

West Virginia Herb Association's Fall Conference The Many Uses of Herbs



Saturday, October 19, 2024 ~ Jackson's Mill, Weston, WV

The conference is open to the public to learn about native plants and medicinal herbs from many knowledgeable speakers including: herbalists, WVU professors, herb/plant farmers, authors, and naturalists all of whom encourage the use of West Virginia farm and forest grown medicinal plants and herbs. Vendors of herbs and plants will be on-site.

Keynote: Why Are Herbs Safer than Pharmaceuticals?

Joe & Terry Graedon of The People's Pharmacy



For thousands of years, people have been experimenting with herbs to alleviate troublesome symptoms. Helpful plants and fungi were shared and passed down over the generations. Modern pharmaceuticals are frequently targeted to a single receptor, enzyme or pathway. Learn about the advantages of employing well-known natural herbs for healing.

For more than four decades, Joe and Terry Graedon have been teaching, writing, and broadcasting information to help people make informed decisions about their health. Everything from home remedies to the latest breakthrough drugs are discussed on The People's Pharmacy, NPR radio.

October 19, 2024

Registration starts at 9:00 am

Conference 10am - 5pm

WVU Jackson's Mill Conference Center

160 Jackson's Mill Rd, Weston, WV

jacksonsmill.wvu.edu

Cost \$30, Member price \$25

Children under 12 are free with paid adult

More information - Register & pay in advance

<http://www.wvherbassociation.org>

Register, but pay at the event, please email

info@wvherbassociation.org

CASH ONLY at the Event

SCAN TO REGISTER



You may register on-line any time or walk in and pay cash the day of the conference, but there may not be a meal available.

Register by October 1 to buy a meal ticket (\$13).

Per State policy only registered service dogs may attend with their owners

Speakers & Happenings

Choose from 15 Classes

Turn over for schedule

SPEAKERS INCLUDE:

Ellessa Clay High

Ed Daniels

Dave Hawkins ("Herb Doc")

Roy Ramey

Eve Von Deck

Vendors: Local crafts-people and artists, herbal products, dried herbs and roots, tie dye clothing, jewelry, vegetables, live herbal plants, weavings, tinctures & salves, bee products, books and more.

Happenings: Seed swap, raffle, plant walk

Connect with Herbalists!

Fun & Learning!

WVHA October 19, 2024 Fall Conference SCHEDULE

9:00-10:00 AM West Virginia Building: Registration & Vendors Open
10:00 AM West Virginia Building: Conference Opening

**Vendors are found in WV Building, EEC-Room A and outside.
Please be sure to take time to visit them all.**

10:15-11:00 AM -----

West Virginia Building

Central Stage Joe and Terry Graedon - Drug and Herb Interactions

EEC Building

Room B Trish Uptain - How to Use Lavender for Cooking and in Your Home

Room C Barbara Volk - Herbal Preparations for Your Animals

11:15-12:00AM -----

EEC Building

Room B Sharon Briggs - Foraging and Fortifying with Fungi

Room C Joan Beard - Efficacy Research on Some Medicinal Herbs

Room D Eugene Breeza - Making and Using Colloidal Silver.

Annette S. Boggs Educational Center

Room A Dave Hawkins - Sugar Management in an Ozempic World

12:15-1:15 PM -----

Lunch in the Dining Hall, Listen for the Gong

1:15-2:00 PM -----

West Virginia Building

Central Stage - WVHA Annual Business Meeting

2:00-3PM -----

West Virginia Building

Central Stage

**Keynote: Why Are Herbs Safer Than Pharmaceuticals?
with Joe and Terry Graedon of the People's Pharmacy**

3:00-3:45PM -----

EEC Building

Room B Natalie Feltz - Learn to Cook with American Ginseng

Room C Sierra Cox, Joan Beard & Barbara Volk Plant - Meditations:

Sharing Practical Medicinal Uses and Organic Methods

Room D Max Dubansky -The Power in Living Soil

Annette S. Boggs Educational Center

Room A Ellessa Clay High - How Plants Became Healers: Native American Stories, Traditions, and Values

4:00-4:20PM -----

West Virginia Building

Entry area Center: Raffle Drawing

4:30-5:15PM -----

West Virginia Building

Outside Main Entry Doors - Herbal ID Plant Walk (dress accordingly)

EEC Building

Room B Melissa Dennison - How to make Your own Tinctures

Room C Aine Slabaugh - Re-Think Your Drink: Herbal Infused Delights

Boggs Educational Center

Room A Ed Daniels ~ Forest Farming: Growing Under the Canopy

CLASS DESCRIPTIONS

Joan Beard, M.A. ~ Efficacy Research on Some Most Studied Medicinal Herbs

The focus of this presentation will be on several medicinal plants, some edible, that have been more widely researched. Results on efficacy will include issues of safety and mechanisms of action. Results of any studies comparing plant parts, whole plant, and extracts will be discussed as well as medical conditions bringing in other related plants. We will learn about efficacy findings, mechanisms and any precautions, and ultimately understand the herbs' potential for maintaining health.

