

Appalachian Herbfest 2026

Schedule

Thursday 8/6

- 10:00am - 11:00am - Work Barter staff meeting @ Pavilion
- 2:30pm - 4:00pm - Botany for Beginners with Ellie Mae @ Green Man
- 2:30pm - 4:00pm - Breath Between Worlds: The Magick Arts of Incense & Invocation w/ Nuit Moore @ Pavilion
- 4:00pm - 5:30pm - Snacking with Dennis Lambert, meet @ Main Stage (wear good shoes)
- 4:00pm - 5:30pm - Healing Lyme Disease w/ Feral Wizard @ Green Man
- 5:30pm - 7:00pm - Dinner
- 6:30pm - 7:30pm - Opening Circle / Introduction w/ Nellie @ Heart Hearth
- 7:30pm - 9:00pm - Community Circle @ Heart Hearth
- 9:00pm - Open Social Time @ Heart Hearth

Friday 8/7

- 9:00am - 10:30am - Tree ID and Forest Ecology w/ Eric Hart, meet @ Pavilion (wear good shoes)
- 9:00am - 10:30am - Harvesting Materials for Vine Baskets, meet @ Heart Hearth (wear good shoes, bring pruners if you have them)
- 10:30am - 12:00pm - Warts, Waters and What Mountain Folk Know w/ Byron Ballard @ Green Man
- 10:30am - 12:00pm - Wisteria Bioblitz: Citizen Science and Plant ID Excursion w/ Jess Fritz, meet @ Pavilion (wear good shoes)
- 12:00pm - 1:00pm - Lunch
- 12:00pm - 1:00pm - Recovery Circle w/ Donna Donovan @ First Aid
- 1:00pm - 2:30pm - Vine Basketry w/ Talcon Quinn @ Heart Hearth (teens and/or adults; bring pruners if you have them)
- 1:00pm - 2:30pm - Yard Pesto is Besto! w/ Christina Collins @ Pavilion (bring pesto ingredients if you have them)
- 2:30pm - 4:00pm - Herbs for Everyday Living: Building a Practical Herbal Practice at Home w/ Kenneth Wright @ Pavilion
- 2:30pm - 4:00pm - Beginning Broom Making w/ Wes Shofner @ Green Man (\$15 materials fee if making a broom)
- 4:00pm - 5:30pm - From Root to Bud: Using every part of Marijuana Plants w/ Rev. Lynx @ Paw Paw (adult 18+ only)
- 4:00pm - 5:30pm - Blood Roots: Melungeon Medicine & Magic w/ Nuit Moore @ Green Man

4:00pm - 5:30pm - Herbs for the Nervous System in Stressful Times w/ Sasha Sigetic @ Main Stage
5:30pm - 7:00pm - Dinner
7:00pm - 8:30pm - In the Mood: An Exploration of Botanical Aphrodisiacs w/ Dirt Mother @ Green Man (adult 18+ only)
7:00pm - 8:30pm - Music to Grow By (part 1) - performance by Athens Recorder Consort @ Heart Hearth
8:30pm - 10:00pm - Mothing & Bioluminescent Hike w/ Homer, meet @ Main Stage (wear good shoes)
8:30pm - 10:00pm - Community Circle @ Heart Hearth
10:00pm - Open Social Time @ Heart Hearth

