in the Pines area.

**Alcohol and tobacco** use is permitted for those of the legal age. Outside alcohol is not permitted in Green Man Tavern. Please properly dispose of cigarette butts.

**Clothing** is optional within campground boundaries. Just because someone is nude, however, does not mean they are inviting you to have sex with, harass, touch, or leer at them. Be respectful of all attendees.

**First Aid** service is available. If you require first aid assistance, immediately find a FAST (First Aid and Security Team) member or another Wisteria staff member.

## **CAMPGROUND RULES**

1. No firearms, no fireworks.
2. Pond is swim-at-your-own-risk. See opposite page for more pond rules.
3. All attendees must be registered, either before the event or upon arrival in the Market and Office.
4. No pets allowed. Service animals are allowed with the proper paperwork.
5. Use fire rings for fires at your camping site. Certain fire pits are designated in sacred sites. No fires in the Pines area. Do not leave fires unattended.
6. No firewood is to be harvested from Wisteria grounds. No outside firewood allowed.
7. Stay within campground boundaries and hiking trails. Maps are available.
8. Do not block gates or roads.
9. Please recycle in the designated bins.
10. Do not litter. Properly dispose of cigarette butts.
11. No dish washing at potable water stations. Please use low-phosphate soaps.
12. Minors must be accompanied by a legal guardian. If the guardian is not the child's legal guardian, they will need a Parental Permission Form signed by the legal guardian.
13. You must comply with all applicable federal, state, and local laws at all times.

## CUSTOMS AND OTHER GENERAL INFORMATION

**The campground is only a small portion of Wisteria's 620 acres.** Do not stray from the clearly marked campground areas shown on the maps. Other land areas are off-limits because they are private sites, have rugged terrain, or are part of the wildlife/nature preserve. Wisteria land has many cliffs, ravines, and other natural features that may be hazardous.

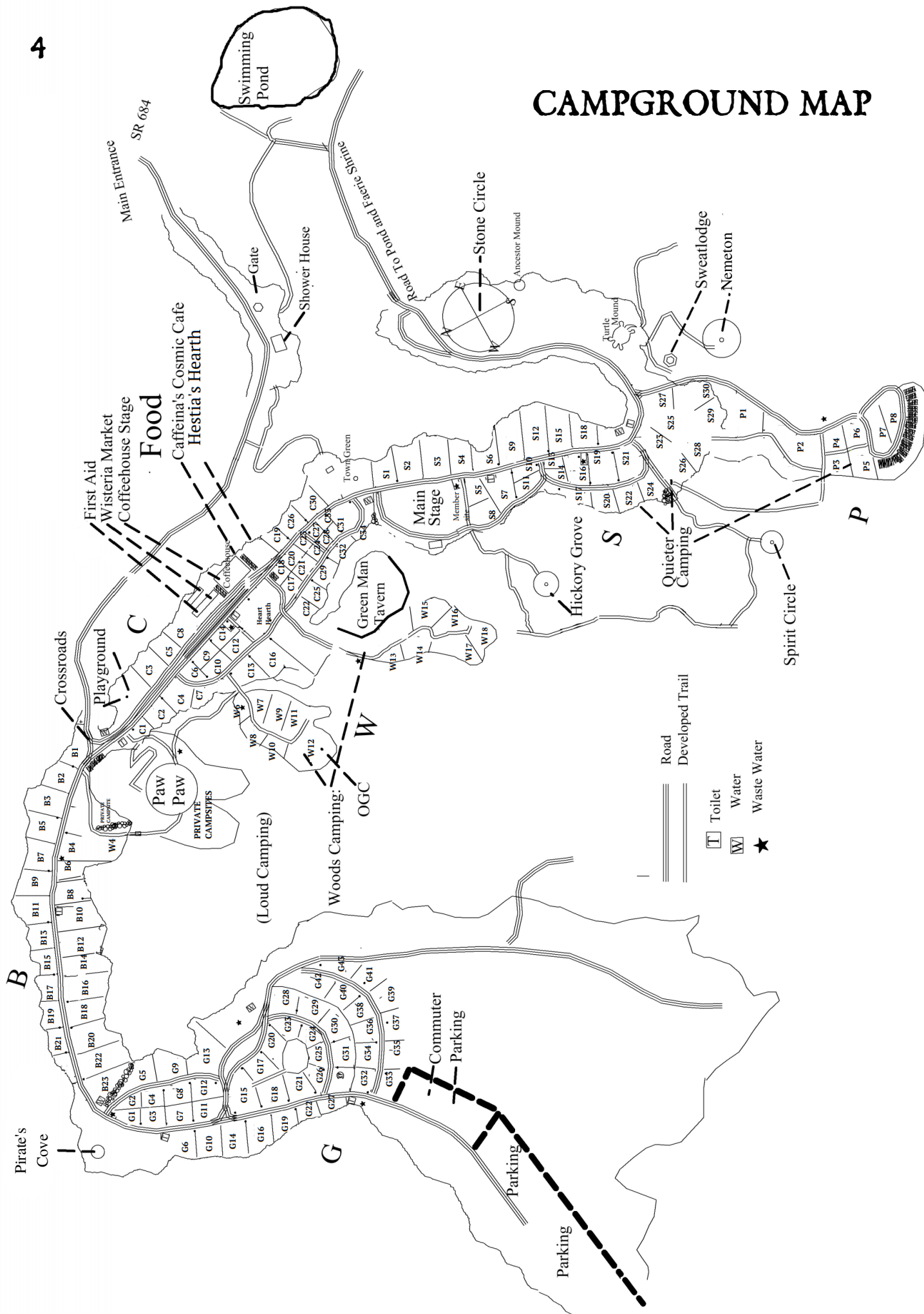
**Over 200 acres of Wisteria have been designated as a permanent nature preserve and sanctuary.** It encompasses many micro-environments from wetlands and woodlands to grassy fields and is a habitat for numerous species of plants and wildlife. Since the founding of Wisteria, this land has been left undisturbed, allowing reclaimed strip mine areas to heal as naturally as possible.

**Creatures great and small inhabit the land.** Insect repellent may be needed to repel mosquitoes. Check your body daily for ticks. Keep food stored securely with lids to discourage raccoons, ants, and other creatures from visiting your camp. Be cautious around wood piles and downed trees, as these may be habitats for wildlife. Please treat all local wildlife and insects with respect. If you are concerned about an encounter, contact a Wisteria staff member for assistance, so that no harm comes to campers or resident wildlife.

**To avoid infestation from invasive insects, do not bring in firewood from other areas.** No firewood is to be harvested from Wisteria forests, except for small dead twigs and branches. Do not dig fire pits. A limited number of community fire rings are available for sharing. Do not leave unattended fires burning (this includes lamps and candles). In wooded camping sections, use only established fire rings and circles. **No fires in the Pines area.** Should a fire get out of hand, immediately find a Wisteria staff member. Fire extinguishers are available throughout the campground. Keep water handy near fires. Please use caution when kindling fires of any size, and be careful with candles, torches, and cigarettes.

