

## SCHEDULE OF EVENTS — Friday, September 20, 2024

Fairgrounds open at 9 a.m., close at 6:30 p.m. Exhibitor booths close at 6 p.m. For schedule changes and presentation descriptions, see the online Fair schedule at [mofga.org](http://mofga.org) or visit the information kiosks at the Fair.

	Farming & Gardening	Sustainability Skills & Forestry	Livestock, Fleece, & Fiber
<b>ALL DAY</b>	<b>Free Biological Soil Tests</b> Living Soil Network   <i>Ag Demo</i>	<b>Blacksmithing Demos</b>   <i>BS</i> <b>Gear Repair</b> Maine GearShare   <i>DIY-ET</i> <b>How to Build a Wood-Framed Kayak</b> Jim Nichols   <i>DIY</i> <b>Rug Hooking Demos</b>   <i>DIY-ET</i> <b>Yurt Building</b> Jessie Fredrickson, Maine Yurt Collective   <i>DIY</i>	<b>Cattle Clipping &amp; Hygiene Demo</b> Jesse Caron, Casa Cattle Co.   <i>Barn 3</i> <b>Fleece Sale</b>   <i>FT</i> <b>Great Wheel Spinning Demos</b>   <i>WS</i> <b>NO Sheep Dog Demo</b>
<b>9</b>	7-9:30 – <b>Exhibition Hall Entries Accepted</b>   <i>EH</i> 9:30-10:50 – <b>Outdoor Shiitake Mushroom Cultivation</b> Courtney Williams, Fedco Seeds   <i>Litchfield</i>		9:30-10:30 – <b>From Foal to Finish</b> Rowan O'Garra, O'Garra Shires   <i>Show Ring</i> 9:30-10:30 – <b>Goat Milking Demo</b> Stephen Lee, Sandy Stream   <i>S&amp;G Barn</i> 9:30-10:30 – <b>Horse Harnessing Demo</b> Mandala Farm & Farm Tomorrow   <i>Barn 1</i>
<b>10</b>	<b>Farmer Training &amp; Dairy Apprenticeships</b> Thomas Prohl, Wolfe's Neck Center for Agriculture   <i>F&amp;H</i> <b>Growing Good Garlic</b> Mark Guzzi, Peacemeal Farm   <i>NO</i> <b>Organic Vegetable Q&amp;A</b> Caleb Goossen, MOFGA   <i>MOFGA Tent</i> <b>Seed Cleaning</b> USDA ARS Plant Genetic Resources Unit   <i>Ag Demo</i> To 12 – <b>Exhibition Hall Closed for Judging</b>   <i>EH</i>	<b>Affording Your Tiny House</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i> <b>Hand Building Pottery Class (\$10; pre-register at the booth)</b> Sarah Delaney, Phoenix Pottery   <i>DIY-ET</i> <b>Tree Identification &amp; the Maine Woods</b> Merle Ring, Maine Forest Service   <i>LIF Tent</i> To 12 – <b>From Fleece to Felted Footwear Class</b> Ted Bridge-Koenigsberg, Sebago Elementary School   <i>DIY-ET</i> To 12 – <b>Woodcarving Class (pre-register at booth; class max. 10)</b> Airin Wolf, Maine Wood Carvers Association   <i>DIY-ET</i>	<b>Animal Health: Poultry-Specific</b> Stefanie Bolas, Department of Agriculture, Conservation and Forestry   <i>LS</i> <b>Dyeing Maine Fibers with Maine Plants</b> Jude Hsiang, Versicolor   <i>FST</i> <b>Equine Enrichment Ideas for Horses</b> Kate Bennett, Maine Equine Sports   <i>Barn 5</i> <b>Hoof Trimming for Goats</b> Kaylee Keniston, Yeti Ridge Farm   <i>S&amp;G Barn</i> <b>Mowing &amp; Loose Hay Loading</b>   <i>FP</i> <b>Ponies! Working &amp; Playing Together</b> Rhonda Welcome, Wind Song Farm   <i>RP</i> <b>Raising Heritage Pigs for Meat</b> Mary Thompson, Beans Corner Farm   <i>Pigs</i> To 12 – <b>Teamsters Talk Oxen!</b> Various teamsters   <i>Barns 2 &amp; 3</i> To 3 – <b>Wagon Rides!</b> Darthia Farm and S&S Carriage Rides   <i>Barn 1</i>
<b>11</b>	<b>Advanced Seed Saving</b> Will Bonsall, Khadighar Farm   <i>Windsor</i> <b>Caring For Your Maple Woods</b> Kate Whelley McCabe, Vermont Evaporator Company   <i>F&amp;H</i> <b>DIY Weird &amp; Wacky Wire Weaders</b> Jack Kertesz, MOFGA   <i>NO</i> <b>Native Plants &amp; Climate Adaptations</b> Ivonne Vazquez, Bas Rouge Farm & Forge   <i>HL</i> <b>Tree Crops: Beyond the Apple</b> Aaron Parker, Edgewood Nursery   <i>Litchfield</i> <b>What Does Organic Mean to You?</b> Chris Grigsby & Ryan Dennett, MOFGA   <i>MOFGA Tent</i>	<b>Hand Sewing Class</b> Emily Mackeown, Maine GearShare   <i>DIY-ET</i> <b>Invasive Plants in Your Woods</b> Chad Hammer, Maine Natural Areas Program   <i>LIF Tent</i> <b>Let's Talk About Death</b> Leona Oceania, Last Things   <i>DIY-ST</i> <b>Living Off-Grid in a Tiny House</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i> <b>Serving Bean Hole Beans</b>   <i>DIY</i> <b>Understanding Maine Soils</b> Dave Rocque, Maine Association of Professional Soil Scientists   <i>SP</i>	<b>Angora Goats on the Homestead</b> Janet Beardsley, Catawampus Farm   <i>S&amp;G Barn</i> <b>Dyeing with Onion Skins Two Ways!</b> Cameron Poole   <i>WS</i> <b>Easy Roving &amp; Blending Wool</b> Tamara Lindsey, Dirigo Hill Farm   <i>FST</i> <b>Laws Impacting Regenerative Producers</b> Alexia Kulwiec & Christine Dzijuna, Farm-to-Consumer Legal Defense Fund   <i>LS</i> <b>Let's Talk Tunis</b> Ramona Small Stinson, Mini Mt Estate   <i>Barn 3</i> <b>Steers in 4H</b> Shylo Morgan, Morgan Family Farm   <i>RP</i> <b>Working Class Demo</b> Assorted teamsters   <i>SR</i>
<b>12</b>	<b>Growing with Microbes</b> Wendy Mickle, MicrobeGrower   <i>Litchfield</i> <b>Intro to Vermiculture</b> Mark Follansbee, WormMaine   <i>F&amp;H</i> <b>Shiitake Mushroom Log Inoculation</b> Courtney Williams, Fedco Seeds   <i>Windsor</i>	<b>Basic Navigation with a Compass</b> Adam Stone, Camp Forest   <i>DIY-ET</i> <b>Climate Change &amp; Forest Carbon</b> Andy Whitman, Maine Forest Service   <i>LIF Tent</i> <b>Directional Tree Felling with a Chainsaw</b> Tim Libby, LIF & Midcoast Conservancy   <i>LIF Woodlot</i>	<b>Being with Horses from Your Love Within</b> Chris Lombard, Chris Lombard Horsemanship   <i>RP</i> <b>Laws Impacting Regenerative Producers</b> Alexia Kulwiec & Christine Dzijuna, Farm-to-Consumer Legal Defense Fund   <i>LS</i> <b>Training Horses with R: Reverse Round Pen</b> Kate Bennett, Maine Equine Sports   <i>SR</i> To 4 – <b>Plowing &amp; Harrowing Demos</b>   <i>FP</i>
<b>1</b>	<b>Mite Treatments for Healthy Hives</b> Lincoln Sennett, Sennett & Sennett   <i>HL</i> <b>OSSI: Freeing the Seed</b> Christy Anderson, Mt. Gile's Famous   <i>Litchfield</i> <b>Seed Cleaning</b> USDA ARS Plant Genetic Resources Unit   <i>Ag Demo</i> <b>Small-Scale Grain Growing</b> Will Bonsall, Khadighar Farm   <i>Windsor</i> <b>Transition to Organic Partnership Program</b> Chris Grigsby & Meg Mitchell, MOFGA   <i>MOFGA Tent</i> <b>Using Livestock Guardian Dogs</b> Tarma Richardson, Farel Kennels   <i>F&amp;H</i>	<b>Maine Forest Pest &amp; Disease Update</b> Tom Schmeelk, Maine Forest Service   <i>LIF Tent</i> <b>Tiny House FAQ</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i> To 4 – <b>Sawmill Demo</b> Nick Zandstra, Knock-On-Wood SawWorks   <i>LIF Mill</i>	<b>4-Steer Teams</b> Cindy Kilgore, Smith Farm   <i>SR</i> <b>Chicken First Aid</b> Elizabeth Collard, Ample Rocks Farm   <i>LS</i> <b>Family Tradition Teamsters</b> Mike & Claire Henderson, Family Traditions Farm   <i>RP</i> <b>Goat Biosecurity</b> Kaylee Keniston, Yeti Ridge Farm   <i>S&amp;G Barn</i> <b>Needle Felting for Beginners</b> Marty Elkin & Mary Ann Haxton, A Wrinkle in Thyme Farm   <i>FST</i> <b>The Basics of Breeding Your Own Pigs</b> Mary Thompson, Beans Corner Farm   <i>Pigs</i> <b>Up Close with a Goat</b> Ramona Small Stinson, Mini Mt Estate   <i>Barn 3</i> 1:30-3 – <b>Oxen Log Scooting Demo</b>   <i>LL</i> 1:30-3 – <b>Teamsters Talk Oxen!</b> Various teamsters   <i>Barns 2 &amp; 3</i>
<b>2</b>	<b>Adding Herbs to Your Crop Plan</b> Emily Springer, Meeting House Herb Farm   <i>Litchfield</i> <b>Beginning Maple Syrup Production</b> Jason Lilley, University of Maine Cooperative Extension   <i>HL</i> <b>Green Manures for Garden &amp; Farm</b> Caleb Goossen, MOFGA   <i>SO</i> <b>Growing &amp; Using the Pseudograins</b> Will Bonsall, Khadighar Farm   <i>Windsor</i> <b>Organic Beekeeping for Beginners</b> Ross Conrad, Dancing Bee Gardens   <i>F&amp;H</i>	<b>A Woodland Owner's 10 Biggest Mistakes</b> Tom Doak, Maine Woodland Owners   <i>LIF Tent</i> <b>Green Cemeteries, Home Funerals, &amp; More</b> Chuck Lakin, Last Things   <i>DIY-ST</i> <b>Hand Building Pottery Class (\$10; pre-register at the booth)</b> Sarah Delaney, Phoenix Pottery   <i>DIY-ET</i> To 4 – <b>From Fleece to Felted Footwear Class</b> Ted Bridge-Koenigsberg, Sebago Elementary School   <i>DIY-ET</i> To 4 – <b>Woodcarving Class (pre-register at booth; class max. 10)</b> Airin Wolf, Maine Wood Carvers Association   <i>DIY-ET</i>	<b>Being with Horses Changes Your Life</b> Chris Lombard, Chris Lombard Horsemanship   <i>SR</i> <b>Foraged Fibers</b> Michelle Finn   <i>WS</i> <b>Goat Hoof Trimming Demo</b> Stephen Lee, Sandy Stream   <i>S&amp;G Barn</i> <b>Holistic &amp; Natural Livestock &amp; Pet Care</b> Roberta Manter & Elizabeth Collard, Oak Hill Farm   <i>LS</i> <b>Preparing Your Fleece for the Mill</b> Janet Beardsley, Catawampus Farm   <i>S&amp;G Barn</i> <b>Spinning the Dog Rita</b> Ovsiak   <i>FST</i> <b>Training Horses with R+: An Introduction</b> Kate Bennett, Maine Equine Sports   <i>RP</i> To 4 – <b>4-Horse-Hitch Harrowing Demos</b>   <i>FP</i>
<b>3</b>	<b>Climate Cafe</b> Meg Mitchell, MOFGA   <i>MOFGA Tent</i> <b>Growing &amp; Utilizing Small Grains</b> Ross Ludders, Ludders on Butters Homestead   <i>F&amp;H</i> <b>Maine Heritage Orchard Apple Tasting</b> Sean Turley, Righteous Russet; John Bunker, Out on a Limb   <i>HL</i> <b>Planting for Climate Resilience</b> Tyler Refsland, Wild Seed Project   <i>Litchfield</i> <b>Seed Cleaning</b> USDA ARS Plant Genetic Resources Unit   <i>Ag Demo</i> To 5 – <b>An Invitation: Maine Heirloom Seedwork</b> Maine Heirloom Seed Working Group   <i>Windsor</i>	<b>Introduction to Tools &amp; Construction</b> Liz Baumhoff, Farm Hack   <i>DIY-ST</i> <b>Fungi of Your Forest</b> Michaeline Mutvey, Maine Mycological Association   <i>LIF Tent</i> <b>Hand Sewing Class</b> Emily Mackeown, Maine GearShare   <i>DIY-ET</i> <b>Queer &amp; Trans Affordable Housing Discussion</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i> <b>Reverse Wrap Weaving with Natural Fibers</b> Adam Stone, Camp Forest   <i>DIY-ET</i>	<b>Children Working with Steers</b> Mark Winslow, Marston Homestead; The Daly Family   <i>SR</i> <b>Useful Knots for the Farmstead</b> Roberta Manter, Oak Hill Farm   <i>LS</i> <b>Working Steer Basic Training/Husbandry</b> Melinda Larrabee, Robinson Farm   <i>RP</i>
<b>4</b>	<b>Adding Herbs to Your Crop Plan</b> Emily Springer, Meeting House Herb Farm   <i>F&amp;H</i> <b>Forcing Bulbs Indoors</b> Ron Desrosiers, Fedco   <i>HL</i> <b>Perennial Vegetables for the Northeast</b> Aaron Parker, Edgewood Nursery   <i>Litchfield</i> <b>PFAS Contamination: MOFGA Staff Q&amp;A</b>   <i>MOFGA Tent</i>	<b>Beginner's Guide to Going Off Grid</b> Sikwani & Nathan Dana, The Dana Homestead   <i>DIY-ST</i>	<b>Chicken First Aid</b> Elizabeth Collard, Ample Rocks Farm   <i>LS</i> <b>Goat Milking Demo</b> Kaylee Keniston, Yeti Ridge Farm   <i>S&amp;G Barn</i> <b>History of Draft Horse Breeds in America</b> Pam Rickenbach, Equiculture: Anam Cara Farm   <i>RP</i> <b>What Working Steer Life Has Done for Me</b> Lauren Robinson, Robinson Farm   <i>SR</i> To 6 – <b>Natural Dyeing Demos</b> Jude Hsiang, Versicolor   <i>S&amp;G Barn</i>
<b>5</b>	<b>Cover Cropping Throughout the Year</b> Jason Lilley, University of Maine Cooperative Extension   <i>Windsor</i> <b>Growing &amp; Marketing Specialty Potatoes</b> Brett Johnson, University of Maine Cooperative Extension   <i>Litchfield</i>	<b>Queer &amp; Trans Outdoor Skills Discussion</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i>	<b>Natural Hoof Care</b> Roberta Manter, Oak Hill Farm   <i>LS</i> 5:30-6 – <b>How to Maintain a Healthy Goat Herd</b> Kaylee Keniston, Yeti Ridge Farm   <i>S&amp;G Barn</i>