Saturday 8/8

9:00am - 10:30am - Nature Preserve Hike w/ Charlene Suggs, meet @ Pavilion (wear good shoes)
9:00am - 10:30am - Plant Medicine in Substance Abuse Recovery w/ Donna Donovan @ Pavilion
9:00am - 10:30am - Integration of Mind, Body, and Spirit w/ Wade Booker @ Green Man
10:30am - 12:00pm - Incorporating Herbs into Everyday Life w/ Stan Haught @ Pavilion
10:30am - 12:00pm - Talking to the Trees w/ Elf, meet @ Main Stage
10:30am - 12:00pm - Intro to Backstrap Weaving w/ Sydney Shewmaker @ Green Man
12:00pm - 1:00pm - Lunch
1:00pm - 2:30pm - Keynote - Grief Like a River: Herbs for Sorrow and Mourning w/ Byron Ballard @ Pavilion
1:00pm - 2:30pm - Home Grow Workshop w/ Tyler Meyers & Kayla Ross @ Green Man (adult 21+ only)
2:30pm - 4:00pm - Wellness Without Hostility: Herbal Care for Men Beyond Performance w/ Kenneth Wright @ Main Stage
2:30pm - 4:00pm - Making Walnut Ink w/ Wes Shofner @ Green Man
2:30pm - 4:00pm - Herbs and Grief Academy w/ Jenny Crawford @ Pavilion
4:00pm - 5:30pm - Herbal Allies for Uterine Support w/ Ellie Mae @ Paw Paw
4:00pm - 5:30pm - Botanical Painting & Calligraphy w/ Nellie James @ Green Man
4:00pm - 5:30pm - Intro to Natural Cordage Weaving w/ Salix @ Pavilion
5:30pm - 7:00pm - Dinner
7:00pm - 8:00pm - Fireside Chat & Stories w/ Byron Ballard @ Heart Hearth
8:00pm - 9:30pm - Music to Grow By (part 2) - performance by Annie Wolfe @ Heart Hearth
8:30pm - 10:00pm - Compazing @ Grand Field (weather permitting)
10:00pm - Open Social Time @ Heart Hearth

Sunday 8/9

11:00am - 12:00pm - Closing Circle & Talkback @ Heart Hearth
12:00pm - 1:00pm - Lunch @ Pavilion

Workshops

Annie Wolfe

Ethereal haunt folk. Hopeless romantic jazz meets porch pickin blues.

Music to Grow By (part 1)

Saturday 8pm @ Heart Hearth

Musical performance

Athens Recorder Consort

TBD

Music to Grow By (part 2)

Friday 7pm @ Heart Hearth

Musical performance

Byron Ballard

H. Byron Ballard, BA, MFA, is a western NC native, teacher, folklorist and writer. She has served as a featured speaker and teacher at Appalachian Studies Association, Conference on Current Pagan Studies, ConVocation, Glastonbury Goddess Conference, Sacred Feminine Rising, Scottish Pagan Federation, Sisters Rising, Starwood, Florida Pagan Gathering, and others. She is senior priestess and co-founder of Mother Grove Goddess Temple and the Coalition of Earth Religions/CERES, both in Asheville, NC.

Keynote - Grief Like a River: Herbs for Sorrow and Mourning

Saturday 1pm @ Pavilion (teens and/or adults)

Plants are our allies throughout the journey of our lives, as healers, as supplements, as mood boosters and health sustainers. The grief road has its particular allies and these plants as here for us in these chaotic times. The focus of this talk is traditional and modern Appalachian remedies used in times when the soul and body have too much to bear. Whether oil, tisane or tincture, these allies walk with us along the path of mourning, listing our sorrow until we can be whole once more.

Fireside Chat

Saturday 7pm @ Heart Hearth (all ages welcome)

Stories of walking trees, spirit plants, cryptids and the panoply of folks who people the lonely ridges of the Appalachian mountains. Hear haint tales, magical wonders and share your own at this informal storytelling session.

Warts, Waters and What Mountain Folk Know

Friday 10:30am @ Green Man (all ages welcome)

Dive deep into the specific uses of water in Appalachian folk magic. From stump water and willowwater for cures to ditchwater for creativity and dish water for warts, the many uses of this powerful element have been passed down since the early days of immigration. Learn how they can broaden your own magical practice.

Charlene Suggs

Charlene Suggs has devoted much of her adult life envisioning and manifesting ways for people to share land, life, and vision. To help grow public awareness about modern deathcare practices and observances, Charlene has been presenting introductory workshops since the late 1990s. Her ongoing work emphasizes meaningful and less costly experiences with death that contribute to the health of the Planet and our own well-being. She is a community organizer and likes to write. Charlene is particularly fascinated by insects, nature, biological processes, reimagining cultural and economic systems, words, unseen worlds and general details of life.

Nature Preserve Hike

Saturday 9am meet @ Pavilion, wear good shoes (all ages welcome)

Christina Marie Collins

Artist & herbalist living in Cincinnati the last decade with her kid & pup

Yard Pesto is Besto!