**FRS radios** are used by Wisteria staff. If your party uses these radios, please check with a staff member to ensure that you are not on the same frequencies.

# CAMPGROUND MAP



## SCHEDULE

### Monday, June 20th

**12:00 pm: Appalachian Summer Solstice begins**

**3:00 pm: Green Man Tavern opens | *Happy Hour from 4:00 pm – 5:00 pm***

Join us in the intimate and verdant Green Man Tavern for local Jackie O's draft beer and live music in the evenings! Happy Hour features special pricing on beer.

**8:00 pm: Lighting of Heart Hearth | *Meet at Heart Hearth, Procession to Paw Paw***

Come together as we light the community fire. A procession to Paw Paw will follow.

**9:00 pm: Paw Paw Opening Ritual | *Paw Paw Fire and Drum Circle***

A procession from Heart Hearth to Paw Paw Fire and Drum Circle makes way for a short opening rite as attendees become reacquainted with this sacred space.

**11:00 pm: Happiest Hour | *Green Man Tavern, 11:00pm - Midnight***

Happiest Hour features special pricing on draft beer. Green Man Tavern closes at 1:00 am.

### Tuesday, June 21st

**8:00 am: Caffaina's Cosmic Cafe opens**

**8:00 am: Kids Village Opening Circle | *Beth Zimmerman, Kids Village***

Kids Village watches over our beloved little ones every summer. For this ritual, we'll gather together to bless, cleanse, and secure the space.

**8:00 am: Basics of Insight Meditation | *Greg Howson, Hickory Grove***

The basics of insight (aka Vipassana) meditation. This is geared toward those who have never tried meditation (or this kind of meditation), or those who have little experience. In insight meditation, the meditator strives for full awareness of what exactly is happening as it happens, listening to your own perceptions, feelings, and thoughts without getting caught up in them as much. Over time there is an increased insight into the inner workings of the mind and reality, greater calm, and more thoughtful words and actions.

**10:00 am: The Ways of Wyrd: Mysteries of the Fates | *Ash McKernan, Spirit Circle***

Wyrd is a mysterious, multifaceted and multidimensional concept composed of the interweaving of fate, destiny, nature, soul, magic and becoming. In this collaborative workshop, we will take a psychological, phenomenological, and magical approach as we explore the revealing, healing and transformative nature of wyrd, wyrd consciousness, and the process of wyrdcraft. Part lecture and part experiential (self-inquiry, meditation, guided imagery, creative arts, movement, etc.), this workshop will guide its participants through an exploration of how wyrd manifests within all domains of one's life: mind-body-relationship-environment-soul-spirit. One must see the strings of fate before one can pull the strings of fate.

# SCHEDULE

## Tuesday, June 21st

### **11:30 am: Lunch | *Hestia's Hearth Kitchen***

Lunch will be available from 11:30am - 1:00 pm.

### **12:00 pm: Sweatlodge Orientation | *Doug Sundling, Sweatlodge***

At the Sweatlodge Orientation, a general overview of a sweatlodge shall be presented. We will discuss fundamentals of traditional sweatlodges, share personal experiences with sweatlodges, and advise how to prepare for an evening sweatlodge. Open to anyone, but those who wish to participate in a sweatlodge must attend this orientation. Concrete time for Sweatlodge Ceremony will be determined during this orientation.

### **2:00 pm: Ohio Bird Sanctuary | *Featured Presentation, Pavilion***

A favorite from Appalachian Summer Solstice 2019, our feathery friends are returning for a live presentation featuring some of Ohio's native birds of prey!

### **3:00 pm: Green Man Tavern opens | *Happy Hour from 4:00 pm – 5:00 pm***

Join us in the intimate and verdant Green Man Tavern for local Jackie O's draft beer and live music in the evenings! Happy Hour features special pricing on beer. Dixon's Violin will perform at 8:00 pm.

### **4:00 pm: Chakra Dance | *Kat Harmon, Stone Circle***

Chakra Dance includes fun, targeted moves to hi-energy music. Clearing and balancing the chakra energy centers, activating that childlike joy, and bringing you back to your most authentic self!

### **4:00 pm: Hillfolks Hoodoo: Appalachia's Living Folk Magic Tradition | *Byron Ballard, Hickory Grove***

With its gnarly roots in the British Isles, the German Palatinate and in indigenous American tribal practice, Appalachian folk magic is characterized by its hands-on and practical approach, as well as its use of available materials. Though it has come down to us through a Protestant Christians filter, this system is easily adapted to modern Pagan sensibilities.

### **6:00 pm: Dinner | *Hestia's Hearth Kitchen***

Dinner will be available from 6:00 pm until 7:30 pm.

### **7:00 pm: Juneteenth Memorial | *Harriet Tubman Shrine, located in Spirit Circle***

Juneteenth is a holiday that commemorates the emancipation of enslaved peoples and the end of slavery in the United States. In this short rite held at the Harriet Tubman Shrine, we read aloud the Emancipation Proclamation and light candles to connect community in the aspiration of racial justice.

## SCHEDULE

### Tuesday, June 21st

#### **8:00 pm: Dixon's Violin | *Live Performance, Green Man Tavern***

The world's premier visionary violinist, Dixon's life mission is to inspire people - and he has done so at over 1,000 concerts across North America, including giving four TED talks/performances, over ten years at Burning Man and Electric Forest, plus radio, TV, and film appearances.

#### **9:00 pm: Sweatlodge Ceremony | *Doug Sundling, Sweatlodge Site***

The cycle of birth and death fuels the flame of life. Nature embodies a process of seeking stability and equilibrium – of maintaining balance. A strategy for existence in such a world is movement through the cycles, built upon the four quarters of the directions, the elements, the seasons – fundamental to traditional sweatlodges. The sweatlodge is a ceremony to ascertain balance through cleansing and renewal. A sweatlodge ceremony is shaped by both the past and the present. Your spiritual sincerity is the most important thing you can bring to a sweatlodge. No Drugs or Alcohol; just the 4 Elements – Earth, Air, Fire, & Water. Number of participants and format for sweatlodge will be determined at the Orientation Workshop earlier in the day.

#### **10:00 pm: Caffaina's Cosmic Cafe closes**

#### **10:00 pm: Warrior Women's Circle | *Beth Zimmerman, Stone Circle***

Bring your armor, your weapons - and your vulnerability. The last few years have taught us to be FIERCE - we've needed endless capacity, but often with minimal support. This circle is to remind us that we've been warriors all along, even if we've forgotten. *Open to all female-identifying attendees.*

#### **10:00 pm: Non-binary Circle | *Carver Casey, Spirit Circle***

The Non-binary Circle is to create a space to begin to move beyond blockages and pain we carry. Queer and Non-binary spirits who join us will - through guided meditation, a sharing circle, Sacred Silence, and a ritual of release - discover a network of unconditional support, connect with a chain of ancestors, and be given an opportunity to ritualistically let go of whatever we carry that no longer serves our growth. *Open to all non-binary-identifying attendees.*

#### **10:00 pm: Men's Circle | *Dr. Caleb Pendency, Hickory Grove***

This Men's Circle will explore how to heal the divine masculine. Participants will participate in a guided meditation and then have a discussion on what it means to empower their own divine masculine self. *Open to all male-identifying attendees.*

#### **11:00 pm: Happiest Hour | *Green Man Tavern, 11:00pm - Midnight***

Happiest Hour features special pricing on draft beer. Green Man Tavern closes at 1:00 am.