# SCHEDULE OF EVENTS — Friday, September 20, 2024

**Keynote Speaker** – 11 a.m. to noon on The Common: Annie Watson, organic dairy Farmer at Sheepscot Valley Farm – “Landscapes Lost”



	<b>Cooking, Herbs, &amp; Whole Life</b>	<b>Environment, Community, &amp; Education</b>	<b>Entertainment &amp; Activities</b>
<b>ALL DAY</b>		<b>Stoneworker Guild Demos</b> Stoneworkers Guild   SW	<b>Sanctuary Respite Between Talks</b>   Poetry Grove
<b>9</b>			8:30-9:30 – <b>Emilia Pepen</b> Celtic harpist   <i>Roving</i>
<b>10</b>	<b>Finding Balance in Chaos</b> Christopher & Paula Easton, Breathe In & Beyond   HH <b>The Lost Art of Restorative Tonics</b> Kayaleya Hunneybee Bonnette, The Herbal Womb   HT <b>The Pleasures of QiGong</b> Paul Weiss   WLT <b>Yoga for All</b> Uma Lescault, Sat Manav Yoga Ashram   Y&RC To 4 – <b>Come Experience Reiki</b>   RT 10:15-11 – <b>Spagyric Alchemy: Spirit, Soul, &amp; Body</b> Montana Jabre, Radiant Garden Alchemy   Ag Products	<b>People-Powered Bike Parade</b>   BV <b>Rest: Sabbath as Farmer Medicine</b> Liel Green, Jewish Farmer Network   SPA <b>Vanlife with Kids</b> Chris, Jacomijn, Jasper, & Lieske Gardei   ES To 4 – <b>Bicycle Demos &amp; Best Practices</b>   BV	<b>Music &amp; Movement for All Ages</b> Emilia Pepen, Pepen Studios   SUN <b>Pixie Lauer &amp; David Foley</b> Americana   SS <b>Shaking Cream into Butter</b>   F&HKT To 12:30 – <b>Condradance</b>   MFT To 5 – <b>Through the Trees</b> Jenn Casoni, Through the Trees   Woods 10:30-11 – <b>Garden Parade</b> (arrive 15 minutes early)   CA 10:30-11:20 – <b>“Little People of the Dawn” &amp; Kids Poetry</b> Minquansis Sapiel & Chicken Hat Lady (Lelania Avila)   Poetry Grove 10:30-11:45 – <b>Waterville Senior High School Orchestra</b> Local youth ensemble   AMP
<b>11</b>	<b>Breathe Like Your Life Depends on It</b> Uma Lescault, Sat Manav Yoga Ashram   Y&RC <b>Canning 101</b> Beth Richardson, Emily Pines, & Abbie Perry, Master Food Preservers   CKD <b>Osteopathic Medicine in Maine</b> Emily Redding, Maine Osteopathic Association   HH 11:30-12:30 – <b>Grow Your Own Apothecary</b> Emily Springer, Meeting House Farm   HT	<b>Efficiency Maine Offerings</b> Efficiency Maine   ES <b>Hands-On Flat Tyre Fix</b>   BV <b>How to Bridge Political Divides</b> Craig Freshley, Good Group Decisions   SPA <b>Passamaquoddy Fancy Basket Weaving Demo</b> Dolly Barnes   MIBA	<b>Round Singing</b> Kaity Newell   SUN <b>Sigrid Sibley</b> Americana mandolin   SS <b>Truman Games Manure Pitch-Off</b>   Manure Pitch
<b>12</b>	<b>Intuition 101</b> Emma Andrews, Energy Wellness   WLT <b>Midwife Martha Ballard: Lessons for Today</b> Kathy Beach, Maine Midwives   HH <b>Pahalwani Strength Training</b> Manu Lescault, The Center for Natural Healing   Y&RC <b>Whole Plant Based Sattvic Cooking Demo</b> Sunyata & Kaya Lescault, Sat Manav Yoga Ashram   CKD	<b>Electric Bike Forum</b>   BV <b>Pretty Good Renovation</b> Dan Kolbert, Kolbert Building   ES <b>Theater for Social Change Workshop</b> Noah Bragg & colleagues, Maine Inside Out   SPA	<b>T-Acadie</b> Traditional folk trio   SS To 1:15 – <b>Louisa Stancioff</b> Folk-rock quartet   AMP To 1:50 – <b>MOFGA Member T-Shirt Screen Printing</b> Little Chair Printing   MOFGA Tent To 2 – <b>Shana Hanson</b> Goatsong, songs by request   Roving
<b>1</b>	<b>Ecopsychology 101</b> Amory Lee, Ecopsychology101   HH <b>Herbs for Heart Health</b> Nate Petley, Maine Center for Natural Health   HT <b>Solar Cooking Demo</b> Tom Bartol, Barbara Moss, & Silas Bartol   CKD To 2:50 – <b>Teachings of Old Turtle</b> Ray Reitze, Earthways Guide Service   WLT	<b>Book Reading: “Little People of the Dawn”</b> Minquansis Sapiel, Passamaquoddy author   MIBA <b>Kids &amp; Cargo: An eBike Revolution</b>   BV <b>MeANS Greens Team</b> Jeffrey Chase, students, & staff from Maine Academy of Natural Sciences   Y&RC <b>Radical Kindness: Superpower for Change</b> Jeff Edelstein   SPA <b>Tips to Improve Your Indoor Air Quality</b> Christy Crocker, Maine Indoor Air Quality Council   ES	<b>Coleman Martin</b> Topical songwriter   SS <b>Corn Husk Dolls</b>   F&HKT <b>Make &amp; Take Sock Poi</b> Zoe Cat Creations   SUN <b>Poetry of Place: Maine Thrive Time</b> Kathleen Sullivan & Annaliese Jakimides   Poetry Grove 1:30-6 – <b>Condradance</b>   MFT 1:45-3 – <b>Mehuman</b> Americana “affrilachian”   AMP
<b>2</b>	<b>First Foods for Baby</b> Hattie Welch, OT   HH <b>Lacto-Fermentation: How to &amp; Benefits</b> Emily Makrez, F-Word Farm   CKD <b>Recipe Share &amp; Collective Zine Making</b> Madi Whaley, MOFGA   MOFGA Tent 2:30-3:30 – <b>The Healing Essence of Plants Around Us</b> Nicole Crouch-Diaz, Aeracura Essences   HT	<b>Abortion Is Health Care</b> Tom Waddell, Maine Chapter-Freedom From Religion Foundation   SPA <b>Mi’kmaq Potato Basket Weaving Demo</b> Richard Sillitoy   MIBA <b>People-Powered Bike Parade</b>   BV <b>Retrofit with Confidence</b> Randy Rand, passivhausMAINE   ES <b>The Power of Living Soil: Planet Cooling</b> Spero Latchis, Living Soil Network   Y&RC	<b>Kate McCann</b> Folk banjo & vocals   SS <b>Amazing Adventures of the Sea Cat Chowder Captain</b> LeCain Smith, Windrose Productions   SUN <b>Truman Games Manure Pitch-Off</b>   Manure Pitch To 4 – <b>Blue Hill Brass</b> Americana brass trio   Roving 2:30-3 – <b>Garden Parade</b> (arrive 15 minutes early)   CA 2:30-3:20 – <b>Storytime with Mike</b> Mike Boucher   Poetry Grove
<b>3</b>	<b>Attachment Styles in Your Relationships</b> Paul Sullivan, Success & Wellbeing   HH <b>Eat Your Way to Better Health!</b> Emily & Johnny Dickinson, Mousam Valley Mushrooms   CKD <b>Spagyric Alchemy: Spirit, Soul, &amp; Body</b> Montana Jabre, Radiant Garden Alchemy   Ag Products To 4:50 – <b>Mediumship, Psychic, &amp; Intuitive Readings</b> Nedra Foster   WLT	<b>Active Hope &amp; Conscious Consuming</b> Mary O’Brien, Hope and Action: An Economy for All   SPA <b>Intro to Vermicomposting</b> Mark Follansbee, WormMaine   C&R <b>Maine Adaptive’s Inclusive Cycling Vision</b>   BV <b>Solar Recycling &amp; Net-Zero Operations</b> Joel Alder, ReVision Energy   ES <b>The World as Classroom</b> Chris, Jacomijn, Jasper, & Lieske Gardei   Y&RC	<b>Nature-Based Art Project</b>   F&HKT <b>Paddy Mills</b> Rural coastal folk   SS <b>The Ladybugs</b> Kaity Newell, traditional kids’ songs   SUN 3:30-4:45 – <b>Jimmyjo &amp; the Jumbal’Ayuhs</b> Downeast cajun   AMP
<b>4</b>	<b>Herbal Tonic Elixirs</b> Cassandra Sears, The Remedy Cocktail Co.   HT <b>How to Cook with Tempeh</b> Kate Musser, Sarah Speare, & Matt Kaplan, Tootie’s Tempeh   CKD <b>Psychological Impacts of Climate Change</b> Nancy Hathaway, Center for Studying Mindfulness   HH	<b>Poor People’s Campaign: Moral Revival</b> Linda Homer, Poor People’s Campaign   SPA <b>What YOU Can Do for the Environment</b> Uma Lescault, Sat Manav Yoga Ashram   Y&RC To 5:20 – <b>100% Electric Household</b> Bridget Sprague & local ReVision customers, ReVision Energy   ES	<b>KindKids Music with Amanda Panda</b> Family music   SUN <b>Poetry Open Mic: NOURISH</b>   Poetry Grove <b>Kat Logan</b> Songwriting from the heart   SS To 6 – <b>The Pond Lilies</b> Traditional fiddle/flute trio   Roving
<b>5</b>		<b>Conserving Land for Community Use</b> Julia St. Clair, Brunswick-Topsham Land Trust   Y&RC <b>The Case for Local News in U.S. Democracy</b> Micaela Schweitzer-Bluhm, The Maine Monitor   SPA	<b>Laurie Jones Band</b> Rock with grit & grace   AMP