Friday 1pm @ Pavilion (all ages welcome; bring pesto ingredients if you have them)

We will discuss, forage, & draw plants on site and then prepare nourishing pesto together.

Dennis Lambert

I grew up in Appalachia, I ran the southern hills of West Virginia from about five years old until I was 13 and moved to Eastern Kentucky. I joined the Boy Scouts and earned my Eagle and Wilderness Survival Merit Badge and joined the Army. I continued my studies on wild plants and medicine, creating a documentary about the availability of these resources to the runaway enslaved during the Underground Railroad and teaching classes on how to identify these plants to supplement a diet or educational purposes.

I currently work as a field interviewer for a social science organization studying people's attitudes towards a variety of topics.

Wild Snacking

Thursday 4pm meet @ Main Stage, wear good shoes (all ages welcome)

I will take one or more small groups (10 or less) out into the woods and point out what is edible and what isn't, and what could possibly be used for medicine as we walk along the trail.

All results are based on the season, what is growing, what is available, and if we can safely, responsibly, and respectfully harvest it.

Dirt Mother

Denise "Dirt Mother" Cumor is a Hedge Witch, Educator & Former Facilitator of The Red Tent, who defies the patriarchal paradigm by following her own intuitive path, through creative expression and her commitment to support empowerment of women and men in the healing arts, sexuality and Divine Feminine worship. Experiences that have strengthened her commitment: Clerk at the feminist/ lesbian 31st St Book Store in Baltimore, working as a Dancer for 4 years on Baltimore's infamous 'Block,' teaching OB-GYN protocol & techniques to medical students with Johns Hopkins; Event Coordinator & Sex Educator for the Spiral Dance Women's Center, vending, facilitating & educating in the Red Tent for 10 years in the mid-Atlantic Pagan community, Coordinator for The Scarlet Den at THE Beltane & The Inner Sanctum at Blue Ridge Beltane. More recently, growing and foraging herbs and mushrooms and developing medicinal Dirt Mother products with her partner, Cody, "The Feral Wizard." She has been making music and writing poetry for over 20 years.. Creating medicine, music and sacred space has been her joy and salvation.

In the Mood: An Exploration of Botanical Aphrodisiacs

Friday 7pm @ Green Man (adult 18+ only)

Across the globe, many ancient cultures have held herbal aphrodisiacs as sacred. We will explore some of these traditions and ceremonies with a modern synergized practical approach to enhancing libido, supporting hormone balance, calming the nervous system and nourishing the heart to get you in the mood. Focusing on some favored herbs and recipes to include: Damiana, Horny Goat weed, Cacao, Maca, Saw Palmetto and more!

Donna Donovan

Donna Donovan is the founder of Appalachian Pagan Ministry whose focus is on pagan prison ministry, reentry, and substance abuse recovery. Donna serves as Gyōja for a multitude of Kindreds nationwide, as well as Draoi of Comhaltacht na nGaedheal: Cairdeabh nan Gàidheal

Donna is a person in long-term recovery, beginning recovery of her meth addiction on Jan 8, 1989. As well as being a mother to a daughter who is also in long-term recovery, she lost her son to his battle with opiates on Nov 24, 2015. Rev Donna brings a perspective from all sides of the addiction issue and facilitates the Heilvegr (a Heathen recovery program) in various facilities nationally. www.appalachianpaganministry.com

Plant Medicine in Substance Abuse Recovery

Saturday 9am @ Pavilion (all ages welcome)

This workshop provides an educational overview of plant medicines and their potential role in supporting substance use recovery. Participants will explore traditional herbal remedies and the importance of integrating complementary approaches with evidence-based treatment. The session emphasizes safety, informed decision-making, cultural respect, and holistic wellness.

Recovery Circle

Friday 12:00pm @ First Aid

Elf

Hi All I am know as Elf the little old lady that talks to the trees. I Have been a part of the Wisteria Family for many years. And have been offering workshops, guiding rituals, and volunteering when I can . herb fest is a fairly new event, yet promises to become so much more and I am honored to be a part of it.

