

# Austin Cannon

Earthling skills are my life long passion

## Earth Living plant providers- meeting our basic needs with plants while leaving bounty in our wake

*Friday 8/16/24 4:00PM @ PawPaw*

In this workshop we will range from discussing how to take dying paw paw trees and turn them into rope to how to make fire by friction with the pawpaw tree and everything in-between

# Byron Ballard

H. Byron Ballard, BA, MFA, is a western NC native, teacher, folklorist and writer. She has served as a featured speaker and teacher at Sacred Space Conference, Pagan Spirit Gathering, Southeast Wise Women's Herbal Conference, Glastonbury Goddess Conference, Heartland, Sirius Rising, Starwood, Scottish Pagan Federation Conference, Hexfest and other festivals and conferences. She serves as senior priestess and co-founder of Mother Grove Goddess Temple and the Coalition of Earth Religions/CERES, both in Asheville, NC. She podcasts about Appalachian folkways on "Wyrd Mountain Gals."

Her essays are featured in several anthologies and she writes a regular column for SageWoman Magazine. Her books include "Staubs and Ditchwater" (2012), the companion volume "Asfidity and Mad-Stones" (2015) "Embracing Willendorf (2017), "Earth Works: Ceremonies in Tower Time" (2018),"Roots, Branches, and Spirits: the Folkways and Witchery of Appalachia" from Llewellyn (Feb. 2021) and "Seasons of a Magical Life: a Pagan Path of Living" (Weiser, August 2021). Upcoming: "The Ragged Wound: Tending the Soul of Appalachia" (Smith Bridge Press), "Porch Food: a cookbook from Wyrd Mountain", a musical adaptation of A Midsummer Night's Dream, and "Feral Church: Finding Goddess in the Wilderness". [www.myvillagewitch.com](http://www.myvillagewitch.com)

## Wild Green Allies

*Friday 8/16/24 1:00PM @ Pavilion*

So many powerful plants exist and many are overlooked in the distraction of their larger, flashier cousins. We'll explore these quiet gems and their remarkable gifts.

## An Appalachian Witch's Garden

*Saturday 8/17/24 1:00PM @ Pavilion*

Why grow vervain, rue, tansy, foxglove? Byron takes us for a journey through her own medicine garden and discusses what she grows--and why.

## Charlene Suggs

Charlene Suggs has devoted much of her adult life envisioning and manifesting ways for people to share land, life, and vision. To help grow public awareness about modern deathcare practices and observances, Charlene has been presenting introductory workshops since the late 1990s. Her ongoing work emphasizes meaningful and less costly experiences with death that contribute to the health of the Planet and our own well-being. She is a community organizer and likes to write. Charlene is particularly fascinated by insects, nature, biological processes, reimagining cultural and economic systems, words, unseen worlds and general details of life.

## Mine restoration / waterfall hike (w/ Gary Conley)

*Friday 8/16/24 9:00AM @ Pavilion, then hike into nature preserve (wear good shoes)*  
TBA

## Cherry Blossom Trio

*Friday 8/16/24 7:30PM @ Greenman*

Patrick McGee on harp, Karen Richards on violin, and Lara Wallace, Cellist on cello will play joyful tunes and nature-aligned meditative jams for your listening delight. Come out to the festival and relax, learn more about our plant friends and meet some cool people in a beautiful location!

## Crystal Woodling (Crystal Hoffman)

Crystal is a lineage Appalachian wise woman, whose family has lived in the same holler in Western Pennsylvania since before the French and Indian War. She was born a natural clairvoyant and poet, who has traveled alone on foot across many states studying the land & its peoples and composing for them new myths. Her teaching presently focuses on herbalism, alchemy, yoga, and earth-based ceremonies with the spirits of the land. She utilizes herbal medicine in tandem with the natal chart to diagnose and treat both emotional and physical issues. Crystal teaches classes on herbalism rooted in the Western Galenic tradition but incorporates many other modalities including journeywork, narrative alchemy, and somatic experiencing. She has completed many strenuous, traditional initiations into working with nature spirits and the Earth, both in North and South America.

## Becoming the Legs of the Plants: Unlocking Potential of Dreamtime Journeys

*Friday 8/16/24 10:30AM @ Greenman*  
Plants can't walk, but you can!

Are you willing to be the legs of the plants, the voice of the flowers, and the carrier of their wisdom in this world?

Through active dreaming and journey work, we can harness the power of the liminal space all around us as a point of contact with local nature fae, plant spirits, animal allies, and ultimately the divinity that lives with us. While in this liminal space, we can make room in our energetic being to hold the consciousness of our plant allies and allow ourselves to be guided by their wisdom with more grace, ease, and precision.

