



## Class Descriptions, Speaker Bios & Schedule

# West Virginia Herb Association's Spring Gathering May 17, 2025



Registration/exhibits open at 9 am, Conference Opening 9:45 am  
Classes start at 10 am - 5 pm

New River Community & Technical College, 280 University Drive, Beaver, WV, in the Rotunda  
Cost: \$35, Children under 12 are free with paid adult More information  
Register and pay in advance <http://www.wvherbassociation.org>  
CASH ONLY at the Event, Walk-ins welcome!

Want to sell your products/services or promote a non-profit?  
Please email us for an application form [info@wvherbassociation.com](mailto:info@wvherbassociation.com)

## *Into the Woods*

Registration 9:00 am (exhibits open)

9:45-10:00 am Opening Welcome (main hall)

| TIME                   | ROOM 126                            | ROOM 127   |
|------------------------|-------------------------------------|--|
| 10:00-11:00            | Rebecca Linger, Wild Edible Plants  | David W. McGill, Ph.D., Walking the Woodlands                                  |
| 11-11:15 Break         |                                     |  |
| 11:15-12:15            | Bette Angle, First Aid in the Woods | Eve Von Deck, Medicinal Trees & Shrubs   |
| 12:15-1:30 Lunch Break |                                     |  |
| 1:30-2:30              | Melissa Dennison, Mushroom Logs     | Kayde fen Deardorff, Herbal Tea - A Gift from Our Appalachian Forests (part 1) |
| 2:30-2:45 Break        |                                     |  |
| 2:45-3:45              | Eugene Breza, Edible Poke Sallet    | Kayde fen Deardorff, Herbal Tea - A Gift from Our Appalachian Forests (part 2) |
| 3:45-4:00 Break        |                                     |  |
| 4:00-5:00              | Sierra Cox, Forest Management       | Christina Adams, Plants for Pollinators  |
| 5 PM Closing           |                                     |  |

Food trucks will set up near the giant rock in the middle of the side parking lot.

**The Bean Pot** serves West Virginia Comfort Food. Pinto Beans & Cornbread! Fried Potatoes!

**Bandit BBQ** Veteran owned. BBQ Chicken, brisket, ribs and sides!



## Class Descriptions & Speaker Bios (in alphabetical order)

**Pollinators and the Herbs and Flowers They Love**  
with Christina Adams of Fayer Sweet Addiction Apiary  
[christinawareadams@aol.com](mailto:christinawareadams@aol.com)

Christina will share with us the types of trees and plants that are vital for pollinator survival. Some are used for food, including tree flowers, and other parts of the plants are used for their living quarters. Christina is a beekeeper and teacher dedicated to helping support pollinators.

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**Medicine Plants: First Aid at Your Fingertips**  
with Bette Angle  
<https://grassycreekfarm.com/>

Explore the woodland plants which help relieve the cuts, burns, sunburn, stop bleeding, halt poison ivy rash, bug bites and other damages from being outdoors. Learn to safely identify and use these plants and find out how to make the medicinal preparations. p

Bette has been the owner of Grassy Creek Farm, Master Gardener and herbalist for over 15 years. She wrote a newspaper column for the Nicholas Chronicle called Bette's Beds (a gardening column) under the name Bette O'Stein for 12 years. She also taught the hard-of-hearing and was a 4-H wilderness survivor instructor.

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**Poke Sallet, Gathering, Preparing and Cooking**  
with Eugene Breza of Deep Gourd Supply and current WVHA President.  
[geebreeze42@gmail.com](mailto:geebreeze42@gmail.com)

Eugene will share with us the best way to gather Poke (Pokeweed), *Phytolacca americana*, how to identify, pick and cook the delicious plant. First, learn to find and identify the plant, and how to pick it at the right time before it turns poisonous. Second, experience a live demonstration learning the proper way to prepare and cook to ensure it is safe to eat. You will be able to sample the final dish.

During his days as an Eagle Scout, Eugene had a Scout leader who was a woods-master from whom he learned an amazing amount of woodland knowledge. Poke sallet was one of our troop's demonstrations at the jamborees and Eugene was a leader in the preparation process. He is a homesteader living off-grid in a passive solar house since the 1970's and has been growing his own food ever since. He also completed some Biodynamic training and uses many of those growing methods.

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**Forest Farming: Landowner Perspective**  
with Sierra Cox  
[wondervalleyfarm@gmail.com](mailto:wondervalleyfarm@gmail.com)

We'll discuss different landowner considerations when approaching forest management. Objectives include assessing forest health, programs and resources to assist with forest management, and management techniques.



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Sierra and her family purchased Wonder Valley Farm (Roane) in 2017 where they grow veggies and herbs, keep bees, cultivate non-timber forest products, and care for a menagerie of animals. They have participated in several conservation practices including Forest Stand Improvement, Tree/Shrub Planting, and Conservation Stewardship. She worked with the WV Food and Farm Coalition (WVFFC) from 2019-2021 as a Foodshed Coordinator (Roane, Calhoun, Ritchie), served as the Program Manager for WVDA Veterans and Heroes to Agriculture from 2021-2024, and is now the Rural Grocer Coordinator for WVFFC while still supporting veteran efforts at WVDA. She is also working on her Clinical Mental Health degree.