## 2024 Location Key for Areas and Events!

Locations for events in the schedule are abbreviated. Maps and updated schedules are posted throughout the fairgrounds.

- AD – Agricultural Demos Area C2
- ASL – American Sign Language Tent D5
- AMP – Amphitheater A3
- Barn 1 G4
- Barn 2 G3
- Barn 3 G3
- Barn 5 F2
- BV – Bicycle Valet A1
- BS – Blacksmith Shop D3
- CA – Children’s Area B4
- C&R – Compost & Recycling G4
- CKD – Country Kitchen Demos C6
- CS – Country Store D5
- DIY – DIY #HomeHacks Area C3
- DIY-ET – DIY #HomeHacks Exhibitor Tent C3
- DIY-ST – DIY #HomeHacks Speakers Tent D3
- Dye Garden C2
- Democracy in Agriculture Tent E5
- ES – Energy & Shelter Speakers Tent G6
- EH – Exhibition Hall D5
- F&H – Farm & Homestead Speakers Tent G7
- F&HKT – Farm & Homestead Kids Tent F7
- Farmhouse F5
- Fiber Marketplace D2
- FP – Field Plots F3
- FST – Fleece Speakers Tent D2
- FT – Fleece Tent D2
- Garden Shed – Garden Shed in North Orchard C2
- Herb Garden C2
- Manure Pitch – Harry S. Truman Manure Pitch H5
- HL – Hayloft D3
- HH – Health & Healing Speakers Tent E7
- HT – Herb Tent D3
- Kids’ Cosmos B4
- LL – Large Livestock Demo Area H6
- Litchfield – Litchfield Tent C1
- LS – Livestock Speakers Tent E2
- LIF Mill – Low-Impact Forestry Sawmill Yard H8
- LIF Tent – Low-Impact Forestry Tent & Demo Area H8
- LIF Woodlot – Low-Impact Forestry Woodlot H8
- Maine Fiber Farms Tent F2
- MFT – Maine Folk Traditions Stage D3
- MIBA – Maine Indian Basketmakers C4
- MOFGA Tent D5
- NO – North Orchard C2
- Peace Garden – E3
- Pigs – E1
- PB – Poultry Barn E2
- RT – Reiki Tent E7
- RP – Round Pen G2
- RPT – Round Pen Tent G2
- Poetry Grove – Russell’s Poetry Grove C5
- S&G Barn – Sheep & Goat Barn E2
- SD – Sheep Dogs D1
- SR – Show Ring F2
- SPA – Social & Political Action Speakers Tent E6
- SP – Soil Pit G8
- SO – South Orchard F7
- SS – Spotlight Stage G5
- SW – Stone Workers D2
- SUN – Sunflower Stage B4
- Woods – The Woods B5
- WS – Wednesday Spinners D2
- WLT – Whole Life Tent E7
- Windsor – Windsor Tent C1
- YEZ – Youth Enterprise Zone Tent C5
- YM – Young Maine Area C5
- Y&RC – Yoga & Raiclar Speakers Tent C5

The Maine Organic Farmers and Gardeners Association (MOFGA) and the Common Ground Country Fair host more than 700 presentations in the three days of the Fair, covering a wide range of technical, practical, and policy matters. We encourage informed and respectful presentations and community conversation, and we recognize that Fair participants will have differing opinions about subject matter. While we make every effort to provide mission-relevant content, we do not necessarily endorse the opinions expressed during the presentations.

## SCHEDULE OF EVENTS — Saturday, September 21, 2024

Fairgrounds open at 9 a.m., close at 6:30 p.m. Exhibitor booths close at 6 p.m. For schedule changes and presentation descriptions, see the online Fair schedule at [mofga.org](http://mofga.org) or visit the information kiosks at the Fair.

