

TOPEKA, KAN.



OCT. 13-14, 2018

MOTHER EARTH NEWS FAIR



100+ WORKSHOPS Page 7
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HANDS-ON WORKSHOPS

Cultivating Mushrooms
Hand-Stitching Leather
Simple, Quick Cheese
See page 6 for details



#TOPCITY PLAY LIST

We get it. You need to make the most of your play time, whether with friends, family or just the two of you. Design the right play list for any visit to Topeka.

Join us and see for yourself why we call it **#TopCity.**

- Brown vs. Board of Education National Historic Site & Mural**
- Chocolate After Dark
- Combat Air Museum
- Crossroads to Freedom Trail
- Evel Knievel Museum (including Virtual Reality jump)
- Fiesta Mexicana
- Grapes & Grains local beer and wine passport
- Heartland Motorsports Park – Worlds Fastest Race Track
- Kansas Children's Discovery Center @ Gage Park
- Kansas Chocolate Festival
- Kansas Museum of History
- Kansas State Capitol & dome tour
- Kansas Taco Festival
- Lake Shawnee and Paddle Boats
- Live performances @ three historic theatres
- Music & Food Truck Series
- NOTO Arts & Entertainment District
- Tap That Beer Festival
- Topeka Zoo & Conservation Center @ Gage Park



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WORKSHOPS 6



MAP 16



EXHIBITORS 22



NEED HELP?

Look for someone wearing a staff badge. See the map on Page 16 for the information desk location.

A LETTER FROM THE DIRECTOR

There's no place like ...

It has been a busy 2018 for the MOTHER EARTH NEWS FAIR team with events across the country! We kicked things off in February for our third year in Belton, Texas. April found us back in Asheville, North Carolina. In June, we hosted a first-time FAIR in Frederick, Maryland. After zigzagging from the Pacific Northwest for the Oregon FAIR in August to the original FAIR location in Seven Springs, Pennsylvania, in September, we are finally back in Topeka!



Nothing pleases us more than to host this fun and inspiring event right in our own backyard, and we look forward to gathering for our final event of the year here at home. One of the best things about our work here at MOTHER EARTH NEWS is sharing time with our passionate and engaged community. Your energy and imagination lead us on one adventure after another.

This weekend promises to be inspiring, stimulating, and fun. On page 6 you'll find several "Hands-On" workshops where participants can learn new practical, money-saving skill sets. We believe that one of the best ways to learn is by doing, and our nationally renowned experts will show you how. Create your own sourdough starter, hand-stitch a leather pouch, learn how to ferment kimchi or properly piece poultry, and more! A limited number of tickets are available to these special sessions in the bookstore located in the center of the arena.

I would like to extend my personal thanks to the many supportive organizations that have invested their time and effort into joining us at this event, and the many innovative exhibitors who have chosen to participate. A special thanks to our sponsors for making this FAIR possible: Ball Brand Fresh Preserving, Brushy Mountain Bee Farm, Coconut Bliss, CoreFirst Bank & Trust, Diamond Pet Foods, Kansas Dept. of Wildlife, Parks, and Tourism, Omlet, and Premier 1 Supplies. We are also extremely grateful to the extraordinary individuals who have agreed to join us as speakers, including Jessi Bloom, Dan Chiras, Tradd Cotter, Janice Cox, Howard Garrett, Temple Grandin, Meredith Leigh, Kirsten Shockey, and Dale Strickler.

Sincerely,

Andrew Perkins
Events and Business Development Director
Ogden Publications

Mother Earth News | Mother Earth Living | Heirloom Gardener | Grit | Capper's Farmer
Utne Reader | Farm Collector | Gas Engine Magazine | Motorcycle Classics

UPCOMING MOTHER EARTH NEWS FAIRS:

Belton, Texas, Bell County Expo, Feb. 16-17, 2019
Asheville, North Carolina, WNC Ag Center, April 27-28, 2019
Frederick, Maryland, The Great Frederick Fair, June 1-2, 2019
Seven Springs, Pennsylvania, Seven Springs Mountain Resort, Sept. 13-15, 2019

Dates & locations subject to change. For the latest info visit: www.MotherEarthNewsFair.com

FAIR HOURS:

Saturday 9:00 a.m.-6:00 p.m.
Sunday 9:00 a.m.-5:00 p.m.

SPONSORS

CONTRIBUTING SPONSOR



Newell Brands, makers of **Ball Fresh Preserving Products**, is committed to continuing the tradition started by the Ball brothers and handed down through generations by providing quality products to help Americans preserve garden-fresh produce. Today, this leader in home food preservation is continuing their efforts to Preserve America for the next 130 years.
www.freshpreserving.com
Booth #1209

CONTRIBUTING SPONSOR



Brushy Mountain Bee Farm was established in 1977. Since the beginning, they have served thousands of beekeepers across the country with outstanding beekeeping equipment. As a part of the beekeeping community, they are committed to manufacturing top-quality equipment, providing the best service and support, and are devoted to helping beekeepers succeed. This is the year to become a beekeeper, and Brushy Mountain Bee Farm is the source that will help you get started!
www.brushymountainbeefarm.com
Booth #1108, 1109

CONTRIBUTING SPONSOR



For more than 40 years, **Premier 1** has been providing electric fence and netting; sheep, goat, and poultry supplies; as well as expert advice. Speak with one of their consultants at their booth and pick up their free informational poultry, equipment, and fencing catalogs.
www.premier1supplies.com
Booth #5014

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Luna & Larry's Coconut Bliss is the evolution of ice cream. Crafted with care in Eugene, Oregon, Coconut Bliss is dairy-free, soy-free, gluten-free, certified organic, and Non-GMO Project-verified. This divinely creamy coconut milk ice cream blends pure and simple ingredients with exquisite indulgence.
www.coconutbliss.com
Booth #1117, 1118

ASSOCIATE SPONSOR



At **CoreFirst Bank & Trust** they work hard to make banking simple. Their products and services are accessible 24/7 so that no matter your lifestyle, banking is easy. From a first car loan or savings account to a business loan that realizes a longtime dream, they're always ready to help with your financial journey. Learn more and see the difference at CoreFirstBank.com. Member FDIC.
www.corefirstbank.com

ASSOCIATE SPONSOR



At **Diamond**, they believe every pet, from purebred show animal to shelter puppy or kitten, is worthy of the best nutrition. They also believe every pet owner deserves a great value. When you buy Diamond, you can be confident you are getting premium nutrition without the premium price.
www.diamondpet.com
Booth #1105

ASSOCIATE SPONSOR



The Kansas Department of Wildlife, Parks, and Tourism works with private landowners to provide technical assistance and habitat planning guidance to improve wildlife habitat on the private lands of Kansas. The state's primary program to address wildlife habitat needs on private lands is referred to as the Habitat First program which provides cost-share assistance on beneficial habitat management practices that are applied to the landscape. Habitat First offers a multitude of services to meet the needs of Kansas landowners and wildlife.
www.ksoutdoors.com
Booth #1106, 1107

ASSOCIATE SPONSOR



Omlet reimagines the way you live with and look after your pets to bring you closer together. The world-famous Eglu chicken coops keep your chickens safe, their rabbit hutches allow bunnies to express their natural behavior, and the new Fido dog crate is the world's first doghouse with a fitted wardrobe. By designing all of their products to be quick and easy to clean, they create homes your pets will love living in and you'll love using.
www.omlet.us
Booth #5508, 5509, 5608, 5609

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Visit Topeka would like to welcome you to our community. We're so glad you're here for Mother Earth News Fair. You are among the hundreds of thousands of visitors to our community each year who explore our attractions and history, attend an event, festival, conference or convention or participate in a sporting event. We encourage you to utilize our resources, including VisitTopeka.com, to have the best possible time in #TopCity.
www.visittopeka.com

PARTNERS



MEDIA SPONSORS



HANDS-ON WORKSHOPS

Take part in these limited engagements aimed at fostering practical, money-saving skill sets. The best way to learn is by doing, and our nationally renowned experts show you how. PLUS you take what you make! Space is limited! Passes are available on a first-come, first-served basis at the MOTHER EARTH NEWS FAIR Bookstore located in Landon Arena. See map on page 16.



Mastering Kimchi: Hot or Mild

Kirsten Shockey – FermentWorks

A Korean form of vegetable fermentation that has many faces and flavors, kimchi is part of an ancient art now experiencing a renaissance in the United States. Learn step by step how to make a kimchi that is just right for your taste buds, be it mild or five-alarm heat. Best of all, take home your delicious creation and watch it ferment on your counter.

Item #9072 | \$15

Saturday 10:00-11:00 a.m.



Hand-Stitching Leather

Dennis Biswell – MOTHER EARTH NEWS

Learn to make three leather stitches: blanket, saddle, and whip stitch (and find out when each is used). Attendees receive a kit that includes the leather pieces to make a 4-inch-by-6-inch pouch, needles, artificial sinew, and instruction on how to sew the pouch together using the three stitches.

Item #9071 | \$15

Saturday 11:30 a.m.-12:30 p.m.



DIY Bath Bombs, Soaks, and Herbal Face Masks

Janice Cox – Natural Beauty at Home

In this workshop, learn the basics of making your own bath products using all-natural ingredients (many of which you already have in your own home). Attendees create an herbal bath soak, relaxing face mask, and a fizzing bath bomb full of natural salts and herbs. Take them home and enjoy!

Item #9073 | \$15

Saturday 2:00-3:00 p.m.



Simple, Quick, Delicious Cheeses

Gianaclis Caldwell – Pholia Farm Creamery

Some of the easiest cheeses to make are also the most versatile and delicious! Learn how you can make these classics with only one stop at the grocery store! In an hour, Gianaclis Caldwell helps you make ricotta and paneer.

Item #9070 | \$15

Saturday 3:30-4:30 p.m.



Hand Spinning with a Drop Spindle

Caitlin Wilson – MOTHER EARTH NEWS

Learn how to make yarn with a drop spindle! Hand spinning is meditative and satisfying, and once you get the hang of it, you can make anything into yarn, from naturally colored wools to brightly dyed silks to Fido's fur. Caitlin Wilson covers how to prepare your fiber, set up your spindle, spin, and finish your yarn. The workshop includes a spindle and 2 ounces of wool roving.

Item #9068 | \$30

Saturday 5:00-6:00 p.m.