We will hold a special plant medicine ceremony during this workshop with a local indigenous plant ally to practice this work with one another.

In this workshop, you'll discover:

\*Herbal allies that can help you develop lucidity & strengthen your connection to your dreams and the imaginal realm where plant psyches reside.

\*What cultures around the world have understood about Dreamtime healing, plant spirit medicine & how we can incorporate this wisdom into our day-to-day life

\*An expanded definition of and greater skill in consciously stepping into dreamtime/imaginal realm to meet the plant spirits and guides who are seeking ally-ship in your journey of healing.

Plus... instructions on how you can harness the images, lessons, and emotional forces in your dreams/journey to begin intentionally crafting your own healing journey

## Deadeye Two-Tongues

TBA

## Macerations and Tinctures

*Saturday 8/17/24 4:00PM @ Greenman*

TBA

## Ellie Mae (Elizabeth Mitchell)

Ellie Mae is an herbalist, reproductive justice worker, mother, musician and farmer based in Cincinnati, OH.

## Botany for Identification

*Friday 8/16/24 10:30AM @ Main Stage, then walk yellow trail (bring good shoes)*

Botany for Identification is a beginner friendly crash course in learning some of the core fundamentals and terms to aid in your everyday field and forest adventures. Join Ellie Mae Mitchell, an Ohio Valley herbalist, as we talk and learn about different plant shapes, types and terms. Included in the course will be your own ID Zine, which you can use in a scavenger hunt to identify native plants around Wisteria!

## Herbal Allies for Uterine Support

*Saturday 8/17/24 10:30AM @ Main Stage*

Join us as we discuss and learn about herbal medicines that help support the uterine and pelvis floor - some can will find here at Wisteria!

## Gary Conley

Gary Conley, Owner/Senior Landscape Ecologist, GreenReach, LLC. Mr. Conley is a professional landscape ecologist with 25 years of technical and analytical expertise in ecological management and research projects. He holds a Master of Science degree in Geography with a Landscape Ecology/Biogeography focus and Bachelor of Science in Specialized Studies in Geology/Ecology. Gary launched GreenReach, LLC in 2014 to provide ecological consultation to regional environmental restoration efforts. As a Senior Landscape Ecologist, Gary focuses on the application of best management practices and principles (BMPP's) to restore ecological services on degraded landscapes and utilizes complex spatial data analysis to provide comprehensive and adaptive management solutions. He continues to pursue opportunities to restore the integrity, resilience, and functionality of our ecological systems that are fundamental to the productivity and health of our natural and human communities. He is also a Licensed Ohio Nurseryman operating his own native plant nursery and native seed company focusing on local and regional genotypes for improving restoration outcomes.

## Mine restoration / waterfall hike (w/ Charlene Suggs)

*Friday 8/16/24 9:00AM @ Pavilion, then hike into nature preserve (wear good shoes)*

See under *Charlene Suggs*

## Harlot

*Saturday 8/17/24 7:30PM @ Greenman*

From over the hills comes Harlot, the folk Americana duo bringing rich melodic vocal harmonies and intricate rhythmic tones to haunt your local holler. With over 10 years of songwriting, Harlot brings original music and a few unique covers that listeners have described as "mystical and ethereal" and "hauntingly beautiful".

## Jess Fritz

Jess is a longtime Wisteria community member, active in many roles. With a background in the arts and environmental issues, her passion is to help foster real connections between people and the natural world

## Learning to use iNaturalist

*Saturday 8/17/24 9:00AM @ Pavilion, then hike (wear good shoes)*  
TBA

## Kelly Lawrence

Long time Wisteria attendee. Owner and artist for my own business, Green Mantle Studio making ceramic and mixed media functional and whimsical pieces. I went to culinary school and have worked on and off as a chef for the past 38 years.

## Cooking with Herbs

*Saturday 8/17/24 10:30AM @ Greenman*

Learn about cooking with herbs. Which tastes best fresh, which can be either fresh or dry. What herbs work best in what cuisines - consider the purpose of the herbs when blending them. Herbs have strong aromatic oils, so too much of any one flavor can be overpowering so we'll learn how to add subtle flavors to your cooking. Recipes will be shared with attendees.

## Kim Keffer

Lifetime artist, Kim Keffer's art is inspired by nature and her human experiences. Kim is a photographer, painter, writer, and faceted glass artist. At festivals Kim offers a beautiful gallery of her art. She live paints the vibe and characters she sees, offering a finished work of art by the end of the festival. Kim also offers Guided Painting workshops where each participant will complete an acrylic painting, while Kim talks about ways to ignite the creative spirit and silence the censor.