	Farming & Gardening	Sustainability Skills & Forestry	Livestock, Fleece, & Fiber
<b>ALL DAY</b>	<b>Free Biological Soil Tests</b> Living Soil Network   <i>Ag Demo</i>	<b>Blacksmithing Demos</b>   <i>BS</i> <b>Gear Repair</b> Maine GearShare   <i>DIY-ET</i> <b>How to Build a Wood-Framed Kayak</b> Jim Nichols   <i>DIY</i> <b>Rug Hooking Demos</b>   <i>DIY-ET</i> <b>Yurt Building</b> Jessie Fredrickson, Maine Yurt Collective   <i>DIY</i>	<b>Cattle Clipping &amp; Hygiene Demo</b> Stephen Lee, Sandy Stream   <i>S&amp;G Barn</i> <b>Fleece Sale</b>   <i>FT</i> <b>Great Wheel Spinning Demos</b>   <i>WS</i>
<b>9</b>	9:30-10:50 – <b>Outdoor Shiitake Mushroom Cultivation</b> Courtney Williams, Fedco Seeds   <i>Litchfield</i>		9:30-10:30 <b>Goat Milking Demo</b> Stephen Lee, Sandy Stream   <i>S&amp;G Barn</i> 9:30-10:30 <b>Horse Harnessing Demo</b> Mandala Farm & Farm Tomorrow   <i>Barn 1</i> 9:30-11 <b>From Foal to Finish</b> Rowan O'Gara, O'Gara Shires   <i>SR</i>
<b>10</b>	<b>Bees: The Basics &amp; Not So Basic Info</b> Lincoln Sennett, Sennett & Sennett   <i>HL</i> <b>Chicken First Aid</b> Elizabeth Collard, Ample Rocks Farm   <i>PB</i> <b>Intro to Vermiculture</b> Mark Follansbee, WormMaine   <i>F&amp;H</i> <b>My Love Affair with Garlic</b> Meredith Coffin, Wild Cat Farm   <i>NO</i> <b>Organic Vegetable Q&amp;A</b> Caleb Goossen, MOFGA   <i>MOFGA Tent</i> <b>Seed Cleaning</b> USDA ARS Plant Genetic Resources Unit   <i>Ag Demo</i> <b>Seed Saving for the Home Gardener</b> James Ulager, High Rock Farm   <i>Windsor</i>	<b>Affording Your Tiny House</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i> <b>Directional Felling with a Chainsaw</b> Corey Kotflia, McLaughlin Garden and Homestead   <i>LIF Woodlot</i> <b>Hand Building Pottery Class (\$10; pre-register at the booth)</b> Sarah Delaney, Phoenix Pottery   <i>DIY-ET</i> <b>Let's Talk About Death</b> Leona Oceania, Last Things   <i>DIY-ST</i> <b>Maine's Ash Trees &amp; Emerald Ash Borer</b> University of Maine & the Maine Forest Service   <i>LIF Tent</i> To 12 – <b>Woodcarving Class (pre-register at booth; class max. 10)</b> Airin Wolf, Maine Wood Carvers Association   <i>DIY-ET</i>	<b>Dyeing Maine Fibers with Maine Plants</b> Jude Hsiang, Versicolor   <i>FST</i> <b>Fleece Judging</b>   <i>FST</i> <b>Hoof Trimming for Goats</b> Kaylee Keniston, Yeti Ridge Farm   <i>S&amp;G Barn</i> <b>Mowing &amp; Loose Hay Loading</b>   <i>FP</i> <b>Raising Heritage Pigs for Meat</b> Mary Thompson, Beans Corner Farm   <i>Pigs</i> <b>Safe Stable Design</b> Roberta Manter, Oak Hill Farm   <i>LS</i> <b>Sheep Dog Demo</b> Timothy & Lisa Molinero, Heart Stone Farm   <i>SD</i> <b>Steers in 4H</b> Shylo Morgan, Morgan Family Farm   <i>RP</i> <b>Wet-Felted Soap Demo</b> Audra Christie   <i>WS</i> To 12 – <b>Plowing &amp; Harrowing Demos</b>   <i>FP</i> To 12 – <b>Teamsters Talk Oxen!</b> Various teamsters   <i>Barns 2 &amp; 3</i> To 3 – <b>Wagon Rides!</b> Darthia Farm and S&S Carriage Rides   <i>Barn 1</i>
<b>11</b>	<b>Advanced Seed Saving</b> Will Bonsall, Khadighar Farm   <i>Windsor</i> <b>Cider Apple Tasting</b> David Fulton, Golden Fire Orchards   <i>HL</i> <b>DIY Weird &amp; Wacky Wire Weeders</b> Jack Kertesz, MOFGA   <i>NO</i> <b>Living Soil: Growing Better Food</b> Spero Latchis, Living Soil Network   <i>Litchfield</i> <b>What Does Organic Mean to You?</b> Chris Grigsby & Ryan Dennett, MOFGA   <i>MOFGA Tent</i> To 11:40 – <b>Three Season Gardening</b> Kevin & Mary Laplante, Pumpkin Hill Farm   <i>F&amp;H</i> 11:45-12:30 – <b>Poultry Processing</b> Kevin & Mary Laplante, Pumpkin Hill Farm   <i>F&amp;H</i>	<b>Beginner's Guide to Going Off Grid</b> Sikwani & Nathan Dana, The Dana Homestead   <i>DIY-ST</i> <b>Hand Sewing Class</b> Emily Mackeown, Maine GearShare   <i>DIY-ET</i> <b>How to Love a Forest</b> Ethan Tapper, Bear Island Forestry   <i>LIF Tent</i> <b>Living Off-Grid in a Tiny House</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i>	<b>Angora Goats on the Homestead</b> Janet Beardsley, Catawampus Farm   <i>S&amp;G Barn</i> <b>Harvesting Wool of Angora Rabbits</b> Darlene Campbell, D's Yarns From The Farm   <i>FST</i> <b>Laws Impacting Regenerative Producers</b> Alexia Kulwicz & Christine Dzuina, Farm-to-Consumer Legal Defense Fund   <i>LS</i> <b>Let's Talk Tunis</b> Ramona Small Stinson, Mini Mt Estate   <i>Barn 3</i> <b>Training Horses with R+! An Introduction</b> Kate Bennett, Maine Equine Sports   <i>RP</i> <b>Working Class Demo</b> Assorted teamsters   <i>SR</i>
<b>12</b>	<b>Managing Nitrogen in Organic Farms &amp; Gardens</b> Bruce Hoskins, Maine Soil Testing Service   <i>Litchfield</i> To 1:50 – <b>An Invitation: Maine Heirloom Seedwork</b> Maine Heirloom Seed Working Group   <i>Windsor</i>	<b>Acorn &amp; Cattail Bread</b> Adam Stone, Camp Forest   <i>DIY-ET</i> <b>Building Community Through Volunteerism</b> Josh Bossin, Maine GearShare   <i>DIY-ST</i> <b>Serving Bean Hole Beans</b>   <i>DIY</i> <b>Timber Stand Improvement</b> Jim Ferrante, Maine Forest Service   <i>LIF Tent</i> <b>Tractor Logging Demo</b> Tim Libby, LIF & Midcoast Conservancy   <i>LIF Woodlot</i>	<b>Being with Horses Changes Your Life</b> Chris Lombard, Chris Lombard Horsemanship   <i>SR</i> <b>Laws Impacting Regenerative Producers</b> Alexia Kulwicz & Christine Dzuina, Farm-to-Consumer Legal Defense Fund   <i>LS</i> <b>Sheep Dog Demo</b> Timothy & Lisa Molinero, Heart Stone Farm   <i>SD</i> <b>What Working Steer Life Has Done for Me</b> Lauren Robinson, Robinson Farm   <i>RP</i>
<b>1</b>	<b>Apple Cider Vinegar</b> Mia Mantello & Bob Sewall, Sewall Orchard   <i>HL</i> <b>DIY Maple Syrup</b> Nikki Wheelley, Vermont Evaporator Company   <i>F&amp;H</i> <b>Green Manures for Garden &amp; Farm</b> Caleb Goossen, MOFGA   <i>SO</i> <b>Growing with Microbes</b> Wendy Mickle, MicrobeGrower   <i>Litchfield</i> <b>Organic Certification Q&amp;A</b> Chris Grigsby, MOFGA   <i>MOFGA Tent</i> <b>Seed Cleaning</b> USDA ARS Plant Genetic Resources Unit   <i>Ag Demo</i> <b>South Garden &amp; Orchard Tour</b> Jack Kertesz, MOFGA   <i>SO</i>	<b>My Green Burial</b> Chris Harper, Last Things   <i>DIY-ST</i> <b>Silvopasture: Field &amp; Forest</b> Julie Davenport, Maine Forest Service   <i>LIF Tent</i> <b>Tiny House FAQ</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i> To 4 – <b>Sawmill Demo</b> Nick Zandstra, Knock-On-Wood SawWorks   <i>LIF Mill</i>	<b>Children Working with Steers</b> Mark Winslow, Marston Homestead; The Daly Family   <i>SR</i> <b>Goat Biosecurity</b> Kaylee Keniston, Yeti Ridge Farm   <i>S&amp;G Barn</i> <b>Growing Fleece for Hand Spinners</b> Erin Percival Carter, Shepherds of Black Sheep   <i>FST</i> <b>Mending Knits: Darning &amp; Needle Felting</b> Molly Sidell   <i>WS</i> <b>Ruminants Eat Leaves: How Much? (&amp; Why?)</b> Shana Hanson, 3 Streams Farm   <i>LS</i> <b>The Basics of Breeding Your Own Pigs</b> Mary Thompson, Beans Corner Farm   <i>Pigs</i> <b>Up Close with a Goat</b> Ramona Small Stinson, Mini Mt Estate   <i>Barn 3</i> <b>Working Steer Basic Training/Husbandry</b> Melinda Larrabee, Robinson Farm   <i>RP</i> 1:30-3 – <b>Oxen Log Scooting Demo</b>   <i>LL</i> 1:30-3 – <b>Teamsters Talk Oxen!</b> Various teamsters   <i>Barns 2 &amp; 3</i>
<b>2</b>	<b>Humanure: It's a Resource</b> Masanobu & Tomoko Ikemiya, Peace Farm   <i>Garden Shed</i> <b>Organic Beekeeping for Beginners</b> Ross Conrad, Dancing Bee Gardens   <i>F&amp;H</i> <b>OSSI: Freeing the Seed</b> Christy Anderson, Mt. Gile's Famous   <i>Litchfield</i> <b>Queer Gardener &amp; Homesteader Get Together</b> Madi Whaley, MOFGA   <i>MOFGA Tent</i> <b>Sunflowers for Snacking or Oil</b> Will Bonsall, Khadighar Farm   <i>Windsor</i>	<b>Hand Building Pottery Class (\$10; pre-register at the booth)</b> Sarah Delaney, Phoenix Pottery   <i>DIY-ET</i> <b>Safe Carving with a Machete</b> Adam Stone, Camp Forest   <i>DIY-ET</i> <b>Tree Identification</b> Mike Richard, Maine Forest Service   <i>LIF Tent</i> To 4 – <b>Woodcarving Class (pre-register at booth; class max. 10)</b> Airin Wolf, Maine Wood Carvers Association   <i>DIY-ET</i>	<b>Being With Horses from Your Love Within</b> Chris Lombard, Chris Lombard Horsemanship   <i>RP</i> <b>Chicken First Aid</b> Elizabeth Collard, Ample Rocks Farm   <i>LS</i> <b>Easy Roving &amp; Blending Wool</b> Tamara Lindsey, Dirigo Hill Farm   <i>FST</i> <b>Goat Hoof Trimming Demo</b> Stephen Lee, Sandy Stream   <i>S&amp;G Barn</i> <b>Preparing Your Fleece for the Mill</b> Janet Beardsley, Catawampus Farm   <i>S&amp;G Barn</i> <b>Sheep Dog Demo</b> Timothy & Lisa Molinero, Heart Stone Farm   <i>SD</i> <b>Training Horses with R+: Reverse Round Pen</b> Kate Bennett, Maine Equine Sports   <i>SR</i> To 4 – <b>4-Horse-Hitch Harrowing Demos</b>   <i>FP</i>
<b>3</b>	<b>Climate Cafe</b> Meg Mitchell, MOFGA   <i>MOFGA Tent</i> <b>Forest Garden Design</b> Jesse Watson, Maine Ecological Design School   <i>Windsor</i> <b>Growing &amp; Utilizing Small Grains</b> Ross Ludders, Ludders on Butters Homestead   <i>F&amp;H</i> <b>Maine Heritage Orchard Apple Tasting</b> Sean Turley, Righteous Russet, John Bunker, Out on a Limb   <i>HL</i> <b>Seed Cleaning</b> USDA ARS Plant Genetic Resources Unit   <i>Ag Demo</i>	<b>Introduction to Tools &amp; Construction</b> Liz Baumhoff, Farm Hack   <i>DIY-ST</i> <b>Hand Sewing Class</b> Emily Mackeown, Maine GearShare   <i>DIY-ET</i> <b>Queer &amp; Trans Affordable Housing Discussion</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i>	<b>4-Steer Teams</b> Cindy Kilgore, Smith Farm   <i>SR</i> <b>Holistic &amp; Natural Livestock &amp; Pet Care</b> Roberta Manter & Elizabeth Collard, Oak Hill Farm   <i>LS</i> <b>Ponies! Working &amp; Playing Together</b> Rhonda Welcome, Wind Song Farm   <i>RP</i>
<b>4</b>	<b>PFAS Contamination: MOFGA Staff Q&amp;A</b> MOFGA Staff   <i>MOFGA Tent</i> <b>Shiitake Mushroom Log Inoculation</b> Courtney Williams, Fedco Seeds   <i>Windsor</i> <b>Tree Crops: Beyond the Apple</b> Aaron Parker, Edgewood Nursery   <i>Litchfield</i> <b>Work Songs &amp; Garlic Sing!</b> Bennett Konesni, Worksong Project & Duckback Farm   <i>HL</i>	<b>Green Cemeteries, Home Funerals, &amp; More</b> Chuck Lakin, Last Things/DWDE/FCAM   <i>DIY-ST</i>	<b>Beginner's Guide to Happy Ducks</b> Alice Collard, Ample Rocks Farm   <i>LS</i> <b>Family Tradition Teamsters</b> Mike & Claire Henderson, Family Traditions Farm   <i>RP</i> <b>Goat Milking Demo</b> Kaylee Keniston, Yeti Ridge Farm   <i>S&amp;G Barn</i> <b>History of Draft Horse Breeds in America</b> Pam Rickenbach, Equiculture: Anam Cara Farm   <i>SR</i> To 4:30 – <b>Training For Vet &amp; Farrier Care</b> Kate Bennett, Maine Equine Sports   <i>Barn 5</i> To 6 – <b>Natural Dyeing Demos</b> Jude Hsiang, Versicolor   <i>S&amp;G Barn</i>
<b>5</b>	<b>Adding Herbs to Your Crop Plan</b> Emily Springer, Meeting House Herb Farm   <i>Litchfield</i> <b>Growing &amp; Marketing Specialty Potatoes</b> Brett Johnson, University of Maine Cooperative Extension   <i>Litchfield</i> <b>Soil Health in Your Garden or Farm</b> Rebecca Harvey, Woods End Laboratories   <i>Windsor</i>	<b>Queer &amp; Trans Outdoor Skills Discussion</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i>	<b>Tree Fodder &amp; Browse for Livestock Q&amp;A</b> Shana Hanson, 3 Streams Farm   <i>LS</i> 5:30-6 – <b>How to Maintain a Healthy Goat Herd</b> Kaylee Keniston, Yeti Ridge Farm   <i>S&amp;G Barn</i>