Homemade Face Cream

Queren King-Orozco – MOTHER EARTH NEWS

With simple ingredients and a blender, you can whip up a fabulous facial cream that can be easily personalized for your skin type. Queren King-Orozco will share herbalist Rosemary Gladstar's famous recipe and demonstrate how to mix the ingredients so that they blend perfectly into a moisturizing, nourishing cream for face and body. Samples and recipes shared.

Item #9077 | \$15

Sunday 10:00-11:00 a.m.



Fresh Indian Apple Chutney

Karen Solomon – Storey Publishing

This rich, decadent, and flavorful condiment takes its savory flavor from a pantryful of toasted, ground spices and sweet red bell peppers and onions. This is a new kitchen classic you'll return to again to eat with curry, pork chops, scrambled eggs, or stuffed into a sandwich with cheddar or a mild, milky cheese. Each guest will leave with newfound knowledge, a copy of the recipe, and a jar of chutney to take home.

Item #9133 | \$15

Sunday 11:30 a.m.-12:30 p.m.



Sourdough Starter

Victoria Redhed Miller – New Society

Sourdough starter, activated by wild yeast, can be used for making a lot more than just loaf breads and pizza! Experienced and passionate sourdough baker Victoria Redhed Miller provides a hands-on experience that teaches how to make and maintain your very own sourdough starter to take home and use for making bread or pizza.

Item #9075 | \$15

Sunday 2:00-3:00 p.m.



Piecing Poultry

Meredith Leigh – New Society

In this session, learn three ways to piece a whole bird with butcher and author Meredith Leigh. Work with a partner to produce wings, thighs, drumsticks, and breast meat, plus learn how to remove the oyster intact and how to produce professional boneless cuts. Never pay a higher price for preportioned poultry again!

Item #9069 | \$20

Sunday 3:30-4:30 p.m.



Mushroom Cultivation for Everyone

Tradd Cotter – Mushroom Mountain

If you think growing mushrooms is too complicated, here's your chance to see how easy and rewarding it can be. Attendees leave this workshop understanding the best ways to cultivate delicious mushrooms at home or on the farm. Learn about inexpensive start-up options for beginners and many commercial ideas to expand on.

Item #9074 | \$50

Sunday 10:00 a.m.-1:00 p.m.

MOTHER EARTH NEWS STAGE



Homesteader's Guide to Renewable Energy

Dan Chiras – The Evergreen Institute

There are many ways to heat and cool your home, provide electricity, cook your food, and heat water with clean, affordable, and reliable renewable energy. Some make more sense than others. Some are amazingly cheap, even paying for themselves in short order. Learn which options make the most sense for you and how affordable renewable energy is. Unplug from the grid!

Saturday 10:00-11:00 a.m.

Book Signing Saturday 11:00-11:30 a.m.



Garden Herbs and Flowers for Health and Beauty

Janice Cox – Natural Beauty at Home

Did you know geranium leaves are powerful antidepressants, or that lavender has antibacterial properties? Aloe vera is called the “first aid plant” and every household should have one. Discover new healthy uses for some of your favorite common garden plants. Janice Cox, author of the newly revised book *Natural Beauty from the Garden*, presents some of her favorite useful herbs and flowers for home beauty recipes and treatments. You don't have to have a garden to enjoy many of these botanicals, herbs, and flowers, as many are available at local markets and natural food stores. Bring the outdoors in and promote your own health, wellness, and natural beauty!

Saturday 11:30-12:30 p.m.

Book Signing Saturday 12:30-1:00 p.m.



Natural Organic Pest Control

Howard Garrett – Dirt Doctor

The most effective pest control just happens to be organic. Howard Garrett discusses how to protect and work with beneficial insects, as well as what natural, organic pest control products to use in certain situations.

Saturday 2:00-3:00 p.m.

Book Signing Saturday 3:00-3:30 p.m. and 6:00-6:30 p.m.



Perma-What? How to Create a Homestead Paradise with Permaculture

Jessi Bloom – N.W. Bloom EcoLogical Landscapes

What is permaculture and can it help us to create a more sustainable future? Jessi Bloom shares step-by-step instructions, plus her favorite tips, inspirations, and great plants for beautiful and abundant homesteads and lives!

Saturday 3:30-4:30 p.m.

Book Signing Saturday 4:30-5:00 p.m.



Livestock Behavior and Handling

Temple Grandin – Storey Publishing

Keep your animals calm and safe with Temple Grandin's groundbreaking insights and methods, now tailored specifically for small farms. Understand the behavior, fears, and instincts of cattle, goats, pigs, and sheep, and set up the most humane, healthy, and productive systems and facilities on your farm.

Saturday 5:00-6:00 p.m.

Book Signing Saturday 6:00-6:30 p.m.



Fermenting Vegetables from A to Z: Preserving the harvest

Kirsten Shockey – FermentWorks

For your harvest of garden veggies, why not use one of the safest, easiest, most flavorful, and healthiest techniques known to preserve and keep all the nutrients alive (and even increase health benefits)? Kirsten Shockey demystifies the process by discussing and demonstrating these ancient methods and modern techniques of preservation. This workshop explores herbal pastes, chutneys, and other condiments. Bring your curiosity and questions.

Sunday 10:00-11:00 a.m.

Book Signing Sunday 11:00-11:30 a.m.



Introduction to Charcuterie

Meredith Leigh – New Society Publishers

Learn about charcuterie: the preservation of meat using salt and smoke. Meredith Leigh demonstrates making fresh sausage and discusses other forms of charcuterie, such as fermented sausages and smoked meats. A farmer, butcher, and cook, she has been working for half her life to advocate for, grow, cook, and create real food. She's the author of *The Ethical Meat Handbook: Complete Home Butchery, Charcuterie and Cooking for the Conscious Omnivore*, and *Pure Charcuterie: The Craft & Poetry of Curing Meat at Home*.

Sunday 11:30-12:30 p.m.

Book Signing Sunday 12:30-1:00 p.m.



Creating Drought-Resilient Soil

Dale Strickler – Storey Publishing

For most of history, we have been at the mercy of drought, and still are, as evidenced by the drought of 2012 being among the costliest of environmental disasters in U.S. history. Our only response to drought has been either to complain or pray for rain. No longer! This presentation outlines effective actions you can take to create soils that capture and store more rainfall, and deeper root systems that extract more moisture from the soil.

Sunday 2:00-3:00 p.m.

Book Signing Saturday 4:30-5:00 p.m. and

Sunday 3:00-3:30 p.m.



Four Easy Ways to Grow Mushrooms at Home

Tradd Cotter – Mushroom Mountain

Looking for an amazingly easy class to get you started in growing mushrooms? Learn four easy methods of mushroom cultivation that have the potential for high-yielding, low-tech operations at home or on the farm. Tradd Cotter discusses cultivating mushrooms on logs, stumps, wood chips, composts, spent coffee grounds, paper, and cardboard. Learning these four techniques opens the door to being able to cultivate dozens of edible and medicinal species with little or no startup costs or expensive equipment.

Sunday 3:30-4:30 p.m.

Book Signing Sunday 4:30-5:00 p.m.

BUILDING AND ENERGY STAGE

Making Cob: How to build with mud *Uncle Mud and Family – Natural Cottage Project*

Learn how the dirt under your backyard can be turned into beautiful buildings, benches, pizza ovens, and much more ... the possibilities are limited only by one's imagination! Be prepared to get muddy.
Saturday 10:00-11:00 a.m.

Kids Can Build with Sticks and Mud *Uncle Mud and Family – Natural Cottage Project*

Use clay, straw, and sticks to build little houses and sculpt beautiful objects from your wild imagination. This is a "hands in" workshop: hands and feet squishing and mixing and making a big mess. Talk about how we can use these same materials to build benches, ovens, and even houses. You can use the water at this workshop to wash off with, but be prepared to get dirty and have fun.
Saturday 11:30-12:30 p.m.

Renewable Energy Q&A

Dan Chiras – The Evergreen Institute
Author and expert Dan Chiras hosts a wide-ranging discussion on the many ways in which we can harness and conserve energy with sustainable and efficient methods, from high-tech to low-tech. Bring your questions as Chiras provides answers on a wide array of renewable energy topics, how they work together, and the pros and cons of different modalities.
Saturday 1:00-1:30 p.m.
Book Signing Saturday 11:00-11:30 a.m.

Cheap, Sturdy Buildings from Straw, Clay, and Pallets

Uncle Mud and Family – Natural Cottage Project
See how straw, an agricultural waste product, and wood pallets can be turned into a low-cost, beautiful, eco-friendly, highly-insulated wall that keeps your house comfy winter and summer.
Saturday 2:00-3:00 p.m.

Is Wind Energy Right for You?

Dan Chiras – The Evergreen Institute
Wind power is sweeping the nation, but most of what is being installed is large wind turbines. Do small wind turbines make economic sense for homes and farms? What do you need to know about wind resources in your area and wind energy systems to make intelligent buying decisions? Dan Chiras discusses how wind turbines work, types of wind turbines, towers and other important topics.
Saturday 3:30-4:30 p.m.
Book Signing Saturday 11:00-11:30 a.m.

Build Your Own Wood-Fired Pizza Oven from Dirt

Uncle Mud and Family – Natural Cottage Project
Help turn a pile of mud into a wood-fired pizza oven! See how easy it is to do this in your own backyard. Be prepared to get muddy.
Saturday 5:00-6:00 p.m.

Solar Panels for Everyone: How new technology has made home-grown energy easy, safe, and cheap

Robert Rosenberg – Flint Hills Renewable Energy and Efficiency Coop
What is rooftop solar? Get up to date on how low cost and easy it can be to take advantage of rooftop solar right here in Kansas. Learn tips and tricks to get started sooner than you thought possible. It's easier than ever to install!
Sunday 10:00-11:00 a.m.

DIY Composting Toilet and Bin

Uncle Mud and Family – Natural Cottage Project
Dan Chiras – The Evergreen Institute
Almost half the water you use in your house gets flushed down the toilet, wasting water, energy, and valuable nutrients that could be going back into your garden. To be truly sustainable, we need to compost all organic materials, such as food scraps and yard waste, returning the nutrients to the Earth. That includes *humanure*, the nutrient-rich excretions human societies produce in massive quantities each and every day. Dan Chiras and Chris "Uncle Mud" McClellan show how to build a safe, low-cost, odor-free, and highly effective humanure composting system, consisting of a sawdust toilet and compost bin. This system works well in homes, cabins, cottages, and even camping spots. It can also be used in emergencies.
Sunday 11:30-12:30 p.m.
Chiras' Book Signing Saturday 11:00-11:30 a.m.

