

Lisa Bass – How to Get From-Scratch Meals on the Table 3 Times a Day W/out Losing Your Sanity

Mom of 8, and from-scratch cook of 16 + years, teaches you how to stock your pantry and freezer with the essentials, create a repertoire of go-to staple meals to build your menu around, the basic skills you need to cook anything and minimize waste, and how to get a family meal on the table when you have 30 minutes or less!

Trevor Hollenbach – Sheep Shearing (Demo)

Learn how to employ methods that limit stress to both the sheep and the shearer.

Kevin Trosclair – How to Butcher/Bone out Small Game (Demo) *repeat from earlier*

In this demo you'll learn how to bone out and break down an animal. You'll learn animal cleanliness, meat science, and watch the step-by-step breaking down of an animal into different cuts of meat, including sausage making.

Daaren Hamilton – How to Trim Cow Hooves -Demo

Friday 2:00 to 3:00 pm

Josh Thomas – Successful Livestock in Winter

Northern climates do not allow for year round grazing, but there are ways to economically feed your livestock throughout the non-growing months. Learn how to optimize your pastures and feed bill without sacrificing the health of your animals. Explore the benefits of housing multi-species as well as systems for managing livestock in the winter months.

Dr. Patrick Jones -Turn Your Garden into a Pharmacy With Ten Must-Have Medicinal Plants

Join Dr. Patrick Jones, veterinarian and traditional naturopath, for a detailed discussion on how to turn your garden into a living medicine cabinet. Doc will teach you how to successfully grow ten amazing herbs and how you can use them for health and healing.

Esther Munroe -From Bush To Bottle: Elderberry Syrup (Demo)

In this presentation I will cover everything you need to know about elderberry. You will leave this class equip with the information to grow, harvest and preserve elderberries of your very own. Bonus! I am giving you my tried and true elderberry syrup recipe! This is the best tasting Elderberry syrup you will not find on any market. You will be an expert on elderberry by the end.

Friday 9:00 to 10:30 am

Carolyn Thomas Preserving on the Fly: Efficient Preservation for Real Life (Demo)

You are preserving the wrong way and you are paying for your mistakes in time, frustration and a less than full pantry! In this presentation, Carolyn from Homesteading Family will show you where you are going wrong with your preserving, how to stop wasting your time during harvest season and how to remake your preserving plan to easily serve your family. You will learn:

Your #1 food preservation mistake, and how to avoid it!

The mindset shift you need to make to drastically increase your efficiency during harvest season

How mixing traditional, off-grid, food preservation and modern machines can drastically reduce your work and time in the kitchen

The top 6 fastest preservation methods to put up a lot of great food

Lisa Steele – How to Raise Your Chickens Naturally

Learn from a 5th generation chicken keeper how to holistically care for your flock, from best feed choices, prepping your coop for winter and summer, and herbal options for common diseases and maladies.

Anne of All Trades – Creating a Sustainable Homestead Business

Full description coming soon

Mary Shrader – Top 10 Foods to Stock in Your Pantry

Create a recession proof pantry that allows you to provide your family no matter what happens with the economy and supply chains.

Tammy Merrill – How to Make Homemade Soap (Demo)

In this engaging presentation, participants will delve into the art of crafting cold process soap using readily available materials commonly found on the homestead. From lard and tallow to herbs and essential oils, attendees will discover the diverse array of ingredients that can be harnessed to create luxurious and nourishing soaps. The presentation will feature a dedicated segment on the complex process of rendering tallow, providing insights into this traditional technique. Participants will not only gain practical knowledge on soap-making but also a deeper understanding of utilizing homestead resources for sustainable and personalized skincare solutions.

Kristen Stinson – Bake Sourdough Like a Pro: Troubleshooting and Tips for a Perfect Loaf

If you have tried and failed to achieve the picture perfect sourdough boule, don't toss your sourdough starter in the trash! We are going to walk through all of the most common issues we face in our sourdough baking. We will troubleshoot over-proofing and under-proofing dough, avoiding dense flat loaves, adjusting fermenting time for the seasons, flavor, and better digestion, proper scoring tips and tricks, adding in various whole grain flours for a more nutrient dense loaf, proper crumb formation, and more!

Jerry Miller (Amish) – How to Build Community like the Amish

Join Jerry Miller as he shares how his community (the Amish) develop communities that support themselves and how you can use these principals in your own neighbourhood.