# SCHEDULE

## Wednesday, June 22nd

**8:00 am: Caffaina's Cosmic Cafe opens**

**8:00 am: Partner Yoga - Lean in to Trust | *Kat and David Harmon, Main Stage***

Partner Yoga Workshop is a balance of exploration and trust. Bring a partner or meet one in the class. We will offer gentle partner movements to begin to build trust... building up to some group activities and ending with some beginner Acro yoga. It's a fun way to dive deeper into connecting with yourself and others.

**10:00 am: Connecting with Local Spirits, for Worse and Better | *Beth Zimmerman, Stone Circle***

If you have ever wondered what hid your wallet from you or what just went bump in the night, this is the class for you. We discuss the many varieties of interactions that nonphysical beings can have with the living. Whether nonplanar beings, nature spirits, ghosts, guardians, or even local memories, Beth has learned to connect and communicate with a range of local beings. She wants to help you tune yourself to learn about them, guard against the unwelcome, and find peace with these amazing and fun aspects of our world. This will be hands-on, focused time, learning from our environment. Please ensure all attendees can use the time well - children are welcome to come, if they want to learn for themselves.

**11:30 am: Lunch | *Hestia's Hearth Kitchen***

Lunch will be available from 11:30am - 1:00 pm.

**2:00 pm: Native Habitat Waterways | *Doug Sundling, Sweatlodge***

How does the restoration of the floodplain to a Native Habitat Waterway benefit us? Let me count the ways! It utilizes Nature's engineering of the floodplain, the most efficient and cost-effective way to manage flooding and to reduce erosion. It creates better water quality. It enhances quality of life and property values for people who live in the area. It creates ongoing economic and social benefits – a renewable resource passed on from generation to generation. Stewardship of a Native Habitat Waterway requires less taxpayer money, less government, and more community involvement. Come hear the many more ways. If you live along a river or a significant watershed tributary, the most valuable asset for your community is that watershed and its floodplain. At this workshop, I will share what I have done with a restoration program in the City of Bluffton and with my own 40 acres of land alongside the Wabash River in addition to ongoing efforts in the upper Wabash River basin. We will discuss how to configure replanting of native species, how to respond to invasive species – both native and non-native, how to seek funding, and how to promote what may often seem a lonely voice in the wilderness of civilized complacency to the allusion of growth. Let's sit and talk and share “a walk in the woods.”

## SCHEDULE

### Wednesday, June 22nd

#### **2:00 pm: Weaving 101 | *Beth Zimmerman, Main Stage***

This workshop will involve healing through dance, pulling energy through our tired systems in ways that will allow us to relax our muscles and open our own inner blockages. We will be dancing and working energy together directly, using songs you might hear on any radio, most of which we already know and love. We will do magick together, mingling our intentions to invoke the future that we each crave - by simply rooting each other on.

#### **3:00 pm: Green Man Tavern opens | *Happy Hour from 4:00 pm – 5:00 pm***

Join us in the intimate and verdant Green Man Tavern for local Jackie O's draft beer and live music in the evenings! Happy Hour features special pricing on beer and a live performance from Liam Burns.

#### **4:00 pm: Of Mountain Witches and Yarb Doctorin': Southern Appalachian Folk Magicians | *Dr. Jack Grey and Dr. Tom Sharp, Hickory Grove***

Join two Appalachian folk magicians as we discuss our particular perspective and experiences with magic and folklore of our home through the lens of the various kinds of magical practitioners found within traditional Appalachian communities and folklore. We will present an overview of the characteristics and concerns of Appalachian folk magic and contrast it with systems for which it is often confused. Additionally, we will discuss folklore and practices of healing, divining, and day-to-day living, with a dip into haints, hags, and the spookier side of things.

#### **6:00 pm: Dinner | *Hestia's Hearth Kitchen***

Dinner will be available from 6:00 pm until 7:30 pm.

#### **8:00 pm: Main Ritual | *Meet at Heart Hearth***

Join us at the Heart Hearth as we celebrate the Longest Day in this community ritual.

#### **10:00 pm: Caffeina's Cosmic Cafe closes**

#### **11:00 pm: Happiest Hour | *Green Man Tavern, 11:00pm - Midnight***

Happiest Hour features special pricing on draft beer. Green Man Tavern closes at 1:00 am.

### Thursday, June 23rd

#### **8:00 am: Caffeina's Cosmic Cafe opens**

# SCHEDULE

## Thursday, June 23rd

### **8:00 am: Basics of Insight Meditation | *Greg Howson, Hickory Grove***

Also known as Vipassana meditation. This is geared toward those who have never tried meditation (or this kind of meditation), or who have little experience. In insight meditation, the meditator strives for full awareness of what exactly is happening as it happens, listening to your own perceptions, feelings, and thoughts without getting caught up in them as much. Over time there is an increased insight into the inner workings of the mind and reality, greater calm, and more thoughtful words and actions.

### **10:00 am: Introduction to Blacksmithing | *Blacksmith O'Kelley, Infinity Forge***

Introduction to Blacksmithing will begin at 10:00 am, but will continue throughout the day. Participants will learn the basics of blacksmithing while making their own knife from a railroad spike.

### **10:00 am: The Olde Rules, some Basic Magickal Technique, and an Energy Paintball Fight | *Beth Zimmerman and the Guild of the Gods, Paw Paw Fire and Drum Circle***

An adventure in magickal theory, we will be talking through basic energy work, focusing both on intention and on how our work is perceived. We'll start with basic concepts like consent, boundaries, and productive energy working - after all, magickal practice is amplified by positivity! We're going to discuss how to be productive and helpful with our energy, before pelting each other with blobs of it so that we can hone our skills! It's fun and informative - if this intrigues you, please come!

### **10:00 am: Comin' Out the Broom Closet: Appalachian Pagans and Their Queer Future Worlding | *Dr. Caleb Pendygraft, Pavilion***

This workshop offers the term pagan through which to imagine the future of queer Appalachia. Meaning “person of the place” and eventually “of the country,” “heathen,” or “hick,” pagan provides a framework that resists national narratives about Appalachia and defy those cishetpatriarchial narratives from within our region. Albeit only a beginning and incomplete, this essay provides a lexical survey of pagan-worlding, a queer neologism that I coin here as a creative, enacted performance of place-based veneration that resists anthropocentrism. I write on four axioms of pagan-worlding and their implications for a queer Appalachia: story-telling modalities as worldmaking; land-based ontologies and their connection to identity; immanent sacrality in lieu of salvational transcendence; and nonhuman and human inter-reliance. I suggest that the future of Appalachia requires a multiplicitous understanding of the world around us, one that sees nonhuman actors as critical players and demands that we queer how we relate to the land. I propose that a pagan future is a queer one because it speculates that nonhumans have intimate, queer bonds with Appalachians and we must rethink and see these relations as necessary for the future of Appalachia.