Build a Rocket Mass Heater

Uncle Mud and Family – Natural Cottage Project
See how you can turn a pile of old bricks and mud into a super-efficient woodburning heater for your house or cabin.
Sunday 2:00-3:00 p.m.

Kids Can Build with Sticks and Mud

Uncle Mud and Family – Natural Cottage Project
Play in the mud with Uncle Mud and friends. Use clay, straw, and sticks to build little houses and sculpt beautiful objects from your wild imagination. This is a "Hands In" workshop: hands and feet squishing and mixing and making a big mess. Talk about how we can use these same materials to build benches, ovens, and even houses. You can use the water at this workshop to wash off with, but be prepared to get dirty and have fun.
Sunday 3:30-4:30 p.m.

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CAPPER'S FARMER STAGE

Women Who Homestead: The need for community

Cyndi Ball – *National Ladies Homestead Gathering*

Women represent the fastest-growing segment in agriculture today. Women's active role in farming has tripled in the last three decades. Even so, there is a loneliness that often accompanies women who choose this career. They need community, a place where they can share new ideas, celebrate victories, address challenges, and cultivate relationships with like-minded women.

Saturday 10:00-11:00 a.m.

From No-Knead to Sourdough: Finding your comfort zone with handmade bread

Victoria Redhed Miller – *New Society Publishers*

Making your own bread is easier than you might think, once you find your comfort zone and try it! The author of *From No-Knead to Sourdough: A simpler approach to handmade bread* covers the basic principles of breadmaking, with an overview of simple no-knead yeast breads, pre-ferments, and sourdough-based breads. You don't need experience, fancy equipment, or expensive ingredients to make wonderful bread at home. This workshop includes a brief look at a hand-built wood-fired bread oven, plus a handout with a simple yeast bread recipe.

Saturday 11:30-12:30 p.m.

Book Signing Saturday 12:30-1:00 p.m. and Sunday 11:00-11:30 a.m.

A Tiny Home to Call Your Own: Living well in just-right houses

Patricia Foreman – *The Gossamer Foundation*

You can have an attractive, upscale quality built tiny home that is artistically beautiful, highly marketable and long-term profitable. Smaller homes can be more livable, cozy, enjoyable, easy to clean with lower maintenance than big houses. But tiny and smaller homes are not for everyone. Learn why and what it takes to live in a small space to make room for a larger life. Explore the many uses of tiny homes and find out why more people are opting for less square footage in exchange for more time, freedom and money.

Saturday 2:00-3:00 p.m.

Book Signing Sunday 12:30-1:00 p.m.

The Healthy Homesteader

Deborah Niemann – *New Society Publishers*

Today, too many people are literally sick and tired all the time. That is *not* sustainable, and we can't afford it. Our modern lives are filled with conveniences that are killing us slowly. We spend too much time sitting and eat too much so-called food that didn't exist 50 years ago. So, what's the answer? Start cooking from scratch. Plant a garden for fresh veggies. Get a few backyard chickens for fresh eggs. Step away from the desk. Move!

Saturday 3:30-4:30 p.m.

Book Signing Saturday and Sunday 4:30-5:00 p.m.

Durable and Beautiful Hair-On Hides

Dennis Biswell – *MOTHER EARTH NEWS*

Have you ever wanted to turn a deer skin into a beautiful throw for your home? Dennis Biswell reveals how to create durable hair-on leather from a wide range of animals, including deer, goats, raccoon, coyotes, and rabbits. Sharing how to do it all at home with a limited investment in tools and supplies, Biswell discusses his timetable for working tanning projects into a busy schedule. He also shows items he has created with his home-tanned hides.

Saturday 5:00-6:00 p.m.

Beeswax from the Hive to Your Lips: Rendering beeswax and using it in skin care products

Becky Tipton – *Northeast Kansas Beekeepers Association*

Becky Tipton starts with fresh cappings and turns beeswax into beautiful, clean chunks, and then into some of the best lip balm ever. She provides other hints for easy-to-make skin care balms, too.

Sunday 10:00-11:00 a.m.

Grow in Places of Unusable Spaces

Matt Stephens – *Homestead Hustle*

Matt Stephens provides a practical look into using every square inch of your property. Steep slopes, downgraded dirt, or rocky ledges can be turned into productive-scapes. Corners and walls provide excellent edges that can flourish. With the right setup you can even make your farm safer.

Sunday 11:30-12:30 p.m.

Common Legal Issues on the Homestead

Elizabeth Rich – *Farm-to-Consumer Legal Defense Fund*

Elizabeth Rich, executive director of the Farm-to-Consumer Legal Defense Fund, provides insight into the various issues you may find on the homestead, farm, in cottage kitchens, and more!

Sunday 1:00-1:30 p.m.

Farm Succession Planning

Elizabeth Rich – *Farm-to-Consumer Legal Defense Fund*

As the average age of farmers climbs ever higher, more are looking for creative ways to both pass on the farm and still provide for themselves in retirement. Explore options for continuing the family farm legacy: options for land and farm transfer; using corporations, partnerships, and trusts; family land leases; and solutions to perceived inequities between on- and off-farm heirs.

Sunday 2:00-3:00 p.m.

How Safe Is Your Drinking Water?

Chris Mahan – *Self-Sufficient Living*

Explore the challenges every household faces when coming to terms with the quality of their water supply. This presentation addresses the most important questions in detail, including: *How do I know if my water is safe? What steps can I take to enjoy safe water? How much will it cost? Is bottled water the answer?*

Sunday 3:30-4:30 p.m.



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GRIT STAGE

Permaculture Is NOT Organic Gardening

Amber Lehrman – Kansas Permaculture Institute

Many people believe that permaculture is just a fancy name for an organic vegetable garden with fruit trees. In reality, permaculture is a holistic approach to genuinely sustainable living that goes far beyond just how we grow food. This talk explores the philosophy of permaculture and how it differs from organic gardening.

Saturday 10:00-11:00 a.m.

Prepping 101: One week to prepare

Kathy Harrison – Storey Publishing

You turn on the news and find out you have one week to prepare for the storm of the century. This workshop gives you a 10-step plan for how to prepare for the worst Mother Nature has to offer.

Saturday 11:30-12:30 p.m.

Book Signing Saturday 12:30-1:00 p.m.

Wildlife Habitat First:

Create, enhance, restore

Aaron Deters – Kansas Department of Wildlife, Parks and Tourism

District Wildlife Biologists with the KS Dept of Wildlife, Parks and Tourism will get into the “weeds” with their Habitat First program. Habitat First is designed to assist landowners with habitat improvement through free technical advise, cost-share and equipment loaning.

Saturday 1:00-1:30 p.m.

Farming the Gap: Surviving transition agriculture

Rosanna Bauman – Kansas Beginning Farmers Coalition

You’ve decided to transition away from conventional agriculture to return to traditional and sustainable farming ... great! While it can be tempting to tackle all of the needed changes overnight, careful planning, resource management, and knowing the most important aspects to solve first can make such a difficult, but critical, process much easier. Rosanna Bauman brings lessons of surviving agriculture transition, from livestock to crops, from soil composition to market conditions, and more!

Saturday 2:00-3:00 p.m.

The Practicality and Legality of Craft Distilling

Victoria Redhed Miller – New Society Publishers

Hobby distilling has grown more and more popular in the last few years, but confusion still abounds about the legalities around the distillation of liquor. Victoria Redhed Miller, author of the award-winning book *Craft Distilling: Making Liquor Legally at Home*, explains the facts about legal distilling. She provides an update on pending legislation as well as an overview on how to make high-quality distilled spirits on a small scale. Perfect for anyone interested in distilling liquor, this workshop’s as fun as it is informative.

Saturday 3:30-4:30 p.m.

Book Signing Saturday 12:30-1:00 p.m. and

Sunday 11:00-11:30 a.m.

The Art of Cooking Meat

Meredith Leigh – New Society Publishers

You don’t have to be a charcuterie nerd making obscure salamis to benefit from a little cured meat knowledge. Interested in making your own deli ham to pack in your kid’s lunchbox? Curing your own bacon so you can feel good about its ingredients? How about making the best barbecue or grilled chicken at the next block party? Attend this session to learn the most basic tenets of curing, brining, and smoking to bring your cooking and self-sufficiency to the next level.

Saturday 5:00-6:00 p.m.

Book Signing Sunday 12:30-1:00 p.m.

Using Cover Crops to Build Fertility, Control Weeds, and Improve Soil

Dale Strickler – Storey Publishing

Cover crops have been used since ancient times, but in the last half century we have moved away from using cover crops. Now cover crops are seeing a strong comeback because people are realizing they have a myriad of benefits and fewer problems than fertilizers and pesticides.

By selecting the right cover crop, you can control weeds, add nitrogen, make phosphorus more available, improve root depth, loosen clay soil, add water-holding capacity to sandy soil, and suppress plant diseases and pest insects.

Sunday 10:00-11:00 a.m.

Book Signing Saturday 4:30-5:00 p.m. and

Sunday 3:00-3:30 p.m.

Regenerative Gardening and Farming

Crystal Stevens – Thrive Permaculture Farm

Crystal Stevens, author of *Grow Create Inspire* and *Worms at Work*, discusses ways

of maximizing yields and minimizing weeds with soil building, sheet mulching, compost, vermicompost, plant allies, and pollinator attractors. Discover how to integrate permaculture into your garden or farm design.

Sunday 11:30-12:30 p.m.

Book Signing Saturday 3:00-3:30 p.m. and

Sunday 12:30-1:00 p.m.

Making Leather and Buckskin: Tanning at home

Dennis Biswell – MOTHER EARTH NEWS

Dennis Biswell shares his years of experience tanning a variety of hides. He discusses how to make beautiful hair-on leather hides, durable hair-off leather, and traditional buckskin. With a limited investment in tools and supplies, Biswell has long enjoyed tanning projects at home. He reveals his timetable for fitting them into a busy schedule. Don’t know what to do with hides after they are tanned? Biswell answers that question as well, showing off items he’s crafted from his home-tanned hides.

Sunday 2:00-3:00 p.m.