Talking to the trees

Saturday 10:30am meet @ Main Stage (all ages welcome)

The Trees speak in a language the is not like our own, Yet they wish to converse so this workshop will guide you in beginning to learn each others language in real time. it is easy, fun and often astonishing, So come play with me and I will show you the secret

Ellie Mae

Ellie Mae is a farmer, mother, herbalist, and lover based out of the Ohio River Valley. With a diverse background in womb sovereignty, sustainable agricultural, and traditional herbal medicine, Ellie Mae will be teaching on basic herbaceous and woody identification, as well as herbal allies for uterine support.

Botany for Beginners

Thursday 2:30pm @ Green Man (all ages welcome)

Botany for Beginners is a hands on, beginners crash course in learning basic identifying tools to assist you in learning about the herbaceous and woody friends around you.

Herbal Allies for Uterine Support

Saturday 4pm @ Paw Paw (all ages welcome)

Join herbalist and womb worker Ellie Mae for Herbal Allies for Uterine Support, where we will discuss herbal medicines and practices to support our bodies through every phase of our (or our loved one's) moons.

Eric Hart

Environmental Engineer for the past 30 years with M.S. in Biological Sciences. Performing ecological restoration activities in local forests for 25 years, focusing on restoration of remnant prairie and open oak woodland habitats which support many of our rare plant species.

Tree Id and Forest Ecology

Friday 9am meet @ Pavilion, wear good shoes (all ages welcome)

Basic tree ID skills and exploration of the ecology of the oak-dominated forests of the central Appalachians and the Midwest. Explore the historical composition of the forest and the ecological forces that shaped it. Learn about the impact of European settlement, the massive changes that are currently happening in the forest, and the actions we can take to minimize loss of biological diversity.

Feral Wizard

Cody “the Feral Wizard” has spent much of his life outdoors in the company of plants and wild life. Working over 20 years as a freelance organic gardener, specializing in native landscaping. Cody possesses ample knowledge of plants, gardening and foraging. His experiences include: Biochemistry Lab Assistant at New College of Florida, Assistant at American Native Plants Nursery, WWOOFer at Vero Beach Organic Farm & Gainesville Botanist Homestead, Apprenticing in landscape architecture and native plant landscaping. Currently Cody collaborates with Dirt Mother growing and foraging herbs in Baltimore County.

See also workshop under Dirt Mother

Healing Lyme Disease

Thursday 4pm @ Green Man

With the wisdom of Herbalist, Stephen Buhner and his own personal experiences, Feral Wizard will talk about how Lyme disease functions in your body and share an herbal and dietary plan that works to send it into remission.

Homer Elliot

Homer Elliott is a wildlife and forest ecologist, who specializes in botany and mycology. He is fascinated with the linkages and mutualisms between all living things. Homer teaches in the School of Natural Resources at Hocking College and spends much of his free time in the garden and foraging in the woods.

Nothing & Bioluminescent Hike

Friday 8:30pm meet @ Main Stage

Sunset will be 8:39 so meeting at 8:30 at mothing sheet with UV, then 9 pm hike into woods for glowing fungi, millipedes, caterpillars and herbs with various UV lights.

Jenny Jean Crawford

Jenny was born and bred in the Allegheny Mountains of Pennsylvania, and she is the clinical herbalist, medicine maker, and Appalachian Sophianic medicine woman behind Herbal Appalachia. Stepping into her role as a healer has been the culmination of a personal journey rooted in loss, resilience, and a commitment to alchemize suffering. It began with the painful experience of losing her mother to inflammatory breast cancer. Witnessing her mother's struggles with modern cancer treatments fueled Jenny's quest to explore more natural approaches to illness and ways to prevent it. Through the process, her own family's Appalachian medicine roots were revealed through both the accounts of living family members and ancestral journey work. Jenny's healing practice is a harmonious fusion of scientific rigor and spiritual connection with plants, the land, the ancestors, and the multidimensional nature of the cosmos. Her current herbal practice stands at the intersection of science and spirit, offering a transformative experience focusing on both the physical and spiritual root causes of dis-ease. Her workshops often have a focus on bioregional herbalism, emphasizing the medicinal wealth of the Appalachians, promoting health sovereignty, and empowering individuals to actively participate in their well-being, in both the physical and spiritual realms.