## Plant Painting

*Friday 8/16/24 2:30PM @ Greenman*  
TBA

## Kojun Hayes

Kojun Hayes, a certified Sound Healer and Reiki Practitioner has been working with Quartz Crystal Singing Bowls, gongs, Himalayan metal bowls, and other sacred instruments for many years before finally creating Sacred Waves Sound Healing, a Sound Healing service based in Athens, Ohio, in 2022. Since then, Kojun has collaborated with yoga instructors and Reiki masters throughout Ohio to offer his unique Sound Journey creations in studio settings. Besides offering private sessions for clients, Kojun has also begun practising Sound Healing within the ceremonial space, providing sonic energy support to shamans of different spiritual paths.

Kojun says, "I am endlessly fascinated by what is created during a sound journey. I never construct them ahead of time, so they are always organic. I have no purpose or intention of fixing or healing someone, but instead, I become a conduit for the energies that move through sound waves. The result is a deeply spiritual, profound and powerful experience for the client(s) and I'm honoured to be able to create a safe space within which any person can begin the deep inner work of healing themselves."

## Sound Bath

*Saturday 9/17/24 9:00PM @ Greenman (bring pillows/blankets if you wish)*  
TBA

## Kristen Keen

Kristen Keen (RYT 500, ERYT 200) has been teaching yoga since 2012. She loves to share this art of movement, stillness, and the inner journey with others. Kristen moved to southeast Ohio in 2015 seeking a peaceful place to explore nature, garden and forage.

## Slow Flow Yoga

*Friday 8/16/24 & Saturday 8/17/24, 5:30PM @ Main Stage*

This slow yoga flow invites you to take it easy and have fun! Move and stretch your body to release tension. Learn breathwork that will calm your mind and nervous system. Finally, lay back and let go with in guided relaxation.

Designed for students with any or no amount of yoga experience. Please bring a mat or towel.

## Lauren Frederick

I embarked on my journey into herbalism in 2012 while living in Indianapolis. Attending most of the course offerings of Greg Monzel at Persimmon Herb School, the healing power of herbs resonated deeply with me as I navigated through various health challenges. Eager to expand my knowledge, I sought teachings from a diverse array of mentors. I am presently revisiting my origins, delving into foundational courses offered through Commonwealth Holistic Herbalism

based in Boston. I returned to Cincinnati in 2020 and am mapping out several initiatives to foster the growth of the herbal community in my hometown. I grow medicinal plants at my half acre urban home and professionally steward a 40-acre natural burial site using holistic practices.

## Preserving your Herbal Harvest

*Saturday 8/17/24 2:30PM @ Pavilion*

In this workshop, participants will delve into the preparation and preservation of medicinal herbs for extended storage. Explore various drying techniques and storage methods to maximize the longevity and effectiveness of your herbal harvest.

## Maevyn Stone

*Saturday 8/17/24 9:00PM @ Grand Field*

Come join us in Grand Field to watch the Perseids, accompanied by Maevyn Stone on harp. [BIO TBA]

## Nancy Baur

Local crafter

## Crochet an herb bag or stress relief ball

*Saturday 8/17/24 4:00PM @ Main Stage*

In this workshop you will learn the basics of crochet to create a bag for herbs or a stress relief ball to fill with your favorite natural scents for stress relief. Beginning crochet skills encouraged but not necessary. All supplies provided.

## Nellie James

TBA

## Next Year Planning and Community Input

*Saturday 8/18/24 9:30AM @ Pavilion*

Join us as we discuss how this year's Herbfest went, and let's brainstorm together to make next year even better.

## Papa Joe (Joseph Ward)

Papa Joe is an Herbalist and Tribal Healer with more than 30 years of experience. He has lived and worked with the Kuna Tribe in the Panamanian Jungle, Bedouins in the Sinai Desert, Inuit tribes in the Pacific Northwest and has strong ties deep in Appalachia. Papa Joe has also worked with the K'ich'e Nation in modern day Guatemala which is one of the four remaining Mayan Cultures and is allowed to practice Cacao Kutzis (ceremonies) given by the Mayan Elders. Before starting the Divine Tribe Apothecary, which offers herbal remedies for physical healing and spiritual practice, Papa Joe worked as a Medicolegal Death Investigator and Trained with the founders of the FBI Behavioral Analysis Unit.