Prepping 101: If the lights go out

Kathy Harrison – Storey Publishing

Most of us can manage for a few hours without electricity, but what if an outage went on for days or even weeks? Could you keep your family warm and fed? Could you manage sanitation? This workshop provides the steps to take today to address your basic needs in the event of a disaster.

Sunday 3:30-4:30 p.m.

Book Signing Saturday 12:30-1:00 p.m.



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HEIRLOOM GARDENER STAGE

Composting with Worms: The basics

Joanne Olszewski – Storey Publishing

Vermicomposting (using worms to recycle food scraps into nutrient-rich fertilizer) is an easy way for eco-conscious households to cut back on their food waste. Joanne Olszewski covers topics such as key factors to setting up a vermicomposting system, how to harvest vermicompost, and plants that can be fertilized with it.

Saturday 10:00-11:00 a.m.

Book Signing Saturday 11:00-11:30 a.m.

Gardening with Mushrooms Using Straw Bales, Wood Chips, and Recycled Cardboard

Jessi Bloom – N.W. Bloom EcoLogical

Landscapes, Tradd Cotter – Mushroom Mountain

Participants in this hands-on workshop learn how edible mushrooms can be spawned into straw bale gardens. Hear about intercropping plants and mushrooms, utilizing mycorrhizae, and vermicomposting with mushrooms in this clever twist on traditional raised gardening techniques. Attendees also make and receive a small mushroom starter culture to take home! Space is limited.

Saturday 11:30-12:30 p.m.

Bloom's Book Signing Saturday

4:30-5:00 p.m.

Cotter's Book Signing Sunday

4:30-5:00 p.m.

Extending the Harvest: Creating a four-season garden

Ira Wallace – Southern Exposure Seed Exchange

Learn how to plan, create, and produce garden bounty all year. This workshop focuses on the all-season garden, including in-depth succession planting, planting summer crops for a fall garden, and fruit planting for late winter.

Saturday 2:00-3:00 p.m.

Book Signing Saturday 3:00-3:30 p.m.

An Introduction to Elderberry and Other Medicinal Plants and Their Preparation

John Moody – New Society Publishers

With the advent of back-to-school and cold and flu season, learn how to make traditional preparations to beat and treat various bugs.

Saturday 3:30-4:30 p.m.

Book Signing Saturday 12:30-1:00 p.m.

Tree Planting, Natural Organic Tree Management, and Fabulous Trees of the World

Howard Garrett – Dirt Doctor

Howard Garrett reviews tree selection considerations, including natives vs. imported, single vs. multitrunked, and also container trees vs. ball and burlapped and barerooted trees. The pruning information he provides covers the proper techniques and why lifting, gutting, and flush cutting should be avoided. Garrett also looks at some of the most incredible trees in the world.

Saturday 5:00-6:00 p.m.

Book Signings Saturday 3:00-3:30 p.m. and 6:00-6:30 p.m.

Garlic, Onions, Shallots, Perennial Onions, and Leeks

Ira Wallace – Southern Exposure Seed Exchange

Fall is the perfect time to plant garlic, shallots, perennial onions, and leeks. Learn about what distinguishes the different alliums, uncommon and everyday. Look at samples and leave with a sample of something new and fun to plant in your garden this fall. Ira Wallace curates the Heirloom Allium collection at Southern Exposure Seed Exchange.

Sunday 10:00-11:00 a.m.

Book Signing Saturday 3:00-3:30 p.m.

Honey That's Different: Unique hive products and their uses

Leo Sharashkin – HorizontalHive.com

Some honeys have confirmed medicinal benefits while others may be dangerous to consume. Get an in-depth understanding of how honey is produced today, and how to create truly wholesome, pollen-rich honeys with unique properties and flavors. Discover 30 ways in which artisan honey is different from commercial varieties, how to choose, and why organic honeys are not necessarily the best. Learn about other hive products (including beebread and bee milk), some of which you've probably never heard about before.

Sunday 11:30-12:30 p.m.

Beyond the Basics: Growing common and uncommon greens for exciting salads

Ira Wallace – Southern Exposure Seed Exchange

Fresh-picked salad greens are among the most rewarding vegetables a gardener can grow. Let Ira Wallace introduce you to some extraordinary

greens and give you a few tips on timing and technique for stretching your salad season and livening up your braising pan, as well as adding excitement to your salad bowl in every season.

Sunday 1:00-1:30 p.m.

Book Signing Saturday 3:00-3:30 p.m.

Choosing the Right Worm Bin and Species for Vermicomposting

Joanne Olszewski – Storey Publishing

Use worms to recycle food waste into nutrient-rich fertilizer for houseplants or gardens! Learn about worm bins you can make or purchase to start vermicomposting at home. Joanne Olszewski discusses factors such as airflow and moisture and temperature control. She also helps you find the right species for vermicomposting (while covering invasive species issues and safety).

Sunday 2:00-3:00 p.m.

Book Signing Saturday 11:00-11:30 a.m.

High-Performance, Off-Grid Chinese Greenhouses

Dan Chiras – The Evergreen Institute

The Chinese greenhouse is a completely independent structure that will allow you to grow warm-weather vegetables using only solar energy during the off-season: that is, through the late fall, winter, and early spring. That means no costly heating systems! Learn how you can even improve the performance of a Chinese greenhouse (or any greenhouse) through short- and long-term heat banking and ways to naturally cool a greenhouse in the summer.

Sunday 3:30-4:30 p.m.

Book Signing Saturday 11:00-11:30 a.m.

BE SURE TO STOP BY THE HOLIDAY CLEARANCE STORE AT THE MOTHER EARTH NEWS FAIR! THIS WEEKEND ONLY!

Take advantage of savings up to **80% OFF** on kitchen gadgets, cookware, fermentation crocks, DIY makeup, hair care, and facemask kits, books, apparel, and more!



HOMESTEAD HUSTLE STAGE

Make More Money on Your Farm with Agritourism

Matt Stephens – Homestead Hustle

It's not just veggies anymore: There's a growing agribusiness in inviting people to your farm. Matt Stephens takes you through his years of working toward and dreaming about bringing people to his farmstead to share his love for natural farming and general farm fun.

Saturday 10:00-11:00 a.m.

The Five Mistakes Homesteaders Make (and How to Avoid Them!)

John Moody – New Society Publishers

Ever wonder what the most common mistakes homesteaders make are, and how you can avoid them? Learn from the disasters and delights gleaned from decades of homesteading stories and experiences, and hear suggestions to make you more successful as a current or would-be homesteader. Laugh a lot, maybe cry a little, but walk away properly warned about how to avoid some all-too-common mistakes!

Saturday 11:30-12:30 p.m.

Book Signing Saturday 12:30-1:00 p.m.

Homestead Hard Knocks

The Homestead Hustle Bloggers

Homestead Hustle bloggers Deborah Niemann, Kristin Kay Schultz, and Matt Stephens discuss their hustles, chatting about lessons learned on the homestead that forced them to adapt. They reveal how they prefer to market their businesses, as well as how

they had to evolve over time. Bring your lunch and questions and hear an insightful and inspiring discussion about how to earn even more from your homestead.

Saturday 1:00-1:30 p.m.

What Does It Take to Get Started in Beekeeping?

Daniel Roath – Brushy Mountain Bee Farm

If you have ever thought about beekeeping as a hobby but don't know what's involved or how to get started, this workshop is for you. It aims to help you answer the question: Is beekeeping right for me? Explore things you need to know before you get bees, such as the time commitment, the startup cost, good locations for hives, and generally what it's like to be a beekeeper. This presentation is sponsored by Brushy Mountain Bee Farm.

Saturday 2:00-3:00 p.m.

Value-Added Living for Small Farmers

Kristin Kay Schultz – Late Bloom America

Become a successful homesteader, farmer, and sustainable leader by managing time, money, and your business more efficiently. This workshop is for beginning and existing farmers who want to incorporate a sustainable, holistic, values-based system that brings to market niche products (and generates additional revenue).

Saturday 3:30-4:30 p.m.

Navigating Farm-to-Table Legal Issues

Elizabeth Rich – Farm-to-Consumer Legal Defense Fund

Farm-to-table events, including dinners, pizza nights, weddings, and agritourism, offer unique ways for farmers to connect to consumers and their community while supplementing their income. The events also create potential sources of liability. Learn about the legal issues involved and how to address them.

Saturday 5:00-6:00 p.m.

Sustainable Business Opportunities

Kristin Kay Schultz – Late Bloom America

Learn about sustainable business opportunities that expand your business offerings, as well as sustainable marketing, relationship building, turning waste into resources, and whole farm planning to improve your quality of life!

Sunday 10:00-11:00 a.m.

Simplify Your Homestead Plan

Cyndi Ball – National Ladies

Homestead Gathering

Are you overwhelmed by the myriad of choices in homesteading? Not sure where or how to get started? Or is the homesteading lifestyle taking more from your pocketbook than it's providing for your pantry? This workshop provides a simple planning tool to help make your homesteading dreams a practical reality.

Sunday 11:30-12:30 p.m.

Sustainable Beekeeping

Daniel Roath – Brushy Mountain Bee Farm

Now that you are a beekeeper, use the hobby to pay for itself and perhaps make a little extra. Learn how to use existing hives to increase your colony numbers and replace dead or weak hives. Everyone from novice to advanced beekeepers can seize opportunities to generate revenue to further fuel their addiction to beekeeping. This presentation is sponsored by Brushy Mountain Bee Farm.

Sunday 2:00-3:00 p.m.

Goats as the Centerpiece of a Diversified Homestead

Deborah Niemann – New Society Publishers

Did you know that goats can provide you with milk, meat, and fertilizer? Deborah Niemann talks about what it takes to make your own soap and a variety of cheeses, yogurt, butter, buttermilk, and meat. She also discusses whey and milk as fertilizer, as well as the basics of composting. Never buy fertilizer again!

Sunday 3:30-4:30 p.m.

Book Signing Saturday and Sunday 4:30-5:00 p.m.



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THE LIVESTOCK CONSERVANCY STAGE

Chicken Behavior and Health

Charlene Couch – The Livestock Conservancy
Learn to recognize what is normal in your flock and what behaviors might indicate health issues. Charlene Couch addresses some common health concerns and discusses what items you should keep on hand for your flock's first-aid kit!
Saturday 10:00-11:00 a.m.