### **11:30 am: Lunch | *Hestia's Hearth Kitchen***

Lunch will be available from 11:30am - 1:00 pm.

## SCHEDULE

### Thursday, June 23rd

#### **11:30 am: Rainbow Brunch | *Green Man Tavern***

Grab your lunch from Hestia's Hearth Kitchen and head down to Green Man Tavern for mimosas and a celebration of LGBTQ+ Pride! Be sure to check today's schedule for other Pride-themed programming.

#### **12:00 pm Sweatlodge Orientation | *Doug Sundling, Sweatlodge***

At the Sweatlodge Orientation, a general overview of a sweatlodge shall be presented. We will discuss fundamentals of traditional sweatlodges, share personal experiences with sweatlodges, and advise how to prepare for an evening sweatlodge. Open to anyone, but those who wish to participate in a sweatlodge must attend this orientation. Concrete time for Sweatlodge Ceremony will be determined during this orientation.

#### **12:00 pm: Bioregional Animism I: Gathering A Sense of Place | *Dr. Jack Grey and Dr. Tom Sharp, Hickory Grove***

The art and practice of establishing relationships with the living spirits of the land is a key part of many old craft traditions. It is the magical practice of bioregional animism, rooted in the local landscape. It is the practice of the herbwife gathering willow bark by the spring-fed stream and of black-clad witches beneath the hill-top oak, calling upon the forces of land and sky. Join Jack and Tom on a nature walk through Wisteria's Appalachian forest and learn techniques to build a witch's natural history, identify numinous places near your home, and discuss useful tools for gathering a sense of place.

#### **2:00 pm: Green and Healing Magic: Herbal Healing in Appalachia | *Byron Ballard, Hickory Grove***

Many of us are bombarded these days with requests for healing in body, mind and spirit. This class offers ways for the healer to cope--and even thrive—and be helpful whether the healing is needed for kith, kindred, colleagues or self. Gather and use the material in the world around you as you consider the “magic” of intention and other energy work. Learn deep relaxation techniques & spend time with the Seven Sovereign Sisters of the Appalachian mountains.

#### **3:00 pm: Green Man Tavern opens | *Happy Hour from 4:00 pm – 5:00 pm***

Join us in the intimate and verdant Green Man Tavern for local Jackie O's draft beer and live music in the evenings! Happy Hour features special pricing on beer. Live performance from Phoenix Chaplin at 6:00 pm.

# SCHEDULE

## Thursday, June 23rd

### **4:00 pm: Asperges me hyssopo: Folk practices for spiritual cleansing and protection | *Matthew Venus, Green Man Tavern***

Keeping ourselves and our homes clear of misfortune and miasma is the first step towards creating an environment where prosperity, good health, and joy might thrive. In this class we will discuss practical folk magical approaches towards spiritual hygiene including the blessing and protection of our thresholds, the preparation of washes and baths, the use of smoke and sacred suffumigations for exorcism, and the crafting of amulets against misfortune and the evil eye.

### **6:00 pm: Dinner | *Hestia's Hearth Kitchen***

Dinner will be available from 6:00 pm until 7:30 pm.

### **8:00 pm: Drag Show | *Green Man Tavern***

Happy Pride Month! Join us in Green Man Tavern for a drag show presented by the queens in the Haus of Appalachia featuring special guests!

### **9:00 pm: Tea Dance | *Green Man Tavern***

During the 1940s and 1950s, LGBTQ+ folks gathered at private dance parties where they could feel safe to socialize and celebrate. The Tea Dance at Wisteria is a celebration of our queer community through music, dance, drink, and merry-making. Come celebrate the spirit of Pride!

### **9:00 pm: Sweatlodge Ceremony | *Doug Sundling, Sweatlodge Site***

The cycle of birth and death fuels the flame of life. Nature embodies a process of seeking stability and equilibrium – of maintaining balance. A strategy for existence in such a world is movement through the cycles, built upon the four quarters of the directions, the elements, the seasons – fundamental to traditional sweatlodges. The sweatlodge is a ceremony to ascertain balance through cleansing and renewal. A sweatlodge ceremony is shaped by both the past and the present. Your spiritual sincerity is the most important thing you can bring to a sweatlodge. No Drugs or Alcohol; just the 4 Elements – Earth, Air, Fire, & Water. Number of participants and format for sweatlodge will be determined at the Orientation Workshop earlier in the day.

### **10:00 pm: Caffaina's Cosmic Cafe closes**

### **11:00 pm: Happiest Hour | *Green Man Tavern, 11:00pm - Midnight***

Happiest Hour features special pricing on draft beer. Green Man Tavern closes at 1:00 am.

## SCHEDULE

### Friday, June 24th

**8:00 am: Caffaina's Cosmic Cafe opens**

**10:00 am: Introduction to Blacksmithing | *Blacksmith O'Kelley, Infinity Forge***

Introduction to Blacksmithing will begin at 10:00 am, but will continue throughout the day. Participants will learn the basics of blacksmithing while making their own knife from a railroad spike.

**10:00 am: Guided Meditation on Connectedness/Interdependence | *Greg Howson, Hickory Grove***

Take time to acknowledge how deeply intertwined each of us is with everyone and everything else. We do not - and cannot - exist as beings separate from each other, our environment, our evolution, our culture, our life history, and the entirety of the universe. We are more like different perspectives in an integrated whole, changing together. We generally know this at an intellectual level, but through the mental imagery presented in the meditation, we'll strive to feel this at a deeper level. Pondering our inseparability from all else encourages a broader perspective, challenges our feelings of independence and individuality, deepens our humility, and quiets our ego (a bit, for a moment, anyway). The guided meditation will be followed by a discussion. You may want to bring something to sit on, like a towel.

**11:30 am: Lunch | *Hestia's Hearth Kitchen***

Lunch will be available from 11:30am - 1:00 pm.

**12:00 pm: Tower Time, Now What? Skills to Survive the Rolling Disasters | *Byron Ballard, Hickory Grove***

We're in it, we should have been working before now, what can we do now?

**2:00 pm: Ohio Canid Center | *Featured Presentation, Pavilion***

Ohio Canid Center's goal is to educate the public not only on wolves and their importance in the ecosystem but also to bring a better understanding of other wild canine species. Isn't it strange that we love our domestic dog, but fear the wolf, hate the coyote, or see the fox as a nuisance? Join the Ohio Canid Center for a presentation on wild canids in North America featuring an animal ambassador!

**3:00 pm: Green Man Tavern opens | *Happy Hour from 4:00 pm – 5:00 pm***

Join us in the intimate and verdant Green Man Tavern for local Jackie O's draft beer and live music in the evenings! Happy Hour features special pricing on beer and a live performance from Levi Merrill.