# SCHEDULE OF EVENTS — Saturday, September 21, 2024

**Keynote Speaker** – 11 a.m. to noon on The Common: Dr. Ayana Elizabeth Johnson, co-founder of Urban Ocean Lab; and author of “What If We Get It Right?: Visions of Climate Futures” – “What If We Get It Right?: Visions of Climate Futures”



	<b>Cooking, Herbs, &amp; Whole Life</b>	<b>Environment, Community, &amp; Education</b>	<b>Entertainment &amp; Activities</b>
<b>ALL DAY</b>		Stoneworker Guild Demos Stoneworkers Guild   SW	Sanctuary Respite Between Talks   Poetry Grove
<b>9</b>			8:30-9:30 – <b>Emilia Pepen</b> Celtic harpist   <i>Roving</i>
<b>10</b>	<p><b>A Mindfulness Practice</b> Ami Amero   <i>WLT</i></p> <p><b>Breathe Like Your Life Depends On It</b> Uma Lescault, Sat Manav Yoga Ashram   <i>Y&amp;RC</i></p> <p><b>Eat Your Way to Better Health!</b> Emily &amp; Johnny Dickinson, Mousam Valley Mushrooms   <i>CKD</i></p> <p><b>Sound Healing Unraveled</b> Jim Doble, Elemental Design   <i>HH</i></p> <p><b>Vital Pregnancy!</b> Mischa Schuler, Wild Carrot Herbs   <i>HT</i></p> <p>To 4 – <b>Come Experience Reiki</b>   <i>RT</i></p> <p>10:15-11 – <b>Spagyric Alchemy: Spirit, Soul, &amp; Body</b> Montana Jabre, Radiant Garden Alchemy   <i>Ag Products</i></p>	<p><b>Food Democracy via Collective Narratives</b> Annie Doran &amp; Lauren Olson, Maine Food Convergence   <i>SPA</i></p> <p><b>Maine's Energy Code</b> Jeff Wallace, City of Bangor, Code Enforcement   <i>ES</i></p> <p><b>Penobscot Necklace Beading for Children</b> Jo-Ellen Loring Jamieson   <i>MIBA</i></p> <p><b>People-Powered Bike Parade</b>   <i>BV</i></p> <p>To 12 – <b>"Owl with Apples" Poster Signing</b> Artist Maya Kuvaja   <i>CS</i></p> <p>To 4 – <b>Bicycle Demos &amp; Best Practices</b>   <i>BV</i></p>	<p><b>Katherine Rhoda</b> Folk music &amp; vintage instruments   <i>SS</i></p> <p><b>Music &amp; Movement for All Ages</b> Emilia Pepen, Pepen Studios   <i>SUN</i></p> <p><b>Shaking Cream into Butter</b>   <i>F&amp;HKT</i></p> <p>To 12 – <b>Front Porch Blues Old/new blues trio</b>   <i>Roving</i></p> <p>To 12:30 – <b>Contradance</b>   <i>MFT</i></p> <p>To 5 – <b>Through the Trees</b> Jenn Casoni, Through the Trees   <i>Woods</i></p> <p>10:30-11 – <b>Garden Parade</b> (arrive 15 minutes early)   <i>CA</i></p> <p>10:30-11:20 – <b>"Little People of the Dawn" &amp; Kids Poetry</b> Minguansis Sapjel &amp; Chicken Hat Lady (Lelania Avila)   <i>Poetry Grove</i></p> <p>10:30-11:45 – <b>Seth Gallant Band</b> Acadian country   <i>AMP</i></p>
<b>11</b>	<p><b>Canning 101</b> Mary Kate Reny, Delaney Buckner, &amp; Sheri Fistal, Master Food Preservers   <i>CKD</i></p> <p><b>Ecopsychology 101</b> Amory Lee, Ecopsychology101   <i>WLT</i></p> <p><b>Latch &amp; Resolve: Breastfeeding &amp; Oral Ties</b> Hattie Welch, OT   <i>HH</i></p> <p><b>Yoga for All</b> Uma Lescault, Sat Manav Yoga Ashram   <i>Y&amp;RC</i></p> <p>11:30-12:30 – <b>Herbs for Heart Health</b> Nate Petley, Maine Center for Natural Health   <i>HT</i></p>	<p><b>Biomaterials, Buildings, &amp; SAFE Solutions</b> Andrew Frederick, Croft   <i>ES</i></p> <p><b>Cargo Bike &amp; Trailer Forum</b>   <i>BV</i></p> <p><b>How to Bridge Political Divides</b> Craig Freshley, Good Group Decisions   <i>SPA</i></p>	<p><b>"Coyote and the Boy Ben"</b> Song Dog Puppeteers   <i>SUN</i></p> <p><b>Dillon Bustin</b> Songs of rural New England   <i>SS</i></p> <p><b>Truman Games Manure Pitch-Off</b>   <i>Manure Pitch</i></p>
<b>12</b>	<p><b>How Not to Die (Quality Over Quantity)</b> Malane Gargurevich, Star Seed Alchemy   <i>HH</i></p> <p><b>Life &amp; Times of an Animal Communicator</b> Kathy &amp; Aidan Drage, &amp; Peter Diplock, Earth Talk   <i>WLT</i></p> <p><b>Lunch Hour: The Optimal Human Diet</b> Uma &amp; Manu Lescault, Sat Manav Yoga Ashram   <i>Y&amp;RC</i></p> <p><b>Whole Plant Based Sattvic Cooking Demo</b> Sunyata &amp; Kaya Lescault, Sat Manav Yoga Ashram   <i>CKD</i></p>	<p><b>Electric Bike Forum</b>   <i>BV</i></p> <p><b>Land Surveying &amp; Deed Research</b> Clark Staples, Good Deeds Land Surveying   <i>ES</i></p> <p><b>Transition Businesses to Worker Ownership</b> Rob Brown, Cooperative Development Institute   <i>SPA</i></p> <p>To 1:50 – <b>Book Signing with Keynote Speaker Dr. Ayana Johnson</b>   <i>MOFGA Tent</i></p>	<p><b>Burnwurbskek Singers</b>   <i>MIBA</i></p> <p><b>Herbs for Curious Kids!</b> Mischa Schuler, Wild Carrot Herbs   <i>SUN</i></p> <p><b>The Gawler Family Band</b> Traditional fiddle music   <i>SS</i></p> <p>To 1:15 – <b>El Grande Ska</b>, reggae, &amp; rocksteady   <i>AMP</i></p> <p>To 1:50 – <b>MOFGA Member T-shirt Screen Printing</b> Little Chair Printing   <i>MOFGA Tent</i></p> <p>To 2 – <b>The Prairie Paynters</b> Hammered dulcimer instruments   <i>Roving</i></p> <p>12:30-1:30 – <b>Maine Shape Note Singers</b> Participatory harmony singing   <i>MFT</i></p>
<b>1</b>	<p><b>7 Tips to Connect to Your Inner Wisdom</b> Eva Goulette, Dancing Jaguar Inspirations   <i>WLT</i></p> <p><b>Baked Goods Judging/Children's Apple Pie Contest</b> MOFGA's food judging team   <i>CKD</i></p> <p><b>Osteopathic Medicine in Maine</b> Emily Redding, Maine Osteopathic Association   <i>HH</i></p> <p><b>Panel Q&amp;A Discussion: Herbs!</b> Nate Petley, Nicole Crouch-Diaz, &amp; Emily Springer   <i>HT</i></p>	<p><b>Environment Maine</b> Johanna Neumann &amp; Evan Jones, Environment Maine   <i>Y&amp;RC</i></p> <p><b>Kids &amp; Cargo: An eBike Revolution</b>   <i>BV</i></p> <p><b>"Owl with Apples" Poster Signing</b> Artist Maya Kuvaja   <i>CS</i></p> <p><b>What's the Economy for, Anyway?</b> Larry Dansinger, Peace &amp; Justice Center   <i>SPA</i></p> <p><b>Women in the Trades</b> Kelly Sandman, Builder   <i>ES</i></p> <p>To 2:30 – <b>MOFGA Public Policy Teach-In: Hear How Maine's Youth Are Taking Action on Issues of Food &amp; Climate Justice</b>   <i>SS</i></p>	<p><b>Corn Husk Dols</b>   <i>F&amp;HKT</i></p> <p><b>Katherine Rhoda</b> Folk music &amp; vintage instruments   <i>SUN</i></p> <p><b>Writers on the Penobscot Watershed</b> Annalese Jakimides, Kara Douglas, Claire Ackroyd, &amp; Christopher Packard, Rivers of Ink/12 Willows Press   <i>Poetry Grove</i></p> <p>1:30-2:30 – <b>pihcuti</b> Multinational immigrant &amp; refugee children's chorus   <i>AMP</i></p> <p>1:30-6 – <b>Contradance</b>   <i>MFT</i></p>
<b>2</b>	<p><b>A Mindfulness Practice</b> Ami Amero   <i>SO</i></p> <p><b>Open Meditation</b> Whole Life Team   <i>WLT</i></p> <p><b>Psychological Impacts of Climate Change</b> Nancy Hathaway, Center for Studying Mindfulness   <i>HH</i></p> <p><b>Solar Cooking Demo</b> Tom Bartol, Barbara Moss, &amp; Silas Bartol   <i>CKD</i></p> <p>To 4 – <b>Guided Forest Bathing Session</b> Nev Hoffman, Blue Fern Forest Bathing   <i>SP</i></p> <p>2:30-3:30 – <b>Grow Your Own Apothecary</b> Emily Springer, Meeting House Farm   <i>HT</i></p>	<p><b>Penobscot Doll Workshop for Children</b> Wendy Little Bear   <i>MIBA</i></p> <p><b>People-Powered Bike Parade</b>   <i>BV</i></p> <p><b>Seaweed for Organic Farming: Downsides?</b> Robin Hadlock Seeley, Maine Rockweed Coalition   <i>Y&amp;RC</i></p> <p><b>Universal Health Care for ME &amp; US</b> Elizabeth Solet, Maine AllCare   <i>SPA</i></p> <p><b>Welcoming All People to Carpentry</b> Anna Heath, We Built This   <i>ES</i></p> <p>2:30-5 – <b>Clothing Swap</b>   <i>C&amp;R</i></p>	<p><b>Make &amp; Take Sock Poi</b> Zoe Cat Creations   <i>SUN</i></p> <p><b>The Making of "French Boy," A Memoir</b> Denis Ledoux, The Memoir Network   <i>Poetry Grove</i></p> <p><b>Truman Games Manure Pitch-Off</b>   <i>Manure Pitch</i></p> <p>To 4 – <b>Tough End String Band</b> Funky old-time   <i>Roving</i></p> <p>2:30-3 – <b>Garden Parade</b> (arrive 15 minutes early)   <i>CA</i></p> <p>2:45-3:35 – <b>Alice Limoges</b> Original jazzy folk songs   <i>SS</i></p>
<b>3</b>	<p><b>Connection-Based Parenting</b> Paul Sullivan, Success &amp; Wellbeing   <i>HH</i></p> <p><b>Dairy &amp; Cheese Judging</b> MOFGA's food judging team   <i>CKD</i></p> <p><b>Lifestyle &amp; Disease</b> Manu Lescault, The Center for Natural Healing   <i>WLT</i></p> <p><b>Spagyric Alchemy: Spirit, Soul, &amp; Body</b> Montana Jabre, Radiant Garden Alchemy   <i>Ag Products</i></p>	<p><b>Panel Discussion: Maine's Pollinators</b> Bridget Huber, The Food &amp; Environment Reporting Network   <i>Y&amp;RC</i></p> <p><b>Tips to Improve Your Indoor Air Quality</b> Christy Crocker, Maine Indoor Air Quality Council   <i>ES</i></p> <p><b>Velomobile: Practical Pedaled Vehicles</b>   <i>BV</i></p> <p>To 6 – <b>Seeking Peace &amp; Preventing War</b> Peace-seeking/peace-building organizations   <i>SPA</i></p>	<p><b>"Coyote and the Boy Ben"</b> Song Dog Puppeteers   <i>SUN</i></p> <p><b>Nature-Based Art Project</b>   <i>F&amp;HKT</i></p> <p><b>TOGETHER: We Are the Sign of Peace</b> Stephen Oliver   <i>Poetry Grove</i></p> <p>To 4:15 – <b>Tidewalker</b> Lobster-flavored rock   <i>AMP</i></p> <p>3:45-4:35 – <b>Inanna</b> Exploring their quieter side   <i>SS</i></p>
<b>4</b>	<p><b>Ayurveda &amp; Fall Detox</b> Jessica Laurin, Eastern Sun Healing   <i>HH</i></p> <p><b>Dream Analysis</b> Natalie Angela, Nebo Mountain Spiritual Center   <i>WLT</i></p> <p><b>Herbal Tonic Elixirs</b> Cassandra Sears, The Remedy Cocktail Co.   <i>HT</i></p> <p><b>How to Cook with Tempeh</b> Kate Musser, Matt Kaplan, &amp; Sarah Speare, Tootie's Tempeh   <i>CKD</i></p>	<p><b>Building Political Will for the Future</b> Peter Dugas, Citizens' Climate Lobby   <i>Y&amp;RC</i></p> <p><b>Efficiency Maine Offerings</b> Efficiency Maine   <i>ES</i></p>	<p><b>Poetry Open Mic: Perseverance &amp; Trust</b>   <i>Russell's Poetry Grove</i></p> <p><b>Rural Roots Revival Band</b> Father &amp; daughter duo   <i>SUN</i></p> <p>To 6 – <b>The Huddled Masses</b> Eastern European dance music   <i>Roving</i></p> <p>4:30-6 – <b>Maine Marimba Ensemble</b> Zimbabwean folk music   <i>AMP</i></p> <p>4:45-5:35 – <b>Sorcha and Emilia</b> Original folk jazz   <i>SS</i></p>
<b>5</b>		<p><b>Abandoned &amp; Discontinued Roads</b> Roberta Manter, Oak Hill Farm   <i>Y&amp;RC</i></p> <p><b>Protecting Maine's Dark Skies</b> Jon Silverman, Dark Sky Maine   <i>F&amp;H</i></p> <p><b>Women in the Trades Networking</b> Kelly Sandman, Builder   <i>ES</i></p>	