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### **Inoculating Mushroom Logs**

with Melissa Dennison of Garden Treasures

<https://www.gardentreasureswv.com/>

Ever wondered how to grow your own mushrooms? Now you can learn how to buy the right supplies, drill the log and inoculate with mushroom spores. Mellisa will demonstrate the complete process of making a mushroom log. Mushroom logs may be kept outdoors and depending on the spore type they can produce for 1-3 years or until the log has been consumed. She may have some for sale should anyone wish to take one home.

Owner of Garden Treasures LLC. Located in Braxton Co. WV, which is home to two greenhouses and beautiful land and gardens. She is a community volunteer working toward 5,000 hours of service. She has built dozens of gardens around the Braxton area at parks, post offices and schools all helping to support wildlife. She is currently working three pollinator plots to help with the loss of bees, bugs and butterflies. Farm tours are available by appointment.

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### **2-Hour Class: All About Herbal Tea: Gifts from Our Appalachian Forests**

with Kayde fen Deardorff of Wild One Herbs

<https://www.wildoneherbs.com>

Utilizing plants for their medicinal benefits often requires much more than just dropping a tea bag in hot water. Learn about how to make a medicinally potent tea, what factors might to into whether it works or not and a bit about formulation. Kaydee will share some of her favorite plants that live in our Appalachian forests. We will make tea in class.

Kayde fen Deardorff is an herbalist, forest tender and gardener who lives in the beautiful mountains of Hillsboro, WV. She is a graduate of Sacred Plant Traditions' three-year clinical program in Wester Herbalism and is currently enrolled in the advanced Clinical Herbal Practitioner program at the Eclectic School for Herbal Medicine. Additional herbal study includes interning with Lauren Cooper of Greenstar Farms in Blacksburg, VA and studying online with Sarah Holmes and Karyn Sanders of Blue Otter School in CA. She is one of the founders of Botanica Mobile Clinic (a free herbal clinic in Charlottesville, VA) and has taught classes in dance, somatic movement, meditation and music.

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### **Foraging for Wild Edibles: A Cautionary Tale**

with Rebecca Linger, PhD

[rebeccalinger@ucwv.edu](mailto:rebeccalinger@ucwv.edu)

Many of us would like the ability to forage for wild edible plants, but it takes a bit of research and education to ensure that we do not choose a plant that is toxic, or merely unpleasant to eat. In



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this talk, I will describe a variety of wild plants that grow in West Virginia that can be harvested or deliberately planted to supplement the dinner table. I will speak briefly on wild mushrooms, giving more of a cautionary tale about being able to accurately identify the edibles among the poisonous. In addition, as I present edible plants, I will describe their toxic look-a-likes to avoid. By the end of my talk, you should: 1) know the proper steps to take to identify plants and mushrooms, and 2) be able to distinguish a few wild edibles from their toxic look-a-likes.

Dr. Linger is a Professor at the University of Charleston School of Pharmacy. She is a Medicinal Chemist who has research interests in the ethnobotany of Appalachian plants. She is a well-known regional speaker on edible and medicinal plants. Dr. Linger has published 14 peer-reviewed articles on topics related to medicinal chemistry and has given talks on medicinal and edible plants throughout West Virginia for the past 19 years. She has published a book on the toxicity of Appalachian plants: A Guide to the Toxicology of Select Medicinal Plants and Herbs of Eastern North America.

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### **The Ever-Changing Forest: Challenges & Stewardship**

with Dr. David McGill of WVU Davis College

[dmcgill@wvu.edu](mailto:dmcgill@wvu.edu)

West Virginia's forests are constantly changing, shaped by natural growth, deer browsing, invasive species, and landowners' choices. This presentation will explore how forests develop, their challenges, and practical management strategies to accelerate growth and improve composition. We'll also examine the major forest cover types in the state, new measures of biological diversity such as tree-related microhabitats (TREMs), and how well-designed management plans help landowners feel confident that their forestry practices are sustainable for the long-term health of their woodlands.

Dr. Dave McGill is a Professor and Extension Specialist in the School of Natural Resources at West Virginia University's Davis College. Since 2001, he has led forestry outreach and education programs for private forestland owners across West Virginia while conducting applied forestry research. His work takes him throughout the state, teaching landowners and nature enthusiasts about forest science and management, and he also teaches courses on forest fire control, global forest resources, and West Virginia's vegetation. With experience in both academia and industry, including silviculture research for Westvaco and Peace Corps service in Niger, Dr. McGill brings a diverse perspective to his teaching, research, and outreach efforts.

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### **Wild Medicinal Plants, Shrubs and Trees**

with Eve Von Deck, CH, MG, WVMN, Great Spirit Herbs, former WVHA President

[greatspiritherb@hotmail.com](mailto:greatspiritherb@hotmail.com)

Come listen to herbalist Eve Von Deck speaking about identifying and using wild and medicinal trees, plants and shrubs found in our West Virginia forests. Eve will lead us on a journey into the woods to explore these remarkable plants found right outside our doors.

Eve Von Deck is a certified herbologist, WV Master Gardener, and Master Naturalist. After teaching art for 20 years, she took up her Grandmother's calling as an herbalist, taking clients and teaching for the last 35 years. She was President of the WVHA and runs an organic herbal farm on 50 acres in Monroe County.