# SCHEDULE

## Friday, June 24th

### **4:00 pm: Of Plants and Planets: Animistic herbalism and planetary magic | *Matthew Venus, Pavilion***

Within both esoteric and folk traditions, the virtues of the seven classical planets are intrinsically tied to magical herbalism. In this workshop we will explore aspects of planetary magic including the common virtues, spirits, and deities attributed to these "wandering stars". Further we will discuss herbalism as an animist practice and the processes by which we might conjure forth the spirits of plants. And finally, we will cover practical applications of planetary herbalism in our magical practice. Including approaches toward making planetary talismans, incenses, and oils.

### **6:00 pm: Dinner | *Hestia's Hearth Kitchen***

Dinner will be available from 6:00 pm until 7:30 pm.

### **8:00 pm: Hill Spirits | *Live Performance, Green Man Tavern***

Hill Spirits are an energetic folk quintet from the fabled hills of southern Ohio. While at some points boisterously uplifting and at other times stirringly mystical, Hill Spirits have become known for their passionate energetics and wholesale love for lifting their voices in song together. Based in Athens, Ohio, the group has forged deep musical bonds over the course of a decade in a multitude of musical projects ranging in sound from psychedelic rock to acoustic to neo-soul, eventually finding home in the Appalachian folk modes of their forebearers. In the course of their work diving into the revival of both Americana and old-world folk styles, Hill Spirits seem to have found a way to communicate with other realms, creating spaces during performances that summon restless spirits to join in a spirit-dance. All-in-all, a Hill Spirits show is an invigorating experience, one not to be missed.

### **9:00 pm: Shrine Lighting**

The Sacred Sites throughout Wisteria will be illuminated with candles, from Shrine Valley (the trail and sites located in Spirit Circle) to Stone Circle and Crystal Grove out to the Faerie Shrine. Walk at your own pace through this self-guided luminary and be sure to stick around the Faerie Shrine for the Faerie Ball that begins at midnight!

### **10:00 pm: Caffeina's Cosmic Cafe closes**

### **11:00 pm: Bioregional Animism II: Connecting with Spirits | *Dr. Jack Grey and Dr. Tom Sharp, Spirit Circle***

Black spirits and white, red spirits and grey, come ye, come ye, come ye that may. This is a nighttime intensive where we will present and practice techniques to tap into land energies, evoke Sight, and contact the living spirits of the land. Mild entheogens (such as mugwort) will be used to assist these goals during the session; please do not attend if you are under the influence of stronger ones. Participants at all levels of experience are welcome. If you have questions, concerns, or strong allergies to some incense or botanicals, please come and talk to Jack or Tom prior to attending.

## SCHEDULE

### Friday, June 24th

#### **11:00 pm: Happiest Hour | *Green Man Tavern, 11:00pm - Midnight***

Happiest Hour features special pricing on draft beer.

#### **Midnight: Faerie Ball | *Faerie Shrine***

Join us in the Faerie Shrine for music and revelry. Feel free to dress up in costume and bring a gift to leave for the Fae!

### Saturday, June 25th

#### **8:00 am: Caffaina's Cosmic Cafe opens**

#### **10:00 am: Introduction to Blacksmithing | *Blacksmith O'Kelley, Infinity Forge***

Introduction to Blacksmithing will begin at 10:00 am, but will continue throughout the day. Participants will learn the basics of blacksmithing while making their own knife from a railroad spike.

#### **10:00 am: Magical Natural Dream Catchers | *Nancy Baur and Kelly Lawrence, Green Man Tavern***

In this class, we will be going into the woods and collecting small twigs, pine cones, acorns, small rocks, grapevines, etc. to be used to create a magical dream catcher to hang in our homes, tents, gardens, or anywhere it will be best enjoyed. Once gathered, the twigs and/or grapevines will be bound together to create an open frame to weave a dreamcatcher within. As we weave, we will add natural and provided accents to enhance its magic. The instructors will provide twine, jute, wire, quartz points, beads, feathers, etc. to enhance our designs. Attendees are encouraged to provide their own magical items to their pieces.

#### **11:30 am: Lunch | *Hestia's Hearth Kitchen***

Lunch will be available from 11:30am - 1:00 pm.

#### **12:00 pm Sweatlodge Orientation | *Doug Sundling, Sweatlodge***

At the Sweatlodge Orientation, a general overview of a sweatlodge shall be presented. We will discuss fundamentals of traditional sweatlodges, share personal experiences with sweatlodges, and advise how to prepare for an evening sweatlodge. Open to anyone, but those who wish to participate in a sweatlodge must attend this orientation. Concrete time for Sweatlodge Ceremony will be determined during this orientation.



# SCHEDULE

## Saturday, June 25th

### **12:00 pm Saving All the Appalachias | *Byron Ballard, Pavilion***

An exploration of all the cultures that make up southern Appalachia and how we link arms to all rise together.

### **2:00 pm Conjuring Land and Home: An animist exploration of finding our place | *Matthew Venus, Pavilion***

How do we define Home and how does it define us? How does our conception of home influence both our daily life and spiritual practice? Further, who are the spirits living within the landscape of our land and home? How might we conjure them forth, create strong rapport with them, and engage with our local spirit ecology in a way which is mutually beneficial and magically powerful? Join keynote speaker Matthew Venus for a discussion on methods and approaches towards finding our place, finding our center, and building relationships in a spirit-inhabited world.

### **2:00 pm Treasure Hunt | *Shala Hill and Jay Allard, Pirate's Cove***

Follow the maps using clues and defeating challenges, as you work your way across Wisteria to find the buried treasure! *For younger children.*

### **3:00 pm: Green Man Tavern opens | *Happy Hour from 4:00 pm – 5:00 pm***

Join us in the intimate and verdant Green Man Tavern for local Jackie O's draft beer and live music in the evenings! Happy Hour features special pricing on beer. Live performance from Phoenix Chaplin and Unity Rising will begin at 7:30 pm. Galen of Mystik Fool will perform at 10:00 pm.

### **4:00 pm: Kids Village Closing Circle | *Beth Zimmerman, Kids Village***

We will come back together to build a new ritual, where we use our tools and creativity to put our energy to rest. We'll close our working space for the week, recording all our lessons and memories from the week into ourselves and the landscape. But don't think this won't be fun! We'll be sure to include our personal touches, and work each person's individual pizzazz into the ritual!

### **6:00 pm: Dinner | *Hestia's Hearth Kitchen***

Dinner will be available from 6:00 pm until 7:30 pm.

### **7:30 pm: Phoenix Chaplin | *Live Performance, Green Man Tavern***

Join us in Green Man Tavern as the talented Phoenix Chaplin performs an opening set.

### **8:00 pm: Unity Rising | *Live Performance, Green Man Tavern***

Come warm your heart and soul with Unity Rising. Moon and Majik will be bringing their full of joy show of love and light that unites people together in the desire for deeper joyful human connections to each other and our planet.