Herbs and Grief Alchemy

Saturday 2:30pm @ Pavilion (teens and/or adults)

Come and dive deep with us into the world of grief alchemy and how our herbal allies can assist us in this process. We will examine how plants have inhabited this portal with us throughout the ages and how they still work with us in our deepest moments of alchemizing grief.

Jess Fritz

Ecology enthusiast, land management practitioner, artist, photographer, gardener, master of none.

Wisteria Bioblitz: Citizen Science and Plant ID Excursion

Friday 10:30am meet @ Pavilion, wear good shoes (all ages welcome)

Hike slow and keep your eyes down. Learn what to look at to differentiate herbaceous plants and how digital tools like iNaturalist can help. Dress to be in the woods, including proper footwear and tick repellent. .

Kenneth Wright

Kenneth Wright is a Master Herbalist with over 20 years of experience in clinical herbal practice and education. He holds a Master of Science degree and is the author of three books, including Everyday Herbal and Herbal & Holistic Healthcare for Men. Kenneth is the owner and operator

of Verdigris Market Garden, an herbal wellness brand based in Columbus, Ohio, where he formulates plant-based remedies and teaches practical, accessible herbal education rooted in both traditional wisdom and modern understanding.

Herbs for Everyday Living: Building a Practical Herbal Practice at Home

Friday 2:30pm @ Pavilion (all ages welcome)

For generations, people relied on a small number of familiar herbs to support everyday life — digestion, sleep, stress, and resilience — often grown close to home. This workshop explores how to build a practical, realistic herbal practice rooted in daily needs rather than complexity.

Participants will learn how to select herbs based on common concerns and availability, how herbs were traditionally integrated into household life, and how modern herbalists can work simply and effectively without needing extensive supplies or advanced preparations. Emphasis is placed on versatility, safety, and confidence, helping participants develop a relationship with a handful of trusted plants they can use regularly.

Workshop Focus / Takeaways:

- Choosing herbs based on everyday needs rather than abundance
- Historical use of household and community herbal practices
- Working with a small, familiar group of herbs
- Simple preparation methods for daily use
- Developing confidence without overwhelm

Wellness Without Hostility: Herbal Care for Men Beyond Performance

Saturday 2:30pm @ Main Stage (All ages welcome)

Modern men often find themselves caught between two competing messages: traditional expectations that encourage endurance and self-reliance, and a wellness culture that insists on constant optimization and self-improvement. In this thought-provoking workshop, herbalist Kenneth Wright explores a different path—one rooted in support, nourishment, and sustainable wellbeing rather than endless performance.

Nellie James

TBD

Botanical Painting & Calligraphy

Saturday 4pm @ Green Man (all ages welcome)

TBD

Nuit Moore

Nuit Moore is an eco-feminist artist/activist, consciousness catalyst, botanical magician, and riot witch, specializing in the fusion of arts, frequency, and ritual as a vehicle for magical experience, initiation, and transformation. With her work, Nuit has participated in numerous festivals, performances, publications, anthologies, and exhibitions over the past 30+ years. Her path as a folk herbalist honors her ancestral lineages and is centered in the Wise Woman tradition, and as such, Nuit strongly focuses on women's herbals, as well as ancestral, historical, and mystical herbalism. Her practice is rich in lore, rooted in science, and ripe with alchemy.

Blood Roots: Melungeon Medicine & Magic

Saturday 9am @ Green Man (teens and adults) (\$5 materials fee if making blood beads)

As a direct descendant daughter of Melungeon heritage, Nuit offers an exploration into the folk magical practices of this historically marginalized and often isolated multi-racial mountain population that continues to be surrounded by mystery. From wild roots to blood beads, the folkways of the Melungeons are a beautifully unique mountain medicine tradition formed from three main lineages: European, African, and Native American. In this hands on workshop, Nuit will share stories and teach about some of the plants, prayers, and practices of this lineage that has survived despite a history of stigma, struggle, and secrecy. Nuit will also lead participants in crafting their own simple 9-bead pocket version of the blood beads employed in this unique folk magic practice. Materials cost if making blood beads is \$5.