Improving Stockmanship

Temple Grandin – Storey Publishing
Temple Grandin shares her techniques for improved design of handling facilities, explaining visual distractions that hinder animal movement through a handling facility. Grandin focuses on practices for the small farm from her book *Temple Grandin's Guide to Working with Farm Animals*.
Saturday 11:30-12:30 p.m.
Book Signing Saturday 6:00-6:30 p.m.

Chickens Q&A

The Livestock Conservancy
The Livestock Conservancy provides the answers to your most common chicken questions! From Australorps to Yokohamas, incubation to processing, and coops to free range, get your questions answered by the experts.
Saturday 1:00-1:30 p.m.

Hopping for Fun and Profit with Heritage Rabbits

Callene and Eric Rapp – New Society Publishers
Rabbits can be easy, versatile, and quiet animals to raise on your small property. Heritage breeds offer a chance to set yourself

apart from other rabbitries and provide value-added product for both home use or sale. Get acquainted with the breeds and the basics of raising rabbits.
Saturday 2:00-3:00 p.m.
Book Signing Saturday 3:00-3:30 p.m.

Keeping Livestock Fed and Watered in a Drought

Dale Strickler – Storey Publishing
Drought is the scariest word in the rancher's vocabulary. The only recommended solutions to date has been to wean early (which reduces your paycheck for the year) or to sell off part of your herd of breeding females (which will reduce your paycheck for years to come). Neither of those options is very enticing, so all too often the action has been to do nothing, hope for rain, and abuse our pastures (which reduces productivity for years to come). This presentation provides real-world alternatives, and shows you how to survive (and perhaps even thrive) when severe drought strikes your pastures.
Saturday 3:30-4:30 p.m.
Book Signing Saturday 4:30-5:00 p.m. and Sunday 3:00-3:30 p.m.

Natural Beekeeping That Works

Leo Sharashkin – HorizontalHive.com
Keeping bees can be simpler than growing tomatoes. Learn the tested methods that allow you to add any number of hives to your farm or garden with minimal cost. Start with free local bees that are resilient and productive, choose a hive model that is bee-friendly and requires minimal management, and let the

bees do the rest. Leo Sharashkin packs this visually rich presentation with practical information that you can easily apply in both rural and urban settings.
Saturday 5:00-6:00 p.m.

Poultry Unplugged: Free-ranging poultry just about anywhere

Victoria Redhed Miller – New Society Publishers
Allowing poultry to free-range has many benefits, both for the birds and the environment. This workshop explains these benefits, and offers strategies for success regardless of predator issues and other challenges. It includes a planning worksheet, and audience questions are encouraged!
Sunday 10:00-11:00 a.m.
Book Signing Saturday 12:30-1:00 p.m. and Sunday 11:00-11:30 a.m.

Holistic Goat Health

Gianaclis Caldwell – Pholia Farm Creamery
Although goats are thought of as naturally healthy and relatively easy to care for, in reality maintaining a healthy herd requires an understanding of their natural nutritional, emotional, and physical needs. With holistic care and a bit of troubleshooting training, you can keep your goats in great shape ... with almost no vet bills!
Sunday 11:30-12:30 p.m.
Book Signings Saturday 11:00-11:30 a.m. and Sunday 1:30-2:00 p.m.

Getting a Feel for Goats

Gianaclis Caldwell – Pholia Farm Creamery
Learn an essential health assessment for all goat

owners: how to gauge body condition, and confirm by feeling and looking at the animals.
Sunday 1:00-1:30 p.m.
Book Signings Saturday 11:00-11:30 a.m. and Sunday 1:30-2:00 p.m.

Homegrown Pork and Getting Ready for Backyard Pigs

Charlene Couch – The Livestock Conservancy
Interest in raising your own pigs for family use has soared in recent years as people discover the flavor of heritage hogs and the culinary delights these pigs offer. Learn about the basics of keeping these animals, about the breeds themselves, and how to tell them apart from the numerous imposters that can be a costly lesson to new pig owners.
Sunday 2:00-3:00 p.m.

Adding a Cow to Your Family

Callene Rapp – The Livestock Conservancy
This introductory workshop prepares the homesteader for a useful bovine addition to the family. Topics covered include breed selection, purchasing, infrastructure, feeding, breeding, milking, processing, and more.
Sunday 3:30-4:30 p.m.
Book Signing Saturday 3:00-3:30 p.m.

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SATURDAY SCHEDULE

HOURS: Saturday 9:00 a.m.-6:00 p.m.

STAGE NAME	10:00–11:00 a.m.	11:30–12:30 p.m.	1:00–1:30 p.m.	2:00–3:00 p.m.	3:30–4:30 p.m.	5:00–6:00 p.m.
MOTHER EARTH NEWS Stage (Page 7)	Homesteader's Guide to Renewable Energy <i>Dan Chiras</i>	Garden Herbs and Flowers for Health and Beauty <i>Janice Cox</i>	Break	Natural Organic Pest Control <i>Howard Garrett</i>	Perma-What? How to Create a Homestead Paradise with Permaculture <i>Jessi Bloom</i>	Livestock Behavior and Handling <i>Temple Grandin</i>
Building and Energy Stage (Page 8)	Making Cob: How to build with mud <i>Uncle Mud & Family</i>	Kids Can Build with Sticks and Mud <i>Uncle Mud & Family</i>	Renewable Energy Q&A <i>Dan Chiras</i>	Cheap, Sturdy Buildings from Straw, Clay, and Pallets <i>Uncle Mud & Family</i>	Is Wind Electricity Right for You? <i>Dan Chiras</i>	Build Your Own Wood-Fired Pizza Oven from Dirt <i>Uncle Mud & Family</i>
Capper's Farmer Stage (Page 9)	Women Who Homestead: The need for community <i>Cyndi Ball</i>	From No-Knead to Sourdough: Finding your comfort zone with handmade bread <i>Victoria Redhed Miller</i>	Break	A Tiny Home to Call Your Own: Living well in just-right houses <i>Patricia Foreman</i>	The Healthy Homesteader <i>Deborah Niemann</i>	Durable and Beautiful Hair-On Hides <i>Dennis Biswell</i>
Grit Stage (Page 10)	Permaculture Is NOT Organic Gardening <i>Amber Lehrman</i>	Prepping 101: One week to prepare <i>Kathy Harrison</i>	Wildlife Habitat First: Create, enhance, restore <i>Aaron Deters</i>	Farming the Gap: Surviving Transition Agriculture <i>Rosanna Bauman</i>	The Practicality and Legality of Craft Distilling <i>Victoria Redhed Miller</i>	The Art of Cooking Meat <i>Meredith Leigh</i>
Heirloom Gardener Stage (Page 11)	Composting with Worms: The basics <i>Joanne Olszewski</i>	Gardening with Mushrooms Using Straw Bales, Wood Chips, and More! <i>Jessi Bloom & Tradd Cotter</i>	Break	Extending the Harvest: Creating a four-season garden <i>Ira Wallace</i>	An Introduction to Elderberry and Other Medicinal Plants and Their Preparation <i>John Moody</i>	Tree Planting, Natural Organic Tree Management, and Fabulous Trees of the World <i>Howard Garrett</i>
Homestead Hustle Stage (Page 12)	Make More Money on Your Farm with Agritourism <i>Matt Stephens</i>	The Five Mistakes Homesteaders Make (and How to Avoid Them!) <i>John Moody</i>	Homestead Hard Knocks <i>The Homestead Hustle Bloggers</i>	What Does It Take to Get Started in Beekeeping? <i>Daniel Roath</i>	Value-Added Living for Small Farmers <i>Kristin Kay Schultz</i>	Navigating Farm-to-Table Legal Issues <i>Elizabeth Rich</i>
Livestock Conservancy Stage (Page 13)	Chicken Behavior and Health <i>Charlene Couch</i>	Improving Stockmanship <i>Temple Grandin</i>	Chickens Q&A <i>The Livestock Conservancy</i>	Hopping for Fun and Profit with Heritage Rabbits <i>Callene and Eric Rapp</i>	Keeping Livestock Fed and Watered in a Drought <i>Dale Strickler</i>	Natural Beekeeping That Works <i>Leo Sharashkin</i>
Mother Earth Living Stage (Page 17)	Essential Oils, CBD, and Herbs for Wellness in 2018 <i>Connie Jacoby</i>	How to Make Your Own Coconut Milk! <i>Emily Lesiak</i>	Lunch Time with the Ladies Homestead Gathering	Homegrown Apothecary <i>Crystal Stevens</i>	Demystifying DIY Makeup <i>Marie Rayma</i>	Natural Home Cleaning <i>Joanne Bauman</i>
Real Food Stage (Page 18)	Aged Cheese: Making it easy <i>Gianaclis Caldwell</i>	Pickling Beyond the Cucumber <i>Karen Solomon</i>	Break	Whole Animal Butchery <i>Meredith Leigh</i>	Capture the Flavors of Fall: Discover a delicious twist to your classic applesauce <i>Tamika Adjemian</i>	Fermented Condiments <i>Kirsten Shockey</i>
Kids' Treehouse Stage (Page 19)	Soil and Seeds, Sprouts to Success <i>Un-Included Club Youth Leaders</i>	The Art and Practice of Incubating Eggs for Home, School, and Science Projects <i>Patricia Foreman</i>	Break	Fungi in the Classroom <i>Tradd Cotter</i>	Basic Homestead Knot Tying <i>Matt Stephens</i>	Family Adventures in Gardening and Worm Farming <i>Crystal Stevens</i>

Space is limited! Purchase hands-on and extended workshop passes at the MOTHER EARTH NEWS FAIR bookstore, located in Landon Arena. See the map on Page 16.

Hands-On & Extended Workshops (Page 6)	Mastering Kimchi: Hot or mild <i>Kirsten Shockey \$15</i>	Hand-Stitching Leather <i>Dennis Biswell \$15</i>	Break	DIY Bath Bombs, Soaks, and Herbal Face Masks <i>Janice Cox \$15</i>	Simple, Quick, Delicious Cheeses Anyone Can Make: Paneer and ricotta <i>Gianaclis Caldwell \$15</i>	Hand Spinning with a Drop Spindle <i>Caitlin Wilson \$30</i>
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SUNDAY SCHEDULE

HOURS: Sunday 9:00 a.m.-5:00 p.m.