## SCHEDULE

### Saturday, June 25th

#### **9:00 pm: Sweatlodge Ceremony | *Doug Sundling, Sweatlodge Site***

The cycle of birth and death fuels the flame of life. Nature embodies a process of seeking stability and equilibrium – of maintaining balance. A strategy for existence in such a world is movement through the cycles, built upon the four quarters of the directions, the elements, the seasons – fundamental to traditional sweatlodges. The sweatlodge is a ceremony to ascertain balance through cleansing and renewal. A sweatlodge ceremony is shaped by both the past and the present. Your spiritual sincerity is the most important thing you can bring to a sweatlodge. No Drugs or Alcohol; just the 4 Elements – Earth, Air, Fire, & Water. Number of participants and format for sweatlodge will be determined at the Orientation Workshop earlier in the day.

#### **10:00 pm: Galen of Mystik Fool | *Live Performance, Green Man Tavern***

Multi-instrumentalist Galen Deery is the frontman, and writer for up and coming band “Mystik Fool”. He takes the alias on as a solo artist to play the band's music using looping technology. The exhilarating live experience of Mystik Fool is a must. Big sounds and storytelling make the show intimate and personal.

#### **11:00 pm: Happiest Hour | *Green Man Tavern, 11:00pm - Midnight***

Happiest Hour features special pricing on draft beer. Green Man Tavern closes at 1:00 am.

### Sunday, June 26th

#### **12:00 pm: Closing Ritual: Being On Purpose | *Kris Snow, Stone Circle***

Being On Purpose Taking responsibility for our festival community, we will offer Gratitude to the Land and Energies that have attended us. Embracing mindfulness and self love as the tools to carry ourselves through the transition from festival life to daily life. Raising our vibration and committing to our Will, we offer Love and Forgiveness to the past, and ground fully in the present. We will ritually create and shoot arrows of our Will into our best possible personal and collective future. The circle will be opened but never broken.

#### **3:00 pm: Appalachian Summer Solstice ends**

## PRESENTERS

### **Keynote Speaker: Matthew Venus**

Matthew Venus is a Folk Magician, Artist, and Witch currently residing in Salem, MA whose practice revolves heavily around folkloric craft and ancestral traditions. He is the owner and lead apothecary of Spiritus Arcanum ([www.SpiritusArcanum.com](http://www.SpiritusArcanum.com)), an occult shop with a focus upon handcrafted and quality magical wares including incenses, oils, and ritual tools. Matthew has been a teacher of the magical arts for over twenty years and a practitioner for the past thirty years. He currently teaches hundreds of students throughout the world through his online courses Foundations of Witchcraft, Foundations of Herbcraft, and Foundations of Folk Magic. Matthew is also the co-founder of the Salem Witchcraft & Folklore Festival ([www.SalemWitchFest](http://www.SalemWitchFest)), a yearly magical gathering focused upon magical education, community, and the preservation and sharing of magical history, traditions, and practices.

Matthew will be presenting the workshops "Asperges me hyssopo: Folk practices for spiritual cleansing and protection", "Of Plants and Planets: Animistic herbalism and planetary magic", and the keynote talk "Conjuring Land and Home: An animist exploration of finding our place".

### **Keynote Speaker: H. Byron Ballard, BA, MFA**

H. Byron Ballard, BA, MFA, is a western NC native, teacher, folklorist and writer. She has served as a featured speaker and teacher at Sacred Space Conference, Pagan Spirit Gathering, Southeast Wise Women's Herbal Conference, Glastonbury Goddess Conference, Heartland, Sirius Rising, Starwood, Scottish Pagan Federation Conference, Hexfest and other festivals and conferences. She serves as senior priestess and co-founder of Mother Grove Goddess Temple and the Coalition of Earth Religions/CERES, both in Asheville, NC. She podcasts about Appalachian folkways on "Wyrd Mountain Gals."

Her essays are featured in several anthologies and she writes a regular column for SageWoman Magazine. Her books include "Staubs and Ditchwater" (2012), the companion volume "Asfidity and Mad-Stones" (2015) "Embracing Willendorf" (2017), "Earth Works: Ceremonies in Tower Time" (2018), "Roots, Branches, and Spirits: the Folkways and Witchery of Appalachia" from Llewellyn (Feb. 2021) and "Seasons of a Magical Life: a Pagan Path of Living" (Weiser, August 2021). Upcoming: "The Ragged Wound: Tending the Soul of Appalachia" (Smith Bridge Press), "Porch Food: a cookbook from Wyrd Mountain" and a musical adaptation of A Midsummer Night's Dream. [www.myvillagewitch.com](http://www.myvillagewitch.com)

Byron will be presenting the workshops "Hillfolks Hoodoo: Appalachia's Living Folk Magic Tradition", "Green and Healing Magic: Herbal Healing in Appalachia", "Tower Time, Now What? Skills to Survive the Rolling Disasters", and the keynote talk "Saving All the Appalachias".

## PRESENTERS

### **Featured Presenter: Ohio Bird Sanctuary**

The Ohio Bird Sanctuary is a haven for native birds, nature preserve, and living museum. Their team is dedicated to caring for and rehabilitating Ohio native birds, protecting natural habitat, and creating opportunities for people to engage with nature. Their mission is achieved through educating the public by providing family-friendly programming and school-based programs, managing a 90-acre preserve, and actively aiding sick and injured birds back to health. Join the Ohio Bird Sanctuary on Tuesday at 2:00 pm for a presentation featuring some of Ohio's native birds of prey! Learn more at [www.ohiobirdsanctuary.com](http://www.ohiobirdsanctuary.com)

### **Featured Presenter: Ohio Canid Center**

Ohio Canid Center's goal is to educate the public not only on wolves and their importance in the ecosystem, but to bring a better understanding of other wild canine species. Isn't it strange that we love our domestic dog, but fear the wolf, hate the coyote, or see the fox as a nuisance? If we understand something better, then we can more easily learn to appreciate and coexist with it. Join the Ohio Canid Center on Friday at 2:00 pm for a presentation on wild canids in North America featuring an animal ambassador! Learn more at [www.ohiocanidcenter.com](http://www.ohiocanidcenter.com)

### **Carver Casey**

Carver is an artist, poet, and costume designer. Carver will be holding the Non-binary Circle on Tuesday.

### **Nancy Baur and Kelly Lawrence**

Nancy Baur is a local fiber artist and Kelly Lawrence is a local shop owner of Chosen Pathways Spiritual Emporium and Green Mantel Studios. Nancy and Kelly will be presenting the workshop "Magical Natural Dream Catchers".

### **Dr. Jack Grey and Dr. Tom Sharp**

Dr. Jack Grey is both a scientist and witch, two streams which draw from the same well -- a deep love for and curiosity about the wilds and their denizens. He's a plant ecologist, who completed his doctoral work in the misty spirit-haunted forests of the southern Appalachians, as well as an initiate of a lineage of Old Craft, dedicated to establishing relationships with the living spirits of the land. Additionally, Jack is an Appalachian folk magician who is devoted to preserving and maintaining mountain magical and healing traditions. He is also an herbalist and half of Otherworld Apothecary, a shop specializing in botanicals and materia magica, in operation since 2004.