Breath Between Worlds: The Magick Arts of Incense & Invocation

Thursday 2:30pm @ Pavilion (teens and adults)

In this workshop, we will explore the history and mystery of the magical arts of incense, invocation, and incantation- as well as other ritual techniques that employ holy smoke and spoken word. Participants will explore the different magical and energetical properties of a wide range of botanicals used in these magick arts, incenses and invocations to the deities, and how to create simple herbal incenses for sacred offerings. We will create an incense blend together which will be shared among participants.

Rev Lynx

Steward of the Labyrinth of the Ways (located on the road to Fairy Shrine) & all around Animist Druid. Wild gardener and grower of weed. I've been coming to Wisteria since 2012

From Root to Bud: Using every part of Marijuana Plants

Friday 4pm @ Paw Paw (adult 18+ only)

Join Lynx & Daystar for a workshop about utilizing every part of a weed plant. We will go over the aspects of being a home-grower and how we minimize wasting any part of our plants. From Root to Bud, we don't waste any parts of the plant and we look forward to sharing how these

steps can also be applied to other, non-marijuana, grows. There will also be a demo about making our ThiCC muscle Rub and THC Distillate.

Salix

My name is Salix, I am a visual artist and work in a variety of mediums, such as painting, pen illustration, leather work, wood carving, block printing, tattooing, and fiber.

Intro to natural cordage making

Saturday 4pm @ Pavilion

Learning about the history of natural cordless making and what things can be made into cord

Sasha Sigetic

Sasha has been working with herbs for over 20 years and is a Certified Natural Health Professional through Trinity School. She lives in Meigs county on a communal land project that she and her friends started in 2012. Besides wild crafting from the land, she raises goats for meat and milk and is also a fiber and ceramic artist

Sasha Sigetic

Herbs for the Nervous System in Stressful Times

Friday 4pm @ Main Stage

Are you stressed, burnt out and in need of some calming allies? I will go through my favorite list of herbs for such situations and we'll mix a nice batch of tea to sip on during the talk, and if there's enough folks can take some home with them. All are welcome

Stan Haught

Stan is a clinical herbalist specializing in support for the nervous and digestive systems. He is the chief formulator at Appalachian Herb Company and an educator and speaker.

Incorporating Herbs into Everyday Life

Saturday 10:30am @ Pavilion (all ages welcome)

Exploring ways to incorporate herbs into our everyday lives. We will discuss common herbs with a focus on locally available ones, herbal medicine preparation, and safety.

Sydney Shewmaker

Cincinnati native. I've been working for an art non profit called art equals for a few years that does community art therapy. The organization has a heavy focus on fiber arts which has tremendously grown my love and understanding of how healing fiber arts can be.

Intro to Backstrap Weaving

Saturday 10:30am @ Green Man (\$20 materials fee to take work home)

Introduction to basic weaving techniques with a specialized focus on backstrap weaving with a rigid heddle loom.

Talcon Quinn

Talcon Quinn is an interdisciplinary, Appalachian Folk Artist rekindling ancestral arts through her leather work, basketry, and jewelry. Her practice is rooted in ancient traditional techniques of our early human ancestors. She works exclusively with materials she sustainably harvests and processes herself such as Deerskin, Bone, Willow, Copper, and Oak.

Talcon has studied and apprenticed with numerous artists around the United States and globe on various traditional artforms to develop her artful skills. She deeply values mentorship style learning for its unique ability to transmute cultural knowledge. This value is expressed through her own teaching and mentorships of these artforms.

Weaving the past to the present, Talcon's art resonates with contemporaries while connecting them to a deeper sense of place. Her use of respectfully harvested natural materials is an homage to her lineage of mentors and is inspired by respectful interconnectedness to the natural world and each other.

Talcon's Artist Statement: "The goal of my work is to inspire another way of living. A way that recognizes all beings (plants, rock, fire, water, animals) are part of our community and with whom we are interconnected".

Harvesting Materials for Vine Baskets

Friday 9:00am meet @ Heart Hearth (wear good shoes, bring pruners if you have them)

Vine Basketry

Friday 1pm @ Heart Hearth (teens and/or adults)

Learn how to utilize regional vines to weave baskets with Appalachian Folk Artist Talcon Quinn. Originally from Appalachia Ohio, Talcon Quinn has been weaving, teaching and studying basketry for over 20 years. She is deeply dedicated to sharing traditional arts that utilize sustainably harvested materials and presented in ways that are respectful to all living beings.