## Tribal Herbs of North America

*Friday 8/16/24 2:30PM @ Pavilion*

Tribal Herbs of North America will cover herbs commonly used in Indigenous cultures for medicinal healing and spiritual beliefs. What parts of the plants used and how they were used will be discussed as well as herbal energetics and spiritual applications.

## Herbs & Honey

*Saturday 8/17/24 2:30PM @ Greenman*

Herbs & Honey workshop will discuss how to make herbal honey blends for common illnesses and first aid applications. Proper infusion techniques and using herbal honey for oxymels and syrups will also be covered.

## Richard Thieret

Former high School science teacher currently Forrester and woodworker living with wife and two cats on tree farm in Ames township, Athens county. Raised by a botanist and a microbiologist so very comfortable with the sciences and in the woods.

## Into the Woods

*Friday 8/16/24 9:00AM @ Greenman, then hike (wear good shoes; limit 15 people)*

Time to take a walk in the woods to look at leaves and the forest ecosystem. Before going into the forest we will identify the patterns in leaves and bark used to identify many of the trees, we will see. Once in the woods we will likely come across some trees in poor health or dead. Such trees will be used to inform workshop participants of diseases and pests currently active in The trees around them. Though this workshop is primarily for those unfamiliar with the Meigs county woodland, those with their own woodland botanical knowledge are welcome to add to the discussion and narration along the walk.



# Various / Everyone

## Welcome + Opening Circle

*Thursday 8/15/24 5:30PM @ Heart Hearth*

## Meet Your Presenters

*Thursday 8/15/24 7:30PM @ Heart Hearth*

## “Let’s Talk about Wood” - Uses and Characteristics

*Friday 8/16/24 4:00PM @ Heart Hearth*

Join us for a roundtable discussion about uses and characteristics of wood, from building to fires to smoking food.

## Open Social Time; Plant/Nature Songs and Stories

*Daily, 9:00PM or after activities end, Heart Hearth and/or Paw Paw*

Come play together! Folks will gather at the Heart Hearth to make music (all instruments welcome) and share stories with friends new and old. On Friday, we'll share songs and stories about plants and nature. And if there's enough drumming interest, come join us in Paw Paw Drum and Dance Circle (bring your drums, shakers, rattles, or other rhythm instruments).

## Closing Circle + Blessing

*Saturday 8/18/24 1:00PM @ Heart Hearth*

# VENDORS

## Athens Impact Socially Responsible Investments

We will have office hours where people can ask questions. No products are sold but we often give out free stickers and pens.

We help people align their money with their values. Placing your core beliefs at the center of the financial planning process helps you make better long-term decisions with your assets. The variety of ethical options we provide means you don't have to choose between your values and investment performance. Stop by during our festival office hours to ask questions.

## Dancing Hands Hairwraps

Macrame hair wraps and hemp jewelry

Dancing Hands has been woman owned and operated for over thirty years. We put an emphasis on hemp products and the history of macrame. With entirely customizable designs, our hairwraps are perfect for everyone.

## Divine Energy Works, LLC.

Sound/energy healing using drums, bowls, rattles & chimes

I practice energy medicine and offer folks the opportunity to release stuck and stagnant energy in the body via various techniques: sound, energy (touch & no touch), qigong, acupuncture, chakra work etc.

## Divine Tribe Apothecary

Dried Herbs, Herbal Teas, Herbal Tinctures, Herbal Honeys and Syrups

Divine Tribe Apothecary is a Tribal and Scandinavian themed Herb store that offers quality herbs, herbal teas, herbal tinctures and herbal honeys. Scandinavian Decor and Tribal wares are also sold.

## eclectic crow

Hand dipped beeswax tapers, tea lights, 100hr burn container candles, stick holders

People love to burn candles but most people are unaware of the lifeless, toxic, mass produced products used to create the candles they burn. eclectic crow is a small batch, hand crafted beeswax candle company. Sustainably sourced Ohio beeswax, 100% Cotton wick, energy from the Elements and pure Love are used in creating one of a kind candles that are very much ALIVE in nature.

The process of hand dipping candles is a slow and intentional process, allowing for a meditative like state to occur while creating. Knowing that energy is transmittable no candles are ever created when funky/negative vibes are present. "

## Grandpa's Old Fashioned Kettle Corn

Kettle corn, nachos, pickles, and assorted drinks. Cholesterol free, peanut free, and gluten free.

## Herbal Appalachia

Herbal salves, topical products, creams, tea blends, essential oils, tinctures and tincture blends, vinegars/oxymels, and herbal first aid kits

Herbal Appalachia is a small herbal products company based out of the Allegheny Mountains. Herbal Appalachia's products are hand crafted in small batches using sustainably harvested and organically sourced herbs and ingredients. The products are crafted from clinically proven combinations and are also informed by the spirits and energetics of the plants that they contain. The goal of sharing these herbal medicines with the people is to increase the health sovereignty of those that come into contact with them and to help put the people's medicine back into the hands of the people themselves.