Dr. Tom Sharp is an ethnobotanist, spatial ecologist, and witch. Originally from West Virginia, his practice of witchcraft and magic is rooted in the history, folklore, and spirits of the Appalachian Mountains and is shaped by an ecological understanding of place and process. Tom is an initiate into an old craft lineage and has taught classes and workshops on magic and herbalism for over two decades. Together with his husband, Jack, he has run Otherworld Apothecary, a shop specializing in the materia magica used in their craft, since 2004.

They will be presenting the workshops "Bioregional Animism I: Gatering a Sense of Place", "Bioregional Animism II: Connecting with Spirits", and "Of Mountain Witches and Yarb Doctorin': Southern Appalachian Folk Magicians"

## PRESENTERS

### **Kat Harmon**

Kat Harmon is a self-love guide and an intuitive energy worker. Kat will be presenting the workshops "Partner Yoga - Lean in to Trust" and "Chakra Dance".

### **Greg Howson**

Greg has been practicing meditation for a number of years and will be presenting the workshops "Basics of Insight Meditation" and "Guided Meditation on Connectedness/Interdependence".

### **Shala Hill**

Local face painter, candle-maker, and plant-lover. Mama of the wild Sofia. Shala will be leading the Treasure Hunt on Saturday.

### **Ash McKernan**

Ash McKernan is a licensed psychotherapist (MFT), ecotherapist, bard, life-long explorer of wyrd, and author of the book: *Wyrdcraft: Healing Self and Nature Through the Mysteries of the Fates* (to be published by Llewellyn, Jan 2023). Ash loves to spend time at the crossroads where psyche, nature, magic, and healing intersect. You can visit his website at [www.wyrdwildweb.com](http://www.wyrdwildweb.com). Ash will be presenting the workshop "The Ways of Wyrd: Mysteries of the Fates".

### **Caleb Pendygraft, PhD**

Caleb Pendygraft, PhD, (he/ him/ his) is an Appalachian cis-queer Kentuckian. Until he left the Kentucky Knobs and pursued higher education as a first-gen student, he didn't know he was Appalachian. Coming from moonshiners, the Pentecostal faith, and being a displaced only child, he understands how Appalachia has been described as an impoverished region. Caleb is devoted to amplifying queer Appalachian voices in his communities and literacy scholarship. He will be presenting the workshops "Men's Circle" and "Comin' Out the Broom Closet: Appalachian Pagans and Their Queer Future Worlding".

### **Kris Snow**

Kris Snow is a founding member of the Wisteria project and has been involved since before incorporation. Her family grew from this early community and celebrated the first marriage and birth from this Circle. She has made her home onsite since 1999, and her daughter is making her home here now. Kris has a strong history in the healing arts and sciences, practicing massage and yoga in NYC and Southeastern Ohio for decades. Other passions include music, co-creation of all kinds, environmental and social justice.

## PRESENTERS

### **Doug Sundling**

Doug Sundling has been involved with sweat lodges since 1986. He brought the sweat lodge to Wisteria in 1997. Since then, he has constructed and maintained a sweat lodge site at Wisteria and has facilitated sweat lodges for events held at Wisteria. With the pandemic, he offers to facilitate a different stewardship of being human. Sundling has been involved with restoring native habitat to floodplains since the 1980s. After helping spearhead a 150-acre reforested bottomlands along the Wabash River besides the City of Bluffton, Indiana, a preserve he still tends to for his hometown, he continues advancing, since 2003, the restoration and stewardship of his own 40 acres along the Wabash River. As chair of the Upper Wabash River Basin Commission, a state created commission of the four upper most Indiana counties along the Wabash River, he coordinates ongoing efforts to promote and improve the quality of the watershed. Doug will be offering the workshops "Sweatlodge Orientation", "Sweatlodge Ceremony", and "Native Habitat Waterways".

### **Beth Zimmerman**

Beth Zimmerman is High Priestess of the Indianapolis Guild of the Gods, a proud mother, and long-time researcher of the science of magick. After years of working in engineering, Beth is now a full time spiritual advisor. Her books have been published with Dark Moon Press and in periodicals, but her focus is still on making personal connections with the people - and the magick - around her. Beth will be presenting the workshops "Warrior Women's Circle", "Connecting with Local Spirits, for Worse and Better", "Weaving 101", "The Olde Rules, some Basic Magickal Technique, and an Energy Paintball Fight", as well as the opening and closing circles for Kids Village.

## PERFORMERS

### **Hill Spirits | *Friday at 8:00 pm, Green Man Tavern***

Hill Spirits are an energetic folk quintet from the fabled hills of southern Ohio. While at some points boisterously uplifting and at other times stirringly mystical, Hill Spirits have become known for their passionate energetics and wholesale love for lifting their voices in song together. Based in Athens, Ohio, the group has forged deep musical bonds over the course of a decade in a multitude of musical projects ranging in sound from psychedelic rock to acoustic to neo-soul, eventually finding home in the Appalachian folk modes of their forebearers. In the course of their work diving into the revival of both Americana and old-world folk styles, Hill Spirits seem to have found a way to communicate with other realms, creating spaces during performances that summon restless spirits to join in a spirit-dance. All-in-all, a Hill Spirits show is an invigorating experience, one not to be missed. Hill Spirits are Kyle Lyons (Knux) on banjo, Eric (the Reverend) Osborne on fiddle, George Joseph van Fossen (Old Dutch) on upright bass, Benjamin Stewart (O'Burteen) on guitar and mandolin, and Brother Hill on lead vocals, guitar, and Irish bodhran.

Learn more bout Hill Spirits at: <https://www.facebook.com/hillspiritsohio>

Find them wherever you stream or at: <https://hillspirits.bandcamp.com>

## PERFORMERS

### **Dixon's Violin | Tuesday at 8:00 pm, Green Man Tavern**

The world's premier visionary violinist, Dixon's life mission is to inspire people – and he has done so at over 1,000 concerts across North America, including giving four TED talks/performances, over ten years at Burning Man and Electric Forest, plus radio, TV, and film appearances. A former technology leader and symphony violinist, Dixon walked away from a distinguished career to follow his dream full-time, and invented a whole new music genre. Dixon now improvises on a 5-string electric violin with a looping system he developed to create an all-live one-man symphony, guided by his remarkable personal story of life transformation.

### **Galen of Mystik Fool | Saturday at 10:00 pm, Green Man Tavern**

Starting as a drummer at age 7, Galen took to music right way. He grew up on the east coast of the US surrounded by a wide influence of art and culture. Picking up the ukulele at age 14, Galen started writing songs heavily inspired by easter spirituality, political activism and idealistic philosophy. With that, he adopted a “live free” lifestyle encouraging others to pursue their passion as well. Through music and Mystik Fool, Galen strongly advocates for the importance of mental/emotional health. Multi-instrumentalist Galen Deery is the front man, and writer for up and coming band “Mystik Fool”. He takes the alias on as a solo artist to play the bands music using looping technology. Galen has toured all over the US opening for artists like Trevor Hall, Matiyahu, The Happy Fits, Kyle Smith, and more. Galen plays drums, ukulele, piano, didgeridoo, guitar, tanpura, harmonium, and has dynamic vocal ability. The exhilarating live experience of Mystik Fool is a must. Big sounds and storytelling makes the show intimate and personal.