Class will cover harvesting techniques, storage and preparation of a variety of materials, along with hands on weaving of a basket.

Participants should bring hand pruners with them should they have them.

Tyler Meyers and Kayla Ross

Award winning Cannabis growers and enthusiasts from Meigs County Ohio. We have been cultivating and sharing our love for the plant for over 25 years.

Home Grow Workshop

Saturday 1pm @ Green Man (adult 21+ only)

We will be discussing everything you need to know about growing your own cannabis at home, from choosing and creating your own genetics through harvest. We will also talk about some of the ways you can use your finished product. Adults only (21+)

Wade Booker

Dr. Benjamin Wade Booker graduated from Lincoln Memorial University-DeBusk College of Osteopathic Medicine. He completed his Family Medicine residency at Doctors Hospital in Columbus, Ohio, followed by training in Osteopathic Neuromuscular Medicine in Athens, Ohio. Dr. Booker serves as an Assistant Clinical Professor at the Ohio University Heritage College of Osteopathic Medicine, teaches within the OhioHealth Osteopathic Neuromuscular Medicine residency program, and cares for patients at the OhioHealth Osteopathic Manipulative Medicine Clinic in Athens, Ohio.

Outside of medicine, Dr. Booker enjoys outdoor activities and immersion in nature, especially hiking. He also values mindfulness practices and has a strong passion for learning, particularly in psychology, philosophy, and spiritual traditions. Fun fact: As a child, he considered a career in stand-up comedy, but being an ethical man, he stuck to delivering treatment rather than punchlines – to the relief of audiences everywhere.

Integration of Mind, Body, and Spirit

Saturday 9am @ Green Man (All ages welcome)

In this workshop, our aims will include:

1. Discuss the interrelationship of mind, body, and spirit within a holistic osteopathic framework, incorporating physical, psychological, philosophical, and spiritual perspectives.
2. Recognize the role of Osteopathic Manipulative Treatment, depth psychology, and spiritually informed meaning-making practices in supporting patients with chronic pain, emotional suffering, and/or spiritual distress.

3. Explore basic hands-on, contemplative, and meaning-centered practices that help one reconnect with the body, regulate emotional experience, and facilitate the healing process.

Wes Shofner

Wes Shofner is a homestead farmer living on the farm his family bought in 1974. He is a collector of traditional skills including blacksmithing and woodworking, and is an artist in sculpture and oil painting, having semi-retired from theatrical technical direction.

Beginning broom making

Friday 2:30pm @ Green Man (all ages welcome; \$15 materials fee)

Beginning broom making will illustrate and guide up to ten attendees in making a simple handled broom with natural broomcorn. Please bring \$15 materials fee if making a broom.

Making walnut ink

Saturday 2:30pm @ Green Man (all ages welcome)

Making walnut ink will be a talk about the process of making ink from found natural sources.

Vendors

Appalachian Herb Company

Premium quality botanical tea blends with organic ingredients. Balms and salves that nurture skin. Hand-made pottery related to herbs and tea drinking.

Thoughtfully designed botanical tea blends and natural products, hand-crafted in small batches in the foothills of the Appalachian Mountains. We also offer health and wellness coaching with a clinical herbalist.

www.appalachianherbco.com

Dirt Mother Productions

Salves, tinctures, dried herb blends, and crafted art

Women crafted, herbal products and art

Herbal Appalachia

Various herbal products, such as teas, tinctures, creams, salves, linaments, poultices, etc as well as hand beaded earrings

Herbal Appalachia is a small herbal products company based out of the Allegheny Mountains. Herbal Appalachia's products are hand crafted in small batches using sustainably harvested and organically sourced herbs and ingredients. The products are crafted from clinically proven combinations and are also informed by the spirits and energetics of the plants that they contain. The goal of sharing these herbal medicines with the people is to increase the health sovereignty of those that come into contact with them and to help put the people's medicine back into the hands of the people themselves.