Eve Von Deck, CH, WVMN, WVHA President ~ How to Make Plant Prints

Participants will learn, hands on, how to create their own inked paper prints made from pressed dried or fresh flowers. **CANCELLED** Techniques that produce impressive artwork for their own enjoyment, gifts or sales items. You can bring your own, small, pressed dried or fresh plants and some will also be provided. All other supplies (paper, ink, etc.) will be provided.

Eugene Breza ~ Making & Using Colloidal Silver...The World's Most Powerful Antibiotic!
Find out how to make a lifetime supply of Colloidal Silver for under \$50. Explore the many potential applications for external and/or internal treatment for human and animals alike along with spraying plants to bolster their immunities to disease. Colloidal silver kills every single celled organism there is; bacterial, fungal and viral, while leaving multi-celled organisms and organs intact and healthy.

Sharon Briggs of Peasants Parcel ~ Foraging and Fortifying with Fungi

Sharon will take us on an exploration of mushrooms. She will discuss some easy to identify native fungi and how to use them medicinally. Participants will walk away with the knowledge to identify some beginning forager mushrooms and how to prepare them for your benefit.

Sierra Cox, VP WVHA, Herbs for WVDA, Veterans & Heroes,

with Joan Beard, M.A. & Barbara Volk, Herbalist ~

Plant Meditations: Sharing Practical Medicinal Uses and Organic Methods

Join the three of us for an exploration of the interconnectedness of the natural world. In this interactive discussion, we will focus on the importance of grounding in our role as plant enthusiasts and interact with different herbs while discovering their healing properties. We will wrap up with a guided meditation.

Prof. Natalie Feltz ~ Learn to Cook with American Ginseng

Natalie will share with us the historical and cultural significance as well as medicinal properties and culinary uses of American Ginseng in Appalachian herbal traditions. She will demonstrate the preparation of a traditional chicken soup with American Ginseng, including the option of adding dumpling, which you will be able to taste!

Ellessa Clay High, Prof. Emerita ~ How Plants Became Healers: Connecting with our Green Relatives through Native American Stories, Traditions, and Values

Learn about indigenous stories from our region to explore and strengthen our connection with the rest of creation, including the herbs you already call friends. Embedded within these narratives are transformational ways of understanding our relationship with the beings who surround us. Participants will be introduced to stories teaching the importance of respect, generosity, reciprocity, and thankfulness. These ideas may help them "walk in beauty" alongside their plants.

Ed Daniels of Shady Grove Botanicals ~ Forest Farming: Growing Under the Canopy

Come and learn from an active forest farmer. Ed and Carol Daniels grow thousands of herbs on their property and have learned how to really farm in the wild. Participants will gain a general understanding of what forest farming is and what it takes to grow and propagate herbs as if they were growing "wild". Ed will also share the various forms of agroforestry.

Melissa Dennison of Garden Treasures & Karen Bess ~ How to Make Herbal Tinctures

Melissa and Karen will teach you how to make tinctures with alcohol, glycerin and vinegar. We will discuss different plant material leaf, flower, root and mushrooms. We will go through the process making and pressing as well as storage and labeling.

Max Dubansky ~ The Power in Living Soil

A healthy soil ecosystem is vital for maximizing plants' potential. We will discuss the properties of healthy soil and how you can build soil health using natural methods. You will also learn about tools to help translate what your soil is telling you.

Joe & Terry Graedon ~ Drug and Herb Interactions

In this class, Terry and Joe will share information on popular herbs and their potential interactions with prescription and over-the-counter drugs. Pharmacologists have studied the mechanism of action for only a handful of herbs. We will also include a discussion of factors that may make certain people more vulnerable to dangerous herb-drug interactions.

David Hawkins, CH, CNC, "Herb Doc" ~ Sugar Management in an Ozempic World

Dave will take us on a journey to discover how you can balance blood sugar using diet, supplements, and herbs. He will challenge us to learn about the new drugs and will give us knowledgeable information how they work and affect our bodies. We will discuss other, more natural, methods to accomplish similar results.

Aine Slabaugh of In the Nook Farm ~ Re-Think Your Drink: Herbal Infused Delights

A WVU Extension Family Nutrition Program. Aine will offer a Rethink Your Drink class with fruit infused water, recipes and ideas to quench your thirst with herbs and fruit.

Trish Uptain of Blackthorn Lavender ~ How to Use Lavender for Cooking and in Your Home

Trish will discuss the harvesting, post-harvest handling and drying of lavender. You will learn the differences in the various types of lavender: the culinary and edible varieties and the plant varieties that are used to produce lavender oils and fragrance. You will get to experience the taste of 3 different culinary lavenders including tasting lavender lemonades, learn how to make lavender syrup, and discover uses for non-culinary lavender buds.

Barbara Volk, Herbalist of Spotted Horse Farm ~ Animals Love Herbs! Herbal Preparations for Your Companion and Farm Animals

Animals when left to their own resourcefulness, will often seek out plants for both nutrition and medicine. Join me in this exploration of how we can help our animal friends (house friends and farm friends) with herbal and other natural health remedies. Barbara is an active and teaching herbalist, owner of Spotted Horse Farm (herbal medicines) and former President of WVHA.

Barbara Volk ~ Herbal Identification - Plants Walk

Roam around the grounds of Jackson's Mill with Barb and find edible and medicinal plants and weeds that could help you survive in the wilderness.