## 2024 Location Key for Areas and Events!

Locations for events in the schedule are abbreviated. Maps and updated schedules are posted throughout the fairgrounds.

- AD – Agricultural Demos Area C2
- ASL – American Sign Language Tent D5
- AMP – Amphitheater A3
- Barn 1 G4
- Barn 2 G3
- Barn 3 G3
- Barn 5 F2
- BV – Bicycle Valet A1
- BS – Blacksmith Shop D3
- CA – Children's Area B4
- C&R – Compost & Recycling G4
- CKD – Country Store D5
- CS – Country Store D5
- DIY – DIY #HomeHacks Area C3
- DIY-ET – DIY #HomeHacks Exhibitor Tent C3
- DIY-ST – DIY #HomeHacks Speakers Tent D3
- Dye Garden C2
- Democracy in Agriculture Tent E5
- ES – Energy & Shelter Speakers Tent G6
- EH – Exhibition Hall D5
- F&H – Farm & Homestead Speakers Tent G7
- F&HKT – Farm & Homestead Kids Tent F7
- Farmhouse F5
- Fiber Marketplace D2
- FP – Field Plots F3
- FS – Fleece Speakers Tent D2
- FT – Fleece Tent D2
- Garden Shed – Garden Shed in North Orchard C2
- Herb Garden C2
- Manure Pitch – Harry S. Truman Manure Pitch H5
- HL – Hayloft D3
- HH – Health & Healing Speakers Tent E7
- HT – Herb Tent D3
- Kids' Cosmos B4
- LL – Large Livestock Demo Area H6
- Litchfield – Litchfield Tent C1
- LS – Livestock Speakers Tent E2
- LIF Mill – Low-Impact Forestry Sawmill Yard H8
- LIF Tent – Low-Impact Forestry Tent & Demo Area H8
- LIF Woodlot – Low-Impact Forestry Woodlot H8
- Maine Fiber Farms Tent F2
- MFT – Maine Folk Traditions Stage D3
- MIBA – Maine Indian Basketmakers C4
- MOFGA Tent D5
- NO – North Orchard C2
- Peace Garden – E3
- Pigs – E1
- PB – Poultry Barn E2
- RT – Reiki Tent E7
- RP – Round Pen G2
- RPT – Round Pen Tent G2
- Poetry Grove – Russell's Poetry Grove C5
- S&G Barn – Sheep & Goat Barn E2
- SD – Sheep Dogs D1
- SR – Show Ring F2
- SPA – Social & Political Action Speakers Tent E6
- SP – Soil Pit G8
- SO – South Orchard F7
- SS – Spotlight Stage G5
- SW – Stone Workers D2
- SUN – Sunflower Stage B4
- Woods – The Woods B5
- WS – Wednesday Spinners D2
- WLT – Whole Life Tent E7
- Windsor – Windsor Tent C1
- YEZ – Youth Enterprise Zone Tent C5
- YM – Young Maine Area C5
- Y&RC – Yoga & Railcar Speakers Tent C5

The Maine Organic Farmers and Gardeners Association (MOFGA) and the Common Ground Country Fair host more than 700 presentations in the three days of the Fair, covering a wide range of technical, practical, and policy matters. We encourage informed and respectful presentations and community conversation, and we recognize that Fair participants will have differing opinions about subject matter. While we make every effort to provide mission-relevant content, we do not necessarily endorse the opinions expressed during the presentations.

## SCHEDULE OF EVENTS — Sunday, September 22, 2024

Fairgrounds open at 9 a.m., close at 5 p.m. Exhibitor booths close at 5 p.m. For schedule changes and presentation descriptions, see the online Fair schedule at [mofga.org](http://mofga.org) or visit the information kiosks at the Fair.