<https://www.herbalappalachia.com>

High Commodities

Genetics and consulting

Cannabis growers and enthusiasts from Meigs County, Ohio. We have been cultivating and sharing our love for the plant for over 25 years. Come by the booth and say hello, and check out our top quality genetics. We can help you with any questions you have about growing from start to finish.

Jumping Juniper Tarot

Intuitive tarot readings

Tarot is for everyone. Even if you don't consider yourself "spiritual" at all, I believe that you are a channeler as much as I am, and have your own intuitive wisdom. I am merely trained in helping you tap into that and pull it into your conscious awareness through the archetypal symbols of the tarot. Rather than seeking concrete, predictive answers, I consider this working in co-creation with Spirit. You may have another name for it – perhaps a specific deity, or maybe you have a more secular sense of general wonder. Whatever you call it, to me it's all the same thing, and tarot is here to help facilitate a conversation.

My prices vary according to the complexity and time required – obviously, the more we're both willing to invest, the more informative your reading will be able to be. However, I understand that resources and needs are varied as well, so my readings normally start at \$20 and go up from there. Please visit my website for more details.

<https://jumpingjunipertarot.wordpress.com/>

Mediterranean Cuisine

Mediterranean Sampler; Falafel, Hummus, Tahini, Dolma, Pita. Gyros; Beef & Lamb, Chicken, Veggie. Bourbon Chicken; Grilled Thighs served over Tumeric Rice. Greek Salad; Lettuce, Tomato, Cucumber, Feta Cheese, Black Olives with Grecian Dressing served in a freshly cooked Edible Bowl. Butterfly Chips or Curly Fries; Thinly Sliced or Spiral Diced Idaho's. Chicken Tenders; Freshly cooked Strips of Breast, served with Butterfly Chips. Fresh Squeezed Lemonade, 32 oz. Fresh Brewed Ice Tea, 24 oz. Bottled Water and Sodas.

www.medcuisine.org

Mystic Nomad

Handmade Art Jewelry- featuring Gemstones, Lapis, Turquoise, Ancient Roman Glass, Rare and fair-trade collection of Beads.

Talcon-Quinn

Primarily jewelry. Some leather work, baskets, tinctures and salves

Talcon Quinn is an interdisciplinary, Appalachian Folk Artist rekindling ancestral arts through her jewelry, basketry, and leather work. Her practice is rooted in ancient traditional techniques of our early human ancestors. She works exclusively with materials she sustainably harvests and processes herself

Terra Astra

Small batch herbals (handcrafted incense, teas, steams, ritual oils, etc), ceremonial jewelry/sacred adornment, and my ritual art pieces and prints.

Terra Astra specializes in gaian and galactic medicine and magick, offering small batch medicinal & ceremonial botanicals, handcrafted sacred adornment jewelry, and Nuit's work as a ritual artist celebrating the ancient and ancestral mothers.

Too Many Totems

Handmade bags, sacks & assorted Shinys. Specializing in Queer & Pagan embroidery designs. Custom order cloaks, robes & flowskirts.

Queer & Indigenous owned Craft Cooperative out of Columbus, Ohio Formed in 2016

<https://www.facebook.com/toomanytotems/>

Verdigris Market Garden

Herbal Personal Care, Wellness & Home Products, Herbal Consulting

Verdigris Market Garden operates as an off-grid urban herb & botanicals farm, cultivating a variety of botanicals that contribute to our all-natural bath & body, apothecary, and home products. Our commitment is not only to your well-being but also to the health of the planet.

Many of the botanicals used in our products are grown on our farm, and we even raise bees to incorporate their honey and wax into our formulations. The entire process, from cultivation to creation, is overseen by Master Herbalist Kenneth Wright.

In our dedication to sustainability, we utilize packaging made from recycled materials, prioritizing compostable or recyclable options. We especially favor infinitely recyclable materials like metal and glass.

www.verdigrismarketgarden.com

Vicky Mattson Photography...for the birds

My items are all created using my original photos. I sell a variety of items that display my favorite photos

I have been observing and photographing birds and wildlife for several years. I put my original photos on useful things like cards magnets bookmarks and prints and some other items. Most of my items have a qr code to tell you more about the subject.

www.vickymattsonphotography4thebirds.com