Daniel Salatin – How to Butcher a Chicken (Demo)

In this demo, you'll learn how to process a chicken from start to finish. Includes equipment tips, slaughtering, plucking, gutting, and cleaning so you can successfully provide a protein source from start to finish for your family at home.

Friday 3:30 to 4:30 pm

Q&A Round Table

Bring your questions for a question and answer session with Joel & Daniel Salatin, Jessica Sowards, Robyn Jackson, Dr. Patrick Jones, Lisa Steele & Melissa K. Norris

Dr. Corinne Allen – How to Safeguard Life in Our Modern EMF Saturated World

What are the issues with EMF? Is it a problem? How to live with the challenges of EMF. The connection of EMF to chronic health, heart, sugar imbalances, and severe immune challenges. How EMF is affecting our children's learning and behavior. How to effectively protect your body, home, car, and environment from the harmful effects of EMF. How to know if EMF is affecting your health. What is EMF hypersensitivity, and Electrical Illness. How to recognize and correct the health issues that arise from our Electrical world.

Bevin Cohen – How to Make Oil at Home: Nut and Seed Oil Pressing (Demo)

Learn the truth about seed oils (not all are unhealthy) and can be an excellent way to have a sustainable oil source that isn't dependant upon livestock. You'll learn how oil is processed and produced plays a huge role in the health of the actual oil itself and why doing it at home is not only easy, but ensures the quality.

Jessica Burhenn/Grainmaker – Getting Started with Fresh Ground Flour & Baking for Better Nutrition – Demo

In this demonstration you'll learn the health benefits of fresh ground flour, how to grind your own at home, and successful tips to baking with fresh ground flour (hint, it's not as simple as swapping it out one for one in a recipe). During the last twenty minutes of this presentation join in the round table Q&A with Jessica as well as the engineer and inventor of the GrainMaker, shop manager and main assembly, and founder Bonnie to ask questions surrounding grinding and milling your own flour at home!

Melody Haege- Finding Your Aim: Exploring Hunting Methods and Equipment Selection

In this hunting how to we'll be discussing methods, equipment, and tradition. Learn the different methods of hunting and how to choose which is the best for you. Tips on equipment based upon each method and the barriers you need to be aware of. Learn from Melody, an adult onset hunter, who shares how you can feed your family healthy wild meat, regardless if you own land or were raised in a hunting family.

Saturday 10:30 am to 12:00 pm

Melissa K. Norris – Stocking the Pantry: Creating Healthy Meals w/ Pressure Canning (Demo)

Your pressure canner is the answer to healthy shelf-stable homemade meals whether you're short on time for making dinner, the power is out, or in unstable times. In this presentation, Melissa of Pioneering Today, will show you how to prioritize the harvest so you're not burn out during harvest season, dispel common myths about pressure canning, and enable you to preserve meats and vegetables to feed your family year round. You will learn:

How to confidently and safely can at home so you can fully stock your pantry

Conquer your fear of pressure canners

The #1 thing you must know about canning to stay safe that even seasoned canners miss

Sally Fallon Morell – Traditional Foods Diet

Learn the truth about our food and what returning to a traditional foods diet means for our health. Sally Fallon Morell is founding president of The Weston A. Price Foundation (westonaprice.org), a non-profit nutrition education foundation dedicated to returning nutrient-dense food to American tables, and editor of the Foundation's quarterly journal. She is also the founder of A Campaign for Real Milk (realmilk.com), which has as its goal universal access to clean raw milk from pasture-fed animals. She has extensive experience in the testing and production of unpasteurized milk and milk products.

Lisa Steele Raising Poultry in Cold Climates

Learn the best types of poultry for cold climates, specific breeds for cold climates within the poultry varieties, prepping your coop for winter, and overall winter/cool climate care tips.

Anne of All Trades – How to Produce a Ton of Food in the Garden In Less Time

Learn Anne's method of “lazy gardening” that ties in permaculture practices where soil health is improved, weeding isn't needed, and you'll drastically reduce the need to water.

Bevin Cohen– Best Varieties for Seed Saving Nuts & Seeds for Home Oil Pressing

Grow your own nuts and seeds at home. Learn how to choose the best varieties as well as how to seed & save these crops so you never have to purchase them from the store!