	Farming & Gardening	Sustainability Skills & Forestry	Livestock, Fleece, & Fiber
<b>ALL DAY</b>	<b>Free Biological Soil Tests</b> Living Soil Network   <i>Ag Demo</i>	<b>Blacksmithing Demos</b>   <i>BS</i> <b>Gear Repair</b> Maine GearShare   <i>DIY-ET</i> <b>How to Build a Wood-Framed Kayak</b> Jim Nichols   <i>DIY</i> <b>Rug Hooking Demos</b>   <i>DIY-ET</i> <b>Yurt Building</b> Jessie Fredrickson, Maine Yurt Collective   <i>DIY</i>	<b>Cattle Clipping &amp; Hygiene Demo</b> Jesse Caron, Casa Gattle Co.   <i>Barn 3</i> <b>Draft Horse Show</b>   <i>SR</i> <b>Fleece Sale</b>   <i>FT</i> <b>Great Wheel Spinning Demos</b>   <i>WS</i> <b>NO Sheep Dog Demo</b>
<b>9</b>	<b>To 12 – Seed Swap</b>   <i>Ag Demo</i>		<b>9:30-10:30 – Goat Milking Demo</b> Stephen Lee, Sandy Stream   <i>S&amp;G Barn</i> <b>9:30-10:30 – Horse Harnessing Demo</b> Mandala Farm & Farm Tomorrow   <i>Barn 1</i>
<b>10</b>	<b>Leaf Silage! Chain-Flail Leaf-Separator</b> Shana Hanson, 3 Streams Farm   <i>Ag Demo</i> <b>Organic Beekeeping for Beginners</b> Ross Conrad, Dancing Bee Gardens   <i>F&amp;H</i> <b>Organic Vegetable Q&amp;A</b> Caleb Goossen, MOFGA   <i>MOFGA Tent</i> <b>OSS: Freeing the Seed</b> Christy Anderson, Mt. Gile's Famous   <i>Litchfield</i> <b>Seed Cleaning</b> USDA ARS Plant Genetic Resources Unit   <i>Ag Demo</i> <b>Soil Block Making</b> Tom Vigue, KiwiHill Farm   <i>Windsor</i> <b>10:30-11:20 – DIY Weir &amp; Wacky Wire Weeders</b> Jack Kertesz, MOFGA   <i>NO</i>	<b>Affording Your Tiny House</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i> <b>Directional Felling with a Chainsaw</b> Jack Houtz, Forest Technician, University of Maine   <i>LIF Woodlot</i> <b>Hand Building Pottery Class (\$10; pre-register at the booth)</b> Sarah Delaney, Phoenix Pottery   <i>DIY-ET</i> <b>Let's Talk about Death</b> Leona Oceania, Last Things   <i>DIY-ST</i> <b>Tree Identification</b> Jared Gregory, Maine Forest Service   <i>LIF Tent</i> <b>To 12 – Woodcarving Class (pre-register at booth; class max. 10)</b> Airin Wolf, Maine Wood Carvers Association   <i>DIY-ET</i>	<b>Dyeing Maine Fibers with Maine Plants</b> Jude Hsiang, Versicolor   <i>FST</i> <b>Generational Teamsters</b> Melinda Larrabee & Lauren Robinson, Robinson Farm   <i>RP</i> <b>Hoof Trimming for Goats</b> Kaylee Keniston, Yeti Ridge Farm   <i>S&amp;G Barn</i> <b>Raising Heritage Pigs for Meat</b> Mary Thompson, Beans Corner Farm   <i>Pigs</i> <b>Weaving with a Backstrap Loom</b> Sue Grosjean   <i>WS</i> <b>To 10:30 – Creating a Training Plan for Horses</b> Kate Bennett, Maine Equine Sports   <i>Barn 5</i> <b>To 12 – Harrowing Demos</b>   <i>FP</i> <b>To 12 – Teamsters Talk Oxen!</b> Various teamsters   <i>Barns 2 &amp; 3</i> <b>To 12 – Working Class Demos</b> Oxen teamsters   <i>LL</i> <b>To 3 – Wagon Rides!</b> Darthia Farm and S&S Carriage Rides   <i>Barn 1</i>
<b>11</b>	<b>Building Your Own Maple Sap Evaporator</b> Paul Eley, Vermont Evaporator Company   <i>F&amp;H</i> <b>Foraging for Apples 101</b> Sean Turley, The Righteous Russet   <i>HL</i> <b>Native Plant Seed Sowing 101</b> Emily Baisden, Wild Seed Project   <i>Litchfield</i> <b>Seed Saving for the Home Gardener</b> James Ulager, High Rock Farm   <i>Windsor</i> <b>What Does Organic Mean to You?</b> Chris Grigsby & Ryan Dennett, MOFGA   <i>MOFGA Tent</i> <b>11:30-12:20 – Growing Good Garlic</b> Tom Vigue, KiwiHill Farm   <i>NO</i>	<b>Effective Use of Downed Wood</b> Cumberland Wood Bank, Midcoast Wood Bank, & Frank Knight Foundation   <i>LIF Tent</i> <b>Green Cemeteries, Home Funerals, &amp; More</b> Chuck Lakin, Last Things   <i>DIY-ST</i> <b>Hand Sewing Class</b> Emily Mackeown, Maine GearShare   <i>DIY-ET</i> <b>Living Off-Grid in a Tiny House</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i> <b>Reverse Wrap Weaving with Natural Fibers</b> Adam Stone, Camp Forest   <i>DIY-ET</i>	<b>Angora Goats on the Homestead</b> Janet Beardsley, Catawampus Farm   <i>S&amp;G Barn</i> <b>Being With Horses from Your Love Within</b> Chris Lombard, Chris Lombard Horsemanship   <i>RP</i> <b>Chicken First Aid</b> Elizabeth Collard, Ample Rocks Farm   <i>LS</i> <b>Getting Nerdy with Wool</b> Stacie Beyer   <i>FST</i> <b>Let's Talk Tunis</b> Ramona Small Stinson, Mini Mt Estate   <i>Barn 3</i>
<b>12</b>	<b>Advanced Seed Saving</b> Will Bonsall, Khadighar Farm   <i>Windsor</i> <b>Creating a Space of Love Homestead</b> Donane Dean, Space of Love Permaculture Homestead   <i>F&amp;H</i> <b>Garlic Production &amp; Soil Health</b> Ron Desrosiers, Waldo County Soil & Water Conservation District   <i>HL</i> <b>Living Soil: Growing Better Food</b> Spero Latchis, Living Soil Network   <i>Litchfield</i>	<b>Mending &amp; Alterations for Elders &amp; Others</b> Beedy Parker   <i>DIY-ST</i> <b>Talking with Trees</b> Nick Zandstra, Knock-On-Wood SawWorks   <i>LIF Tent</i> <b>Tractor Logging Demo</b> Tim Libby, LIF & Midcoast Conservancy   <i>LIF Woodlot</i> <b>Serving Bean Hole Beans</b>   <i>DIY</i>	<b>Family Tradition Teamsters</b> Mike & Claire Henderson, Family Traditions Farm   <i>RP</i> <b>Ruminants Eat Leaves: How Much? (&amp; Why?)</b> Shana Hanson, 3 Streams Farm   <i>LS</i> <b>To 2 – Planting a Cover Crop with Draft Power</b>   <i>FP</i>
<b>1</b>	<b>Getting That Little Piggy to Market</b> Brea Willette, Wicked Quail and Pork Homestead   <i>F&amp;H</i> <b>Growing &amp; Marketing Specialty Potatoes</b> Brett Johnson, University of Maine Cooperative Extension   <i>Litchfield</i> <b>Growing Cannabis Organically (21+; must have ID)</b> Chris Grigsby & Julie Trudel, MOFGA's Clean Cannabis Program   <i>MOFGA Tent</i> <b>Native Plants &amp; Climate Adaptations</b> Ivonne Vazquez, Bas Rouge Farm & Forge   <i>HL</i> <b>Seed Cleaning</b> USDA ARS Plant Genetic Resources Unit   <i>Ag Demo</i> <b>South Garden &amp; Orchard Tour</b> Jack Kertesz, MOFGA   <i>SO</i> <b>Visions of Perennial Culture</b> Jesse Watson, Maine Ecological Design School   <i>Windsor</i>	<b>Forest Ecology Research Network Plots</b> Shane Duigan, Maine Forest Service; Maine Project Learning Tree   <i>LIF Tent</i> <b>Tiny House FAQ</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i> <b>To 4 – Sawmill Demo</b> Nick Zandstra, Knock-On-Wood SawWorks   <i>LIF Mill</i>	<b>Discontinued Roads as Riding Trails</b> Roberta Manter, Oak Hill Farm   <i>LS</i> <b>Goat Biosecurity</b> Kaylee Keniston, Yeti Ridge Farm   <i>S&amp;G Barn</i> <b>The Basics of Breeding Your Own Pigs</b> Mary Thompson, Beans Corner Farm   <i>Pigs</i> <b>Training Horses with R+: An Introduction</b> Kate Bennett, Maine Equine Sports   <i>RP</i> <b>Up Close with a Goat</b> Ramona Small Stinson, Mini Mt Estate   <i>Barn 3</i> <b>Wet-Felting Demo</b> Marty Elkin & Mary Ann Haxton, A Wrinkle in Thyme Farm   <i>FST</i> <b>1:30-3 – Oxen Log Scooting Demo</b>   <i>LL</i> <b>1:30-3 – Teamsters Talk Oxen!</b> Various teamsters   <i>Barns 2 &amp; 3</i>
<b>2</b>	<b>Adding Herbs to Your Crop Plan</b> Emily Springer, Meeting House Herb Farm   <i>Litchfield</i> <b>Cider Apple Tasting</b> David Fulton, Golden Fire Orchards   <i>HL</i> <b>Getting Your Bees Ready for Winter</b> Lincoln Sennett, Sennett & Sennett   <i>Windsor</i> <b>Green Manures for Garden &amp; Farm</b> Caleb Goossen, MOFGA   <i>SO</i> <b>Growing &amp; Using the Pseudograins</b> Will Bonsall, Khadighar Farm   <i>Windsor</i> <b>Growing, Harvesting, &amp; Eating Flint Corn</b> Albert & Michele Barden, Flint Corn in Maine   <i>F&amp;H</i> <b>Perennial Vegetables for the Northeast</b> Aaron Parker, Edgewood Nursery   <i>Litchfield</i> <b>Using Livestock Guardian Dogs</b> Tarma Richardson, Farel Kennels   <i>F&amp;H</i>	<b>Death Care Teams: Caring in Community</b> Alice Toohey, Last Things   <i>DIY-ST</i> <b>Hand Building Pottery Class (\$10; pre-register at the booth)</b> Sarah Delaney, Phoenix Pottery   <i>DIY-ET</i> <b>Regenerative Coppicing in Balsam Forests</b> Thomas Prohl, Celebration Tree Farm   <i>LIF Tent</i> <b>Wild Plant Walk</b> Adam Stone, Camp Forest   <i>DIY-ET</i> <b>To 4 – Woodcarving Class (pre-register at booth; class max. 10)</b> Airin Wolf, Maine Wood Carvers Association   <i>DIY-ET</i>	<b>Chicken First Aid</b> Elizabeth Collard, Ample Rocks Farm   <i>LS</i> <b>Goat Hoof Trimming Demo</b> Stephen Lee, Sandy Stream   <i>S&amp;G Barn</i> <b>Maine Fiber Producers' Study Findings</b> Stephanie Welcomes, Maine Fibershed   <i>FST</i> <b>Preparing Your Fleece for the Mill</b> Janet Beardsley, Catawampus Farm   <i>S&amp;G Barn</i> <b>Steers in 4H</b> Shylo Morgan, Morgan Family Farm   <i>RP</i>
<b>3</b>	<b>Climate Cafe</b> Meg Mitchell, MOFGA   <i>MOFGA Tent</i> <b>Seed Cleaning</b> USDA ARS Plant Genetic Resources Unit   <i>Ag Demo</i>	<b>Introduction to Tools &amp; Construction</b> Liz Baumhoff, Farm Hack   <i>DIY-ST</i> <b>Hand Sewing Class</b> Emily Mackeown, Maine GearShare   <i>DIY-ET</i> <b>Queer &amp; Trans Affordable Housing Discussion</b> Murphy Robinson, Dandelion Housing Project   <i>DIY-ET</i>	<b>Ponies! Working &amp; Playing Together</b> Rhonda Welcome, Wind Song Farm   <i>RP</i> <b>Tree Fodder &amp; Browse for Livestock Q&amp;A</b> Shana Hanson, 3 Streams Farm   <i>LS</i> <b>To 3:30 – Deciding on Cues for Your Horse</b> Kate Bennett, Maine Equine Sports   <i>Barn 5</i>
<b>4</b>	<b>Heirloom Tomatoes: Uncommon Gems</b> Christy Anderson, Mt. Gile's Famous   <i>Litchfield</i> <b>PFAS Contamination: MOFGA Staff Q&amp;A</b>   <i>MOFGA Tent</i> <b>Sunflowers for Snacking or Oil</b> Will Bonsall, Khadighar Farm   <i>Windsor</i>	<b>Beginner's Guide to Going Off Grid</b> Sikwani & Nathan Dana, The Dana Homestead   <i>DIY-ST</i>	<b>Goat Milking Demo</b> Kaylee Keniston, Yeti Ridge Farm   <i>S&amp;G Barn</i> <b>Natural Dyeing Demos</b> Jude Hsiang, Versicolor   <i>S&amp;G Barn</i> <b>Plants Poisonous to Horses</b> Roberta Manter, Oak Hill Farm   <i>LS</i>

# SCHEDULE OF EVENTS — Sunday, September 22, 2024

**Keynote Speaker** – 11 a.m. to noon on The Common: Melissa Law, farmer and co-owner, Bumbleroot Organic Farm; and agriculture representative to the Maine Climate Council – “Farming in the Face of Climate Change”