## Hodge Podge

Handmade watercolor paint sets, jewelry, blockprinted clothing and patches, leatherwork, woodwork

Sydney and Salix are a folksy duo from Cincinnati. With a love of nature, oddities, folk art, and the occult they have created an eclectic collection of creative goods for you to enjoy.

## Kim Keffer

Paintings, photographs, faceted glass art

Lifetime artist, Kim Keffer's art is inspired by nature and her human experiences. Kim is a photographer, painter, writer, and faceted glass artist. At festivals Kim offers a beautiful gallery of her art. She live paints the vibe and characters she sees, offering a finished work of art by the end of the festival. Kim also offers Guided Painting workshops where each participant will complete an acrylic painting, while Kim talks about ways to ignite the creative spirit and silence the censor.

## Mountain Momma's Mindfulls

Soaps and beauty products (deodorants, face creams, shampoo bars, conditioner, body butter, etc), wooden and epoxy home goods

We are a family owned business that started with the simple idea of creating beauty products that solved for our own problems. After spending hundreds of dollars on shampoos that dried out our scalp but made our hair greasy and facial cleansers full of nasty chemicals, we decided to just make them ourselves using all natural and organic ingredients mixed with Ayurvedic remedies. Turns out, other people really enjoyed them, too! All of our products are vegan, cruelty, paraben and sulfate free and packaged with minimum waste packaging. Through the merging of doing what we love and making products we love we have created a brand that

hopefully you will love, too. With each item carefully crafted with you in mind, we strive to provide only the best products for you and your family.

## Re"ewes"able Fiber Arts

Handmade knitting, crochet, weaving and fiber arts. Up cycled clothing and textiles. I create and up cycle items to help save our resources and put creativity into the world.

## Soulshine Acres

Mushroom tinctures (lion's mane, reishi, turkey tail, shiitake, 4 winds) and blends; Jewelweed/plantain salve; merch

We are a forest farm located in Athens, OH. Currently we are managing over 800 logs of a variety of different culinary and medicinal mushrooms. We source our logs through sustainable practices and use organic management techniques. Our farm has recently received a Forest Grown Verification from United Plant Savers. We produce medicinal mushroom tinctures from our log grown mushrooms and other locally grown mushrooms. These dual-extraction tinctures contain 3 simple ingredients: mushroom fruiting bodies, organic ethanol, and spring water from Zaleski forest.

## Tansy Recycling

Recycled plastic goods, upcycled/dyed clothing items, locally sourced/hand turned wooden goods, handmade jewelry, herbs gathered from our gardens

Tansy Recycling is an artist cooperative based in Akron, OH that collects single use #2 and #5 plastic waste to shred and melt into beautiful multi-use goods and decor. We also enjoy working with thrifted natural fabric clothing that we refresh with natural dyes to create unique upcycled pieces!

## Terra Fate

Tropical plants, Native plants, plants for permaculture, Fruit bushes, Medicinals, Herbs  
All of these are live plants. We are a family owned greenhouse that focuses on positive interactions between humans and nature. Educating patrons on working with native plants to enhance their backyards while increasing native pollinators. From permaculture to philodendrons we welcome all !

## Verdigris Market Garden

Herbal Self Care and Apothecary Products

Verdigris Market Garden operates as an off-grid urban herb and vegetable farm, cultivating a variety of botanicals that contribute to our all-natural bath & body, apothecary, and home products. Our commitment is not only to your well-being but also to the health of the planet.

Approximately 90% of the botanicals used in our products are grown on our farm, and we even raise bees to incorporate their honey and wax into our formulations. The entire process, from cultivation to creation, is overseen by Master Herbalist Kenneth Wright.

In our dedication to sustainability, we utilize packaging made from recycled materials, prioritizing compostable or recyclable options. We especially favor infinitely recyclable materials like metal and glass.

Connect with us through our website [www.verdigrismarketgarden.com](http://www.verdigrismarketgarden.com) or find us on social media and our online store. Embrace products that are not only good for you but also contribute to a greener, more sustainable planet.

## Wild Soil Farm

Plants, apothecary teas, handmade gifts

Wild Soil Farm is an urban farm just down the street from Summit Lake in Akron OH. With a focus on making local organic food and herbs accessible, we offer produce, plants, apothecary items, and other tools for holistic wellness and self care.