STAGE NAME	10:00–11:00 a.m.	11:30–12:30 p.m.	1:00–1:30 p.m.	2:00–3:00 p.m.	3:30–4:30 p.m.
MOTHER EARTH NEWS Stage (Page 7)	Fermenting Vegetables from A to Z: Preserving the harvest <i>Kirsten Shockey</i>	Introduction to Charcuterie <i>Meredith Leigh</i>	Break	Creating Drought-Resilient Soil <i>Dale Strickler</i>	Four Easy Ways to Grow Mushrooms at Home <i>Tradd Cotter</i>
Building and Energy Stage (Page 8)	Solar Panels for Everyone <i>Robert Rosenberg</i>	DIY Composting Toilet and Bin <i>Uncle Mud & Family</i> <i>Dan Chiras</i>	Break	Build a Rocket Mass Heater <i>Uncle Mud & Family</i>	Kids Can Build with Sticks and Mud <i>Uncle Mud & Family</i>
Capper's Farmer Stage (Page 9)	Beeswax from the Hive to Your Lips: Rendering beeswax and using it in skin care products <i>Becky Tipton</i>	Grow in Places of Unusable Spaces <i>Matt Stephens</i>	Common Legal Issues on the Homestead <i>Elizabeth Rich</i>	Farm Succession Planning <i>Elizabeth Rich</i>	How Safe Is Your Drinking Water? <i>Chris Mahan</i>
Grit Stage (Page 10)	Using Cover Crops to Build Fertility, Control Weeds, and Improve Soil <i>Dale Strickler</i>	Regenerative Gardening and Farming <i>Crystal Stevens</i>	Break	Making Leather and Buckskin: Tanning at home <i>Dennis Biswell</i>	Prepping 101: If the lights go out <i>Kathy Harrison</i>
Heirloom Gardener Stage (Page 11)	Garlic, Onions, Shallots, Perennial Onions, and Leeks: Choosing the right fall-planted alliums for your garden! <i>Ira Wallace</i>	Honey That's Different: Unique hive products and their uses <i>Leo Sharashkin</i>	Beyond the Basics: Growing common and uncommon greens for exciting salads, braising greens, and more all year <i>Ira Wallace</i>	Choosing the Right Worm Bin and Species for Vermicomposting <i>Joanne Olszewski</i>	High-Performance, Off-Grid Chinese Greenhouses <i>Dan Chiras</i>
Homestead Hustle Stage (Page 12)	Sustainable Business Opportunities <i>Kristin Kay Schultz</i>	Simplify Your Homestead Plan <i>Cyndi Ball</i>	Break	Sustainable Beekeeping <i>Daniel Roath</i>	Goats as the Centerpiece of a Diversified Homestead <i>Deborah Niemann</i>
Livestock Conservancy Stage (Page 13)	Poultry Unplugged: Free-ranging poultry just about anywhere <i>Victoria Redhed Miller</i>	Holistic Goat Health <i>Gianaclis Caldwell</i>	Getting a Feel for Goats <i>Gianaclis Caldwell</i>	Homegrown Pork and Getting Ready for Backyard Pigs <i>Charlene Couch</i>	Adding a Cow to Your Family <i>Callene Rapp</i>
Mother Earth Living Stage (Page 17)	Plant Allies and Medicine for the Earth <i>Jessi Bloom</i>	Musculoskeletal Pain: Ligaments, tendons, and bones, oh my! <i>Joanne Bauman</i>	Break	DIY Makeup: A face in an hour <i>Marie Rayma</i>	How to Grow and Use Loofah Sponges <i>Janice Cox</i>
Real Food Stage (Page 18)	"Berry" Inspired: Discover new flavor twists to a classic homemade jam <i>Tamika Adjemian</i>	Home Poultry Processing <i>Patricia Foreman</i>	Break	Making Bacon at Home <i>Karen Solomon</i>	Eggs-traordinary Eggs: The science, tricks, and secrets of eggs <i>Patricia Foreman</i>
Kids' Treehouse Stage (Page 19)	Making Soap Balls <i>Connie Jacoby</i>	Soil Layer Dessert <i>Un-Included Club Youth Leaders</i>	Break	ReWild the Child! <i>Jessi Bloom</i>	Kids Can Build with Sticks and Mud <i>Uncle Mud & Family</i> Located at the Building and Energy Stage

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Hands-On & Extended Workshops (Page 6)	Mushroom Cultivation for Everyone <i>Tradd Cotter</i> \$50		Break	Sourdough Starter <i>Victoria Redhed Miller</i> \$15	Piecing Poultry <i>Meredith Leigh</i> \$20
	Homemade Face Cream <i>Queren King-Orozco</i> \$15	Fresh Indian Apple Chutney <i>Karen Solomon</i> \$15			

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MOTHER EARTH LIVING STAGE

Essential Oils, CBD, and Herbs for Wellness in 2018

Connie Jacoby – *Wise Women Botanicals*

This interactive seminar uses essential oils, herbal tinctures, and blending to maximize benefits and improve health and wellness. Bring questions and positivity.

Saturday 10:00-11:00 a.m.

How to Make Your Own Coconut Milk!

Emily Lesiak – *Coconut Bliss*

By now, many of us are familiar with the various health benefits and versatile uses of coconut milk. However, purchasing it can be costly. Learn how simple it is to make your own coconut milk at home. Be sure to stick around for samples of Coconut Bliss ice cream to inspire your own creations. This presentation sponsored by Coconut Bliss.

Saturday 11:30-12:30 p.m.

Lunch Time with the Ladies

Homestead Gathering

Calling all ladies interested in sharing your lunch break with like-minded women! Trade stories and pose any questions you might have about your homesteading experience or your dream of starting on the journey. (Or answer others' questions.) Bring your lunch and ideas.

Saturday 1:00-1:30 p.m.

Homegrown Apothecary

Crystal Stevens – *Thrive Permaculture Farm*

Learn about more than 24 medicinal herbs that are easy to grow and rewarding to harvest. Find out how to stock your own herbal apothecary with simple recipes for tea blending, tinctures, herbal honey, and salves.

Saturday 2:00-3:00 p.m.

Book Signing Saturday 3:00-3:30 p.m. and Sunday 12:30-1:00 p.m.

Demystifying DIY Makeup

Marie Rayma – *Humblebee & Me*

Ever wanted to make your own makeup, but had no idea where to start? Begin here! Marie Rayma discusses different types of cosmetics (such as powders, creams, and liquids), what they're made of, and how to make them at home. Learn about pure pigments, silky powders, rich butters, and other mineral- and plant-sourced ingredients, and how they can be transformed into high-performance eye shadows, lipsticks, foundation, and more at home.

Saturday 3:30-4:30 p.m.

Book Signing Saturday 4:30-5:00 p.m.

Natural Home Cleaning

Joanne Bauman – *Prairie Magic Herbs*

Ditch the toxic and harmful chemical products. Learn all about inexpensive natural herbal home cleaners that are simple to make. Use herbs and hydrosols to scent instead of essential oils. Joanne Bauman leads the audience room by room with recipes for making natural dish soap,

degreaser, sink and oven cleaner, sanitizers, disinfectants, formulas for dusting and scouring, floor cleaners, carpet refreshers, detergent, and more.

Saturday 5:00-6:00 p.m.

Plant Allies and Medicine for the Earth

Jessi Bloom – *N.W. Bloom*

EcoLogical Landscapes

Jessi Bloom leads this permaculture workshop about the many powerful uses of plants. A world of botanical alchemy extends to an impressive assortment of applications ... from food to medicine, fuel, fibers, and the wisdom of weeds. Bloom walks through the ways you can put plants to work in your life, from ecological design to improved crop production or help with weed suppression, or from herbalism and making your own apothecary to use for personal health and well-being. Walk away with a new understanding of how you can start looking to plants as important allies, in almost everything we do on this planet.

Sunday 10:00-11:00 a.m.

Book Signing Saturday 4:30-5:00 p.m.

Musculoskeletal Pain: Ligaments, tendons, and bones, oh my!

Joanne Bauman – *Prairie Magic Herbs*

This class discusses musculoskeletal system supports, as well as conditions that affect muscles, bones, and associated structures. Learn herb and plant allies that assist in healing musculoskeletal issues and injury, and that aid in recovery. Herbalist Joanne Bauman

draws on both her personal and professional experience with chronic pain and pain management. Whatever the cause of pain (be it joints, muscles, nerves, or something else), you can nourish your body with simple, easily created herbal brewed infusions, tinctures, oils, liniments, poultices, and bath soaks that ease stiffness and inflammation as well as improving function and performance.

Sunday 11:30-12:30 p.m.

DIY Makeup: A face in an hour

Marie Rayma – *Humblebee & Me*

Marie Rayma, author of *Make It Up*, creates and applies makeup for a custom look on stage with audience input. See how easy it is to quickly make cosmetics such as lipstick, blush, and highlighter in any color, as well as how beautifully they perform!

Sunday 2:00-3:00 p.m.

Book Signing Saturday 4:30-5:00 p.m.

How to Grow and Use Loofah Sponges

Janice Cox – *Natural Beauty at Home*

You may be surprised and delighted to learn that loofah (luffa) sponges do not come from the sea but are a vegetable that can easily be grown in your own home garden. These vegetable scrubbers are easy and fun to grow. Learn planting and growing tips as well as a few recipes for using your sponges. Young plants are also edible and delicious. Recipes for loofah soap, skin scrub, and stir-fry included!

Sunday 3:30-4:30 p.m.

Book Signing Saturday 12:30-1:00 p.m.

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New! Raspberry Açai and Vanilla Island bars join our family of plant-based desserts to entice and delight your senses... enjoy!



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REAL FOOD STAGE

Aged Cheese: Making it easy

Gianacis Caldwell – Pholia Farm Creamery
If you are ready to move beyond making fresh cheese, get ready to learn how to simply age any cheese (without investing in complicated equipment). Learn a few simple and fun cheeses, including feta and Gouda, and how to age them in your fridge.

Saturday 10:00-11:00 a.m.

Book Signings Saturday 11:00-11:30 a.m. and Sunday 1:30-2:00 p.m.

