



**APPALACHIAN BEGINNING
FOREST FARMERS COALITION**
Growing Opportunities Beneath the Canopy



Forest Farming Native Medicinal Plants in Central Appalachia

A Two-Day Intensive Training for Woodland Owners interested in learning about forest farming opportunities, methods, and resources

September 23, 24, 25, 2016

United Plant Savers Goldenseal Sanctuary

35703 Loop Rd. Rutland, OH 45775

Friday, September 23

5:00-6:45pm - Guest and Speaker Arrival

6:45-7:45pm - Dinner - *Provided by Olive Branch Catering*

8:00-9:00pm - Introduction to Botanical Supply Chains: Needs & Opportunities – Dr. Eric Burkhart | Shavers Creek Environmental Center | Penn State University

This lecture will provide an overview of botanical supply chains, industry needs, and opportunities for woodland owners to develop forest botanical enterprises.

Saturday, September 24

7:00-8:00am - Sunrise Forest Herb Walk (Optional) – Tanner Filyaw | Rural Action

Join us for an early morning walk focused on plant identification and discussions about forest stewardship and sustainable forest management.

8:00-9:00am - Guest Arrival and Check-In & Breakfast – *Provided by Olive Branch Catering*

9:00-9:35am - Overview of Appalachian Beginning Forest Farmer Program – Holly Chittum & John Munsell | Virginia Tech

An introductory session covering the history, goals, and objectives of the ABFF program, as well as resources available to woodland owners and new forest farming producers.

9:35-9:45am - Break

9:45-10:50am - Introduction to Non-Timber Forest Products and The History of Herbal Markets – Dr. Jeanine Davis | North Carolina State University Extension & Dr. Eric Burkhart | Shavers Creek Environmental Center | Penn State University

This session will provide an overview of the most commonly produced botanical species, their historical and current markets, as well as an introduction to commonly used forest production strategies.

10:50-11:00am - Break

11:00am-12:00pm

(Option A) - Forest Medicinals 101 – Dr. Jeanine Davis | North Carolina State University Extension

An introduction to the more popular forest medicinals covering the basics of production, including site selection, obtaining planting stock, planting, growing, harvesting, cleaning, drying, seed collection/stratification, marketing, and how to develop an enterprise budget

(Option B) - Propagating Native & Medicinal Plants – Ed Fletcher | Herbal Ingenuity, & Tom Redfern – Rural Action

A discussion and demonstration of propagation techniques utilizing forest medicinal and other native species.

12:00-1:00pm - Lunch – Provided by Olive Branch Catering

1:00-2:00pm - Good Agricultural Practices & Post Harvest Handling – Margret Bloomquist & Dr. Jeanine Davis | North Carolina State University Extension

This session will provide an overview of applicable regulations and the recommended pre- and post-harvest handling practices to help ensure product quality and safety.

2:00-2:10pm - Break

2:10-3:10pm (Option A) - An Introduction to Value-Added Products and Good Manufacturing Practices – Holly Chittum | Virginia Tech

This session is a continuation of GAP/GHP from the 1:00 session and will focus on further processing and value-added production methods for forest medicinal plants, as well as the associated FDA Good Manufacturing Practices.

2:10-3:10pm (Option B) - Introduction to Wild-Simulated Ginseng Cultivation – Chip Carroll | United Plant Savers | American Ginseng Pharm

This session will provide an introduction to production and marketing of wild-simulated ginseng, including the history of ginseng markets, site selection, planting techniques, crop maintenance, harvesting, and marketing.

3:15-4:15pm (Option A) - Ramps: Cultivation for Conservation – Tanner Filyaw | Rural Action

This session will provide an introduction to ramp cultivation, including site selection, planting techniques, harvesting, marketing, seed collection, and a discussion of wild stewardship and conservation.

3:15-5:15pm (Option B) - Forest Medicinals 201 – Dr. Eric Burkhart | Shavers Creek Environmental Center | Penn State University & Chip Carroll | United Plant Savers | American Ginseng Pharm

This session will be conducted outdoors, and will expand on the fundamentals of forest production, including discussions about sustainable forest management, how to evaluate site suitability for forest production sites, and wild stewardship

4:15-6:00pm - Introduction to Tincture Making and Herbal Extracts – Caty Crabb, Clinical Herbalist | Wildfire School of Herbal Medicine

Come and learn how to make your own plant medicines! In this session you will learn the details of creating high quality herbal tinctures from plants of the forest and field. Both fresh and dry plant extracts will be covered. Demonstrations and step by step instructions included.

6:00-7:00pm - Dinner – *Provided by Olive Branch Catering*

7:00-9:00pm - Keynote: Top 10 Reasons Why Ginseng Plantings Fail – *Bob Beyfuss | American Ginseng Pharm*

Ginseng cultivation is a long-term endeavor, and even experienced growers have problems from time to time. This presentation will provide both new and experienced growers with a troubleshooting guide to help avoid potential problems, and practical solutions for when they arise.

Sunday, September 26

7:00-8:00am - Sunrise Birding Walk (Optional) – *Tanner Filyaw | Rural Action*

Take an early morning walk and enjoy the abundance of birds that southeast Ohio's forest supports. A limited number of binoculars will be available for participants without their own.

8:00-9:00am - Breakfast - *Olive Branch Catering*

9:00-9:35am - An Introduction to Forest Grown Verification Programs – *Eric Burkhart | Shavers Creek Environmental Center | Penn State University*

This session will provide participants with an introduction to Pennsylvania Certified Organic's Forest Grown Verification Program, and emerging market opportunities for sustainably grown forest botanicals.

9:35-9:45am - Break

9:45-11:00am - Supply Chain Development and Finding Your Market Niche | *Eric Burkhart, Ed Fletcher, Dr. Jeanine Davis, & Bob Beyfuss*

A closing roundtable discussion to help participants explore their niche in the forest farming industry and take their next step.

11:00am-12:00pm - Departure for Field Trip to Companion Plants Native Plant Nursery (Optional) – *Tom Redfern | Rural Action*

This field trip will provide participants with the opportunity to visit Companion Plants, a native plant nursery located in Athens county, Ohio.