	<b>Cooking, Herbs, &amp; Whole Life</b>	<b>Environment, Community, &amp; Education</b>	<b>Entertainment &amp; Activities</b>
<b>ALL DAY</b>		<b>Stoneworker Guild Demos</b> Stoneworkers Guild   SW	<b>Sanctuary Respite Between Talks</b>   Poetry Grove <b>Through the Trees</b> Jenn Casomi, Through the Trees   Woods
<b>9</b>			8:30-9:30 – <b>Emilia Pepen</b> Celtic harpist   <i>Roving</i>
<b>10</b>	<b>A Mindfulness Practice</b> Ami Amero   WLT <b>Breathe Like Your Life Depends On It</b> Uma Lescault, Sat Manav Yoga Ashram   Y&RC <b>Fermented Foods: Judging</b> MOFGA's food judging team   CKD <b>Raw Living Foods</b> Malane Gargurevich, Star Seed Alchemy   HH To 4 – <b>Come Experience Reiki</b>   RT 10:15-11 – <b>Spagyric Alchemy: Spirit, Soul, &amp; Body</b> Montana Jabre, Radiant Garden Alchemy   Ag Products	<b>Combat Carbon with Wood Fiber Insulation</b> Edith Gawler, TimberHP   ES <b>Labor Trafficking in Agriculture</b> Anne Ross, The Cornucopia Institute   SPA <b>People-Powered Bike Parade</b>   BV To 12 – <b>"Owl with Apples" Poster Signing</b> Artist Maya Kuvaja   CS To 4 – <b>Bicycle Demos &amp; Best Practices</b>   BV	<b>Contradance</b>   MFT <b>Dave and Fran Plus</b> Songs from the land   SS <b>Hudson Museum Wabanaki Games for Children</b> Hudson Museum   MIBA <b>Music &amp; Movement for All Ages</b> Emilia Pepen, Pepen Studios   SUN <b>Shaking Cream into Butter</b>   F&HKT 10:30-11 – <b>Garden Parade</b> (arrive 15 minutes early)   CA 10:30-11:20 – <b>"Little People of the Dawn" &amp; Kids</b> <b>Poetry</b> Mmquansis Sapjel & Chicken Hat Lady (Lelania Avila)   Poetry Grove 10:30-11:45 – <b>Sara Trunzo</b> Maine's new country   AMP
<b>11</b>	<b>Ecopsychology 101</b> Amory Lee, Ecopsychology 101   HH <b>Open Meditation</b> Whole Life Team   WLT <b>Pahalwani Strength Training</b> Manu Lescault, The Center for Natural Healing   Y&RC 11:30-12:20 – <b>Pho Broth Masterclass: Vietnamese Cuisine</b> Sophia Nguyen Eng, "The Nourishing Asian Kitchen"   CKD 11:30-12:30 – <b>Herbs for Heart Health</b> Nate Petley, Maine Center for Natural Health   HT	<b>Restoring Our Voice in Government</b> Christopher Cayer, American Promise   SPA <b>Simple Tyre Repair</b>   BV <b>Tips to Improve Home Indoor Air Quality</b> Christy Crocker, Maine Indoor Air Quality Council   ES	<b>Jonboy Nemo</b> Folk/rock 'n' roll   SS <b>Oyster Creek Fiddlers</b> Youth fiddle ensemble   SUN To 12:15 – <b>Fiddlers Showcase</b>   MFT To 1 – <b>Doug Morier</b> Americana/country/bluegrass   Roving
<b>12</b>	<b>Lunch Hour: The Optimal Human Diet</b> Uma & Manu Lescault, Sat Manav Yoga Ashram   Y&RC <b>First Foods for Baby</b> Hattie Welch, OT   HH 12:30-1:30 – <b>Sound Bath</b> Jim Doble, Malane Gargurevich, & Forest Weston, Elemental Design   WLT	<b>Bike Shorts: Stories of Hope</b>   BV <b>DIY &amp; Tiny House Masonry Heaters</b> Albert & Michele Barden, Albie Barden LLC   ES <b>Halal on the Tray: Equitable School Meals</b> Khadija Ahmed, Halal School Meals Network & other participating organizations   SPA	<b>Jud Caswell</b> Award-winning Maine songwriter   SS <b>Maine Suzuki Play-In</b> Maine Suzuki Association   SUN To 1:15 – <b>Jacob McCurdy Band</b> Indie folk/rock   AMP To 1:50 – <b>MOFGA Member T-Shirt Screen Printing</b> Little Chair Printing   MOFGA Tent 12:30-1:30 – <b>Maine Shape Note Singers</b> Participatory harmony singing   MFT 12:30-2:30 – <b>The Maine Squeeze</b> Accordions on parade   Roving
<b>1</b>	<b>Grow Your Own Apothecary</b> Emily Springer, Meeting House Farm   HT <b>Spiritual Healing Constellations</b> Burc Oral, Dizilim   HH 1:30-2:20 – <b>Kimchi Masterclass</b> Sophia Nguyen Eng, "The Nourishing Asian Kitchen"   CKD	<b>Cob Home Construction</b> Wendy Mickle, MicrobeGrower   ES <b>Electric Bike Forum</b>   BV <b>Penobscot Beadwork Demo</b> Jennifer Neptune   MIBA <b>The World as Classroom</b> Chris, Jacomijn, Jasper, & Lieske Gardel   Y&RC <b>What is a Union &amp; How Do I Get One?</b> Cynthia Phinney, Maine AFL-CIO   SPA	<b>Circus Workshop</b> Brigid Rankowski, Maine Youth Circus   SUN <b>Cormac McCarthy</b> Maine Music Hall of Fame inductee   SS <b>Corn Husk Dolls</b>   F&HKT <b>Introduction to Inner Field Trip</b> Lelania Avila   Poetry Grove 1:30-5 – <b>Contradance</b>   MFT 1:45-3 – <b>Lynn Deeves Trio</b> Soulful vocals with a tight groove   AMP
<b>2</b>	<b>Cosmic Cycles for Seasonal Wellness</b> Jude Valentine, Sister Stargazers   WLT <b>Latch &amp; Resolve: Breastfeeding &amp; Oral Ties</b> Hattie Welch, OT   HH <b>Recipe Share &amp; Collective Zine Making</b> Madi Whaley, MOFGA   MOFGA Tent 2:30-3:30 – <b>The Healing Essence of Plants Around Us</b> Nicole Crouch-Diaz, Aeracura Essences   HT	<b>Efficiency Maine Offerings</b> Efficiency Maine   ES <b>People-Powered Bike Parade</b>   BV <b>Resisting Industrialization in Organic</b> Melody Morrell, The Cornucopia Institute   SPA <b>Seaweed for Organic Farming: Downsides?</b> Robin Hadlock Sealey, Maine Rockweed Coalition   Y&RC	<b>Maine Youth Circus Performance</b> Brigid Rankowski, Maine Youth Circus   SUN <b>Sagittarius Rising</b> Isabelle & Phoebe Rogers, Sister folk harmonies   SS To 2:25 – <b>Poetry with Jason Grundstrom-Whitney</b>   Poetry Grove 2:30-3 – <b>Garden Parade</b> (arrive 15 minutes early)   CA 2:30-3:20 – <b>Storm Damage: Transformative Healing</b> Lisa Reilich   Poetry Grove
<b>3</b>	<b>How to Eat an Acorn</b> Frank Giglio, Farm & Forage Kitchen   CKD <b>Spagyric Alchemy: Spirit, Soul, &amp; Body</b> Montana Jabre, Radiant Garden Alchemy   Ag Products To 4:20 – <b>Addressing Farmer Burnout &amp; Mental Health</b> Jessie Dowling, Fuzzy Udder Creamery   HH	<b>Building Political Will for the Future</b> Peter Dugas, Citizens' Climate Lobby   Y&RC <b>Move the Money Thru Local Investing</b> Larry Dansinger & Mary O'Brien, Move the Money Maine   SPA <b>Vanlife with Kids</b> Chris, Jacomijn, Jasper, & Lieske Gardel   ES	<b>Nature-Based Art Project</b>   F&HKT <b>Newell Family Band</b> Three generations of fiddlers   SUN <b>Will Brown</b> Fingerpickin' good folk music   SS 3:30-4:45 – <b>Oshima Brothers</b> Japanese-Italian alt-pop from Maine   AMP
<b>4</b>	<b>Dream Analysis</b> Natalie Angela, Nebo Mountain Spiritual Center   WLT	<b>Bioregional Regeneration for the Future</b> Roberta Hill, Center for an Ecology-Based Economy   Y&RC	<b>Oren Robinson</b> Songs reflecting Maine's beauty   SS <b>Poetry Open Mic: Quiet Respite</b>   Poetry Grove

## 2024 Location Key for Areas and Events!

Locations for events in the schedule are abbreviated. Maps and updated schedules are posted throughout the fairgrounds.

- AD – Agricultural Demos Area C2
- ASL – American Sign Language Tent D5
- AMP – Amphitheater A3
- Barn 1 G4
- Barn 2 G3
- Barn 3 G3
- Barn 5 F2
- BV – Bicycle Valet A1
- BS – Blacksmith Shop D3
- CA – Children's Area B4
- C&R – Compost & Recycling G4
- CKD – Country Kitchen Demos C6
- CS – Country Store D5
- DIY – DIY #HomeHacks Area C3
- DIY-ET – DIY #HomeHacks Exhibitor Tent C3
- DIY-ST – DIY #HomeHacks Speakers Tent D3
- Dye Garden C2
- Democracy in Agriculture Tent E5
- ES – Energy & Shelter Speakers Tent G6
- EH – Exhibition Hall D5
- F&H – Farm & Homestead Speakers Tent G7
- F&HKT – Farm & Homestead Kids Tent F7
- Farmhouse F5
- Fiber Marketplace D2
- FP – Field Plots F3
- FST – Fleece Speakers Tent D2
- FT – Fleece Tent D2
- Garden Shed – Garden Shed in North Orchard C2
- Herb Garden C2
- Manure Pitch – Harry S. Truman Manure Pitch H5
- HL – Hayloft D3
- HH – Health & Healing Speakers Tent E7
- HT – Herb Tent D3
- Kids' Cosmos B4
- LL – Large Livestock Demo Area H6
- Litchfield – Litchfield Tent C1
- LS – Livestock Speakers Tent E2
- LIF Mill – Low-Impact Forestry Sawmill Yard H8
- LIF Tent – Low-Impact Forestry Tent & Demo Area H8
- LIF Woodlot – Low-Impact Forestry Woodlot H8
- Maine Fiber Farms Tent F2
- MFT – Maine Folk Traditions Stage D3
- MIBA – Maine Indian Basketmakers C4
- MOFGA Tent D5
- NO – North Orchard C2
- Peace Garden – E3
- Pigs – E1
- PB – Poultry Barn E2
- RT – Reiki Tent E7
- RP – Round Pen G2
- RPT – Round Pen Tent G2
- Poetry Grove – Russell's Poetry Grove C5
- S&G Barn – Sheep & Goat Barn E2
- SD – Sheep Dogs D1
- SR – Show Ring F2
- SPA – Social & Political Action Speakers Tent E6
- SP – Soil Pit G8
- SO – South Orchard F7
- SS – Spotlight Stage G5
- SW – Stone Workers D2
- SUN – Sunflower Stage B4
- Woods – The Woods B5
- WS – Wednesday Spinners D2
- WLT – Whole Life Tent E7
- Windsor – Windsor Tent C1
- YEZ – Youth Enterprise Zone Tent C5
- YM – Young Maine Area C5
- Y&RC – Yoga & Railcar Speakers Tent C5

The Maine Organic Farmers and Gardeners Association (MOFGA) and the Common Ground Country Fair host more than 700 presentations in the three days of the Fair, covering a wide range of technical, practical, and policy matters. We encourage informed and respectful presentations and community conversation, and we recognize that Fair participants will have differing opinions about subject matter. While we make every effort to provide mission-relevant content, we do not necessarily endorse the opinions expressed during the presentations.