### **Liam Burns | Wednesday at 4:00 pm, Green Man Tavern**

Liam is an Appalachian transplant from Chicago who taught himself to play music while hitchhiking around the country. He is a consistent member of the Wisteria work-barter staff, and this will be his first year performing for us. His music blends his urban hip-hop and rock and roll roots with his love for Appalachian folk music. He loves good food, cold beer, and long nights with cherished company.

### **Phoenix Chaplin | Thursday at 6:00 pm, Saturday at 7:30 pm, Green Man Tavern**

Phoenix Chaplin is a 22-year-old Visual artist and Indie singer/songwriter/guitarist. Phoenix performs original music and unique covers of songs.

### **Levi Merrill | Friday at 4:00 pm, Green Man Tavern**

As a young singer/songwriter, Levi grew up in New Jersey before trekking to Ohio to pursue a music business degree. He grew up playing in many classic/psychedelic blues rock bands. Levi notes that he is heavily influenced by such acts as The Band, James Gang, Steely Dan, Jackson Browne, Dire Straits, Ellis Paul, and more.

Having had a personal connection to the Levon Helm Band & friends through my father (a former studio musician during the 80's & 90's), this excelled his love for performing & songwriting. After graduating college in 2016, Levi has stayed in Athens and moved to performing more solo acoustically, while slowly discovering his love for guitar making while working at StewMac in town and building his business “Merrill Guitars, Repairs & Workshop”.

## ASK ABOUT OUR SEASONAL MEMBERSHIPS!

Wisteria is offering seasonal memberships that allow for camping and other benefits at discounted pricing.

The season begins on April 1st and ends October 31st.

Please contact us at [events@wisteria.org](mailto:events@wisteria.org) or ask a Wisteria staff member if you are interested or have questions.

### **Understory Membership**

\$370: One adult (entry) seasonal pass that includes the week of Appalachian Summer Solstice, and weekends of Barleycorn, Autumn Equinox, and Autumn Fires; the right to arrive one day early and leave one day late per festival.

### **Midstory Membership**

\$570: One adult (entry) seasonal pass that includes the week of Appalachian Summer Solstice, and the weekends of Barleycorn, Autumn Equinox, and Autumn Fires; the right to arrive one day early and leave one day late per festival; fourteen additional days of open camping. Does not include days during events sponsored by other organizations or days excluded for Wisteria maintenance.

### **Canopy Single Membership**

\$820: One adult (entry) seasonal pass that includes the week of Appalachian Summer Solstice, and weekends of Barleycorn, Autumn Equinox, and Autumn Fires; a designated campsite for the season; unlimited open camping during the season. Does not include days during events sponsored by other organizations or days excluded for Wisteria maintenance.



**Canopy Double Membership**

\$1270: Two adult (entries) seasonal pass that includes the week of Appalachian Summer Solstice, and weekends of Barleycorn, Autumn Equinox, and Autumn Fires; a designated campsite for the season; unlimited open camping during the season. Does not include days during events sponsored by other organizations or days excluded for Wisteria maintenance.

**Grove Membership**

\$1570: Two adult and up to two children (from 3 to 12 years old) (entries) or three adult (entries) seasonal pass that includes the week of Appalachian Summer Solstice, and weekends of Barleycorn, Autumn Equinox, and Autumn Fires; a designated campsite for the season; unlimited open camping during the season. Does not include days during events sponsored by others organizations or days excluded for Wisteria maintenance.

**Sapling Membership**

\$135: One child (entry; from 3 to 12 years old) seasonal pass that includes the week of Appalachian Summer Solstice, and weekends of Barleycorn, Autumn Equinox, and Autumn Fires; the right to arrive one day early and leave one day late per festival. (Children under 3 are free)

**Forager Package Add-on**

\$30: Annual Collectable Coffee Mug and free refills of coffee for the season with the mug, only during Caffeina's operating hours.

**Digital Package Add-on**

\$100: Season wifi pass for one device (only available with the purchase of the Canopy, Double Canopy and Grove Memberships).

## HESTIA'S HEARTH KITCHEN

Hestia's Hearth Kitchen will serve lunch from 11:30 am - 1:00 pm and dinner from 6:00 pm - 7:30 pm. Meal plans and single plates will be available for purchase at Caffeina's Cosmic Cafe.



### **Monday, June 20th Dinner:**

Baked spaghetti (beef or veggie)  
Steamed vegetables  
Side salad  
Bread

### **Tuesday, June 21st Lunch:**

Build your own sub  
Chips  
Side salad  
Macaroni salad

### **Tuesday, June 21st Dinner:**

Baked chicken (or Quorn filet) over rice,  
covered in a lemon, herb, and pepper sauce  
Steamed asparagus  
Cucumber-tomato salad

### **Wednesday, June 22nd Lunch:**

Shredded ham sandwich (or stuffed portobello)  
Tomato bisque soup (served chilled)  
Side salad

### **Wednesday, June 22nd Dinner:**

Meatloaf (or veggie loaf)  
Baked potato  
Glazed ginger carrots  
Salad

### **Thursday, June 23rd Lunch:**

Hamburgers (or black bean burgers)  
Cream of mushroom soup  
Chips  
Salad

### **Thursday, June 23rd Dinner:**

Stir fry vegetables with beef (or Quorn) over rice  
Drop noodle soup  
Celery, grape, blue cheese salad

### **Friday, June 24th Lunch:**

Chicken noodle soup (or vegetarian vegetable soup)  
Steamed veggies  
Salad  
Toasted bread

### **Friday, June 24th Dinner:**

Lasagna (beef or vegetable)  
Steamed veggies  
Salad  
Bread

### **Saturday, June 25th Lunch:**

Enchiladas (beef or vegetarian)  
Spanish rice  
Tortilla chips with salsa  
Avocado salad

### **Saturday, June 25th Dinner (Appalachian Feast):**

Roast Beef (or roasted squash stuffed with quinoa)  
Mashed potatoes and gravy  
Corn on the cob  
Green beans  
Salad  
Roll

### **Sunday, June 26th Lunch:**

Brats with slaw (or vegetarian brats)  
Cucumber-tomato salad  
Fruit salad

# THANK YOU FOR ATTENDING APPALACHIAN SUMMER SOLSTICE!

## UPCOMING EVENTS

July 12 - 18: The Starwood Festival

Aug 4 - 7: Barleycorn

Sept 21 - Sept 25: Wild Spirit Festival

Sept 30 - Oct 3: Prometheus Gathering

Oct 6 - 10: Autumn Fires

Oct 28 - 30: Closing Weekend



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