Pickling Beyond the Cucumber: Ideas and techniques to pickle meat, fish, eggs, nuts, beans, and more

Karen Solomon – Storey Publishing
When people think pickles, they most often go straight to vegetables and, occasionally, fruit. While vinegar-doused and fermented cucumbers, carrots, and berries are a delightful accompaniment to any meal, pickled proteins like meat, eggs, fish, beans, and more can easily show off food preservation at its best center-plate. Karen Solomon, author of *Cured Meat, Smoked Fish, and Pickled Eggs*, discusses in depth the history of preserved meat, fish, beans, nuts, and more, and she offers some simple suggestions for preserving these foods at home.

Saturday 11:30-12:30 p.m.

Book Signing Saturday 12:30-1:00 p.m.

Whole Animal Butchery

Meredith Leigh – New Society Publishers
Meredith Leigh, author of *The Ethical Meat Handbook*, demonstrates whole-animal butchery. Using a hog as an example, she discusses delicious and thrifty use of the entire carcass, and applies principles of

butchery, charcuterie, and cooking to other animal species, as well.

Saturday 2:00-3:00 p.m.

Book Signing Sunday 12:30-1:00 p.m.

Capture the Flavors of Fall: Discover a delicious twist to your classic applesauce

Tamika Adjemian – Ball Fresh Preserving Products
When fall descends with a bounty of delicious apples, you need a bounty of ideas on how to use them. Applesauce is a perfect start. Tamika Adjemian demonstrates how to create and preserve outrageously delicious applesauce, with inspiring spices, sweeteners, and cooking techniques that offer unique ways to use your new pantry staple throughout the entire year. Get inspired with tips and tricks for making your applesauce while using new and innovative canning products that simplify the water bath canning process. This presentation sponsored by Ball Fresh Preserving Products.

Saturday 3:30-4:30 p.m.

Fermented Condiments

Kirsten Shockey – Ferment Works
Fermentation is a hot topic, from health to flavor. Americans are looking to bold flavors to jazz up their meals, from kimchi to sriracha. What do these flavors have in common? Lactic acid fermentation! Starting with mustard and moving through fermenting peppers, this session teaches how to create your own delicious, easy fermented condiments.

Saturday 5:00-6:00 p.m.

Book Signing Sunday 11:00-11:30 a.m.

“Berry” Inspired: Discover new flavor twists to a classic homemade jam

Tamika Adjemian – MOTHER EARTH NEWS
Capture the flavor of your seasonal berries with delicious homemade jam, one of canning season’s greatest delights. Tamika Adjemian demonstrates how to preserve a delicious classic jam, and she shares inspirational ideas on how to add unique flavor twists to jazz up your pantry jams throughout the entire year. Get inspired with tips and tricks for preserving jam while using the new and innovative canning products.

Sunday 10:00-11:00 a.m.

Home Poultry Processing

Patricia Foreman – The Gossamer Foundation
Learn how to humanely, safely, sanitarily, and skillfully process your birds at home. Understand why the conventional way of processing is the worst way and can ruin meat quality. Get healthy, high-quality meat and bone broth from your backyard flock. Processing your own birds is a lost art of our culture. It’s time to bring back this old tradition so that how to process poultry is common knowledge in homes and communities. This is the ultimate “know your source” for poultry and eggs.

Sunday 11:30-12:30 p.m.

Book Signing Sunday 12:30-1:00 p.m.

Making Bacon at Home

Karen Solomon – Storey Publishing
Bacon: Hands down, it’s everyone’s favorite meat. Even those who eschew the pig find it hard to resist the intoxicating smoke and rich flavor of crisp, delicious bacon. Why stay beholden to the store-bought stuff in the plastic package? Homemade bacon is far easier to make than you think ... with or without access to special equipment such as a smoker or barbecue grill. Karen Solomon, author of *Cured Meat, Smoked Fish, and Pickled Eggs*, demonstrates how to prepare, cure, smoke, slice, and preserve your own outstanding homemade bacon.

Sunday 2:00-3:00 p.m.

Book Signing Saturday 12:30-1:00 p.m.

Eggs-traordinary Eggs: The science, tricks, and secrets of eggs

Patricia Foreman – The Gossamer Foundation
Eggs are among the most nutritious, easily digestible, and absorbed foods available on the planet. Eggs are so adaptable that they can be used for a variety of dishes. They create elegant soufflés, hold meatloaf together, keep oil and vinegar from separating in mayonnaise, and form crystals in candies. They spin magically into meringues and thicken smooth custards. Eggs build cake batters by providing the structural framework, and produce finely grained ice creams, enrich soups, and glaze pie crusts. What other food can do all this? It’s said you can tell a great chef from a cook by the way they treat and use eggs. Learn the chemistry behind the magic of eggs in this eggs-plicit, eggs-citing workshop.

Sunday 3:30-4:30 p.m.

Book Signing Sunday 12:30-1:00 p.m.



KIDS' TREEHOUSE STAGE

Soil and Seeds, Sprouts to Success

Un-Included Club Youth Leaders

Learn about urban agriculture from the Un-Included Club Youth Leaders! They are growing superfoods and using them to grow healthier. They showcase what they have learned and you can see what the Un-Included Club is accomplishing with their knowledge.

Saturday 10:00-11:00 a.m.

The Art and Practice of Incubating Eggs for Home, School, and Science Projects

Patricia Foreman – The Gossamer Foundation

Incubate eggs and you can maintain self-perpetuating flocks. Learn how to select incubators that you can buy ... or make. Find and set the best eggs, without owning a rooster! Discover how embryo development in the shell affects hatchability. Hear about the critical phase of chicks hatching out, the first week of “chick-hood,” and chick nutrition for optimal health. Patricia Foreman also covers “chick-ability” and why it is a matter of life or death. Understand why incubation know-how is a key to not only heritage poultry sustainability but also enabling local foods.

Saturday 11:30-12:30 p.m.

Book Signing Sunday 12:30-1:00 p.m.

Fungi in the Classroom

Tradd Cotter – Mushroom Mountain

Ever wonder what kind of projects you and your children can start at home or in school with mushrooms? This program is part show and part hands-on, with many cool experiments that are practical for demonstrating recycling and composting home and school waste byproducts using mushroom spawn. Participants make and take home a small mushroom fruiting kit they make from shredded paper or cardboard, as well as a living culture!

Saturday 2:00-3:00 p.m.

Book Signing Sunday 4:30-5:00 p.m.

Basic Homestead Knot Tying

Matt Stephens – Homestead Hustle

Bind it tight, bundle it up, and keep it secure. Matt Stephens shows what knots to use and where to use them. Should you use braided or twisted? Should you use cotton, nylon, sisal, or poly? Learn which cordage to use in different situations, depending on actual workloads. Practice tying functional homestead knots for your next project and take your example home.

Saturday 3:30-4:30 p.m.

Family Adventures in Gardening and Worm Farming

Crystal Stevens – Thrive Permaculture Farm

Learn how worms play a beneficial role in the soil and in food production. Discover the benefits of building a vermicompost bin in your garden. Learn all about worms in this hands-on family workshop.

Saturday 5:00-6:00 p.m.

Book Signing Saturday 3:00-3:30 p.m.

Sunday 12:30-1:00 p.m.

Making Soap Balls

Connie Jacoby – Wise Women Botanicals

Use your imagination to create fun shapes of soap with scents or no scent at all.

Sunday 10:00-11:00 a.m.

Soil Layer Dessert

Un-Included Club Youth Leaders

Learn about soil layers in the most delicious way. Kids can use ingredients to create a sweet treat that resembles the layers, including green coconut for the grass!

Sunday 11:30-12:30 p.m.

ReWild the Child!

Jessi Bloom – N.W. Bloom EcoLogical Landscapes

Are you ready to be a part of the wild tribe of little Earth warriors? Learn and play with the power and magic of plants. Decorate and dream up all that we can be. You can even make an herbal dream pillow to take home and put to use! Space is limited.

Sunday 2:00-3:00 p.m.

Book Signing Saturday 4:30-5:00 p.m.

Kids Can Build with Sticks and Mud

Uncle Mud and Family – Natural Cottage Project

Play in the mud with Uncle Mud. Use clay, straw, and sticks to build little houses and sculpt beautiful objects from your wild imagination. This is a “hands-in” workshop: hands and feet squishing and mixing and making a big mess. Talk about how we can use these same materials to build benches, ovens, and even houses. You can wash off with water, but be prepared to get dirty and have fun.

**Located at the Building and Energy Stage
Sunday 3:30-4:30 p.m.**



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FOOD *at the* FAIR

See map on page 16.

Apothecary Food Truck

Apothecary Food Truck uses homegrown ingredients from their urban garden in Lawrence, Kansas, to make their simple dishes nourishing and flavorful. Enjoy mobile, intentional food.

BBQ's Roll N Smoke

BBQ's Roll N Smoke offers delicious smoked meats, homemade barbecue sauce, and friendly service. Their menu includes jumbo turkey legs, brisket, pulled pork, sausages, hot dog, chips, potato salad, salad, baked beans, and fries.

Becky's Bierocks

Bierocks are sandwiches that have a filling of meat, cabbage, onion, and other spices, encased in a yeast dough shell. Fresh vegetables and lean meats are used in all products. The dough and meat fillings are made fresh each day prior to assembling the product. Becky's Bierocks also sells chips and homemade cinnamon rolls.

Dry Creek Buffalo Co. Chuck Wagon

Stop by the chuck wagon for buffalo burgers, bison chili, loaded bison nachos, bison brisket, tacos, fries, loaded baked potatoes, and smoky mac and cheese.

Front Door Catering

All of Front Door Catering's food is made from scratch every time to make sure that you receive nothing but the highest-quality and best-tasting food possible with every bite. They offer pulled pork, brisket, Cubano chicken wraps, and chicken salad, as well as turkey and Swiss cheese.

Oz Highland Farm

Oz Highland Farm sells a variety of food: Scottish Highland Beef, rib-eye steak sandwiches, 1/3-pound steakhburgers, Haggis and Mash-Bangers, mashhaggis, pup-banger sausage, mac and cheese, Oz dogs, sides, and drinks.

Paydro & Lena's Catering

Paydro & Lena's Catering has been serving delicious, wholesome, homemade Mexican, American, and Italian foods at family-friendly prices to northeastern Kansas for the past 15 years!