CeAnne Kosel– D.I.Y. Kombucha at Home – Capture the Fizz for Pennies – Demo

You can make kombucha at home for less than three cents per ounce. Stop spending \$5-7 a bottle on store-bought kombucha that may not even be properly fermented and contain unwanted ingredients. Is kombucha safe to make at home? YES! Do I need expensive supplies? NO! What is a SCOBY? We'll tell you! How do I make it fizzy? Your cups will be bubbling over. You will learn step-by-step how to:

Health benefits of kombucha

Brew basic small-batch kombucha

Brew large-batch kombucha (continuous brew)

Add flavor & Capture Fizz

Keep Your Scoby Fresh (no mold!)

The best type of ingredients to use & more

Kevin Trosclair & Dr. Phil Bass – Unveiling the Truth: Navigating the Maze of Meat Misconceptions

You don't know the truth about the meat being sold in the stores. Find out the difference between grass and grain fed, false labelling (the loop hole being used right now), and what you really need to know about nitrates in the preservation of meat.

Daaren Hamilton – How to Trim Cow Hooves –Demo

Saturday 1:00 to 2:30 pm

Noah Sanders – Sustainable Soil Solutions: Mastering Homestead-Scale Compost Production (Demo)

Do you have more than enough compost for your homestead? As we look at our fragile food system in America, many of us are relying on our gardens for a resilient source of food for our family. But for that to be a long term solution we have to produce our own soil fertility. Most homesteaders know that compost is the secret to growing our own fruits and vegetables without dependency on chemical fertilizers. But the average backyard compost systems don't produce enough volume of compost consistently to rely on it for your family's food production. In this workshop Noah Sanders is going to demonstrate a simple, powerful, and proven composting technique that will enable you to create living soil and produce abundant crops. With only a few simple supplies and materials you can find on your own homestead, you can master the art of homestead-scale compost production to ensure your homestead feeds you and your family no matter what comes in the future.

Saturday 1:30 to 2:30 pm

Joel Salatin –From Billionaires to Bunkers: Lessons on True Prosperity

In the last couple of years, several billionaires contacted Joel seeking advice on what he calls “agrarian bunkers.” These conversations lead to profound conclusions: true wealth isn’t money; resilience is more about creativity than cash; proximity to people who know how to grow things, fix things, and build things is the ultimate 401(k).

Robyn Jackson– How to Make Cheese at Home– Demo

Learn how to make cheese at home. Not only is it doable, but cheese making is a natural way to preserve milk for the dry season. Robyn will walk you through how to make both soft and hard cheese with a step-by-step demo. You'll learn how to make cheese including:

supplies needed

cultures & rennet (types & purpose)

how to test the curd

cutting the curd and stirring

pressing/draining

Saturday 3:00 to 4:30

Daniel Salatin – Multi Specie (Mob Grazing) – How to Increase Soil Fertility & Profit

Turning a homestead from a hobby into a profit center can mean the difference of loving and keeping it or disliking and losing it.

In this talk, Daniel from Polyface Farm, will cover how to not just graze your herbivores (cows, sheep, etc) on your pasture but how to add other livestock in “layers” for health and growth of the livestock, soil, pasture and ultimately profit!

With over 50 of these practices being applied to Polyface land, Daniel will show you what's possible for your land. Knowing that “it” is possible a key to staying motivated when it looks like change is not happening. This talk will give you a vision and the steps to get there.

Q&A Round Table

Bring your questions for a question and answer session with Joel Salatin, Sally Fallon Morell, Shawn & Beth Dougherty, Josh & Carolyn Thomas, Anne Briggs (aka Anne of All Trades), & Mary Shrader

Lisa Bass – Cultivating Health: Exploring Fermented Foods

Fermenting not only is a way of preserving food, but has incredible health benefits. Fermenting is not just limited to vegetables, but is how cultures have preserved their dairy, vegetables, and even grains for centuries. Discover how Lisa from Farmhouse on Boone, incorporates fermented foods into her families diet but also her routine, and you can too! In this presentation you'll learn fermenting:

vegetables

yogurt

milk and water kefir

sourdough (beyond bread)

Anna Sakawsky – Homesteading on a Suburban Lot – Growing in Small Spaces

There's a common misconception that in order to homestead, you need 10 acres and a milk cow, but that couldn't be further from the truth! There are so many ways to get creative with the space you have in order to grow more food, produce more of what you need at home and turn your property into a productive and prosperous homestead, no matter how much land you have.

Anna Sakawsky is a former city girl turned modern homesteader who lives with her family (human, furry and feathered) on ¼-acre property on Vancouver Island. Here they produce and preserve hundreds of pounds of their own food each year,

