

# Pre-Conference Workshops

January 22, 2018  
vabf.org



## Nutritionally-Dense Orcharding

A half-day workshop with Michael Phillips, author of *The Holistic Orchard*, *The Apple Grower*, and *Mycorrhizal Planet*. Come learn about fungal allies, fertility ratios, root timing, and the outrageous biodiversity that makes good fruit possible no matter what your level of experience.

## Home Charcuterie

Meredith Leigh, author of *Pure Charcuterie* and *The Ethical Meat Handbook*, offers a full-day hands-on intensive to bring you into the world of handcrafting specialty cured meats.

## Make Mead Like a Viking

Join author Jereme Zimmerman in this hands-on half-day workshop and learn to brew sweet, dry, fruit, and spicy meads with a focus on the importance of using local honey, incorporating herbs & botanicals for flavoring & preserving your mead, wild-yeasting, and more.

## Sauerkraut & Lacto-Sodas

Join Rachel Armistead of *The Sweet Farm* for this half-day workshop. You'll learn to ferment all of your garden favorites into krauts of varied colors and deliciously effervescent (and healthy) sodas. Lacto-fermentation is the perfect way to preserve the harvest for nutrient-dense foods all year long.

## Women in Ag

A full-day focus on issues that are specific to women farm owners and farmhands alike. More details soon!

### Virginia Biological Farming Conference