EXHIBITOR DEMONSTRATIONS

ANIMAL HUSBANDRY

Dexters and Babydolls: Brushing and leading, DNA, and wool samples – Booth #4200

Gladhour Farm

This exhibitor demonstrates leading a Dexter (instead of moving one by pressure), as well as brushing the animal. Understand the process of acquiring a DNA sample from hair follicles to send in for lab tests. The exhibitor also shows how to take a wool sample from Babydolls, and explains what value the lab report provides an owner wanting to work with wool.

Saturday 10:00 a.m.

Goat to Garment – Booth #4500

Pygora Breeders Association

Throughout the weekend, the Pygora Breeders Association demonstrates shearing, skirting a fleece, fleece preparation, and spinning. Follow all the stages, from fleece on the goat to a finished product!

Saturday 10:00 a.m.

KIDS' PROGRAMMING

Working with Clay – Booth #1602

Fire Me Up Ceramics

See throwing demonstrations at two-hour intervals throughout the weekend. Find out how to make fermentation pots, seed savers, canisters, and more useful items.

Saturday 9:15 a.m., 11:15 a.m., 1:15 p.m., 3:15 p.m. and 5:15 p.m. & Sunday 9:15 a.m., 11:15 a.m., 1:15 p.m. and 3:15 p.m.

MODERN HOMESTEADING

Get Your Mind Out of the Gutter! – Booth #1611

LeafFilter

This exhibitor teaches folks all about gutter protection, rainwater filtration and collection, and more.

Ongoing

Hand-Carving Spoons – Booth #2004

Riverwood Treenware

Find out how to hand-carve spoons with traditional hand tools.

Ongoing

NATURAL HEALTH

Food Testing Demonstration: Glyphosate contamination of popular foods – Booth #1612

GMO Free USA

Do your favorite foods contain glyphosate, the main ingredient in Roundup weed killer? Roundup is sprayed repeatedly on genetically engineered crops, used as a desiccant on grains and other food crops, and has been linked to nonalcoholic fatty liver disease. Watch this exhibitor's Home Test Kit Demo to find out if your favorite foods are contaminated.

Saturday & Sunday 11 a.m. and 2 p.m.

Herbal Salts – Booth #2105

Feral Gardens

Make your own herbal salts at home from locally abundant weeds or herbs sourced from an organic farmer. This exhibitor goes over different techniques, talks about ethically sourcing medicinal herbs, and shares samples.

Saturday & Sunday 1:30 p.m.

Secrets to Building a Healthy Meal – Booth #1215

Natural Grocers

Confused about what to eat for energy, focus, and optimal health? No matter what your eating philosophy is, learn the secrets to building a healthy meal that help people achieve their health goals and that keep them feeling their best.

Saturday & Sunday 11:00 a.m., 1:00 p.m., and 3:00 p.m.

The Power of the New Infrared – Booth #2603

WBWC – Personal Infrared Saunas

Hear all about no-sweat healing and the promise it holds for total detoxification, boosted immunity, reduced inflammation, improved circulation, and increased metabolism.

Ongoing

NATURE & COMMUNITY

Grief and Hope in Times of Environmental Angst – Booth #2063

The Resilient Activist

The Resilient Activist offers uplifting philosophy and nurturing tools to support your nature-loving heart even in the midst of ecological despair.

Saturday 12:00 p.m. & Sunday 1:00 p.m.

Making Handwoven Baskets – Booth #1913

Flinthills Fibers

Marsha Jensen of Flinthills Fibers demonstrates splintwoven basketry throughout the weekend. See examples of a variety of handwoven, functional baskets for sale, and watch a basket in progress.

Ongoing

Mothering a Young Environmentalist Without Going Off the Rails – Booth #2063

The Resilient Activist

Perfect for parents of young nature lovers, this demonstration teaches how to communicate to children what's happening in the environment and what helpful tools can support their hearts and minds. Beth Sarver, artist and trauma-informed resilience educator, leads the discussion.

Saturday 11:00 a.m. and 4:00 p.m.

Permaculture Paradigm for the Next Economy – Booth #2063

The Resilient Activist

This demonstration serves as an introduction to the permaculture concepts of whole systems thinking and embodiment, which can create an economy serving all of humanity.

Saturday 2:00 p.m.

Top 5 EnviroTips to Benefit the Planet – Booth #2063

The Resilient Activist

Learn five simple ways you can easily give back to the planet to support a healthy environment while you nurture your own heart.

Saturday 3:00 p.m. & Sunday 2:00 p.m.

ORGANIC GARDENING

Fall Bulb Prep and Supporting Early Pollinators – Booth #2063

The Resilient Activist

Darlene Arnett, Advanced Missouri Master Gardener, shares everything you want to know about planting spring bulbs (location, soil prep, selection, and troubleshooting) and how you can plant for early pollinators.

Saturday 1:00 p.m. & Sunday 11:00 a.m. and 4:00 p.m.

Gardening with Native Plants – Booth #2063

The Resilient Activist

Discover simple ways to shift your flower garden to a thriving pollinator habitat.

Saturday 10:00 a.m. & Sunday 3:00 p.m.

How to Grow Perennial Onions, Leeks, and Other Unusual Alliums – Booth #2055

Southern Exposure Seed Exchange

Most kitchen gardens contain at least one row of onions, usually planted in the spring. Fall-planted onions are less well-known. Learn how to add these easy alliums (such as multiplying onions, shallots, and bulbing leeks) to your garden.

Saturday & Sunday 10:00 a.m.

Tractor Demonstrations – Booth #5311

Heritage Tractor

Upkeep your farm, garden and lawn with John Deere, STIHL and Honda Power equipment from Heritage Tractor.

Ongoing

Let's Make Something Grow! – Booth #5308

Central Iowa Organic Fertilizer

Learn how to use organic earthworm castings, as well as the best methods for planting veggies, flowers, lawns, and houseplants. Find out which approaches suit different soil types and conditions.

Ongoing

Making Seed Balls – Booth #2055

Southern Exposure Seed Exchange

Participate in guerrilla gardening (or a fun, easy project to share with adults and children). Learn, make, and take some seed balls home.

Saturday & Sunday 3:00 p.m.

Tomato Hornworm: Feeling the love – Booth #2063

The Resilient Activist

Learn compassionate gardening ideas. The critters eating your tomato plants might just be beneficial pollinators!

Saturday 5:00 p.m. & Sunday 10:00 a.m.

Weed-Free Raised Bed Gardening – Booth #1300

Gardening Revolution

This exhibitor teaches about their proven gardening system and why it works.

Saturday & Sunday 11:00 a.m. and 2:00 p.m.

Worm Composting – Booth #5602

Texas Worm Ranch

Discover why you should consider vermicomposting. Learn where you can set up worm bins, how to do so, what care is involved, and how to use worm castings as a cheap and easy garden amendment. Improve your chances for organic garden and landscaping success!

Saturday & Sunday 10:00 a.m. and 2:00 p.m.

REAL FOOD

Waterless Cooking – Booth #2007

Kitchen Craft Cookware

Kitchen Craft Cookware shows how to cook healthily during this demonstration.

Saturday & Sunday 10:00 a.m., 12:00, 2:00, and 4:00 p.m.

EXHIBITORS

Air Head Composting Toilet
Booth #1615
www.airheadtoilet.com

Alimtox Full Body Detox
Booth #1314, 1315
www.alimtox.com

A-Line Energy Solutions
Booth #2607
www.alineenergy.com

Amare, the Mental Wellness Company
Booth #1414
www.amare.com/10065

American Guinea Hog Association
Booth #4600
www.guineahogs.org

Another Look
Booth #1502, 1503, 2208, 2209
www.anotherlookinc.com

Apothecary Food Truck
Food Court
www.facebook.com/foodismedicinekansas

Backyard Green Films – Supporting Partner
Booth #4115
www.backyardgreenfilms.com

Bailey's
Booth #3066
www.baileysonline.com

Ball Fresh Preserving Products – Contributing Sponsor
Booth #1209
www.freshpreserving.com

Barnyard Weed Warriors
Booth #5850

Bauman Farm Feeds/ANCO
Booth #2200

BBQ's Roll N Smoke
Food Court

BCS America
Booth #1318, 1319
www.bcsamerica.com

Becky's Bierocks
Food Court
www.beckysbierocks.com

Bison Pumps
Booth #2508
www.bisonpumps.com

Blue Wave Tech
Booth #1401, 1402, 2408
www.healthmateforever.com

Brushy Mountain Bee Farm – Contributing Sponsor
Booth #1108, 1109
www.brushymountainbeefarm.com

Byte Em Snax
Booth #1217, 1218

Central Boiler
Booth #1100, 1101, 1200, 1201
www.centralboiler.com

Central Iowa Organic Fertilizer
Booth #5308
www.centraliowaorganicfertilizer.com

Champion Window of KC & Topeka
Booth #1609
www.championwindow.com/topeka

Chelsea Green – Supporting Partner
Booth #2054
www.chelseagreen.com

Clyde's Garden Planner
Booth #1214
www.clydesvegetableplantingchart.com

Coconut Bliss – Associate Sponsor
Booth #1117, 1118
www.coconutbliss.com

Continental Siding
Booth #1614
www.smartsiding.com

Cromwell Solar
Booth #2509
www.cromwellsoalr.com

Cutco Cutlery
Booth #1818
www.cutco.com

Dave's Enterprises
Booth #2501
www.dpmason.myctfocbd.com

Detroit Torch
Booth #1617
www.detroittorch.com

Diamond Pet – Associate Sponsor
Booth #1105
www.diamondpet.com

Douglas County Conservation District
Booth #1613
www.douglascdd.com

Dry Creek Buffalo Co. Chuck Wagon
Food Court
www.drycreekbuffaloranch.com

Edward Jones
Booth #1301
www.edwardjones.com

Evergreen Institute
Booth #2060
www.evergreeninstitute.org

Evergreen Natural Works
Booth #2061
www.evergreennaturalworks.com

Evolution Protective Coatings
Booth #5506
www.evopro.us/index2.shtml

Fairview Service Center
Booth #1317
www.fairviewservicecenter.com

Farm Girl Fresh
Booth #2100
www.farmgirlfresh.com

Farm-to-Consumer Legal Defense Fund – Supporting Partner
Booth #2052
www.farmtoconsumer.org

Farm2Fork Ranch
Booth #4502

Feral Gardens
Booth #2105
www.instagram.com/feralgardens

Fire Me Up Ceramics
Booth #1602, 1603
www.firemeupceramics.com

Flinthills Fiber – Supporting Partner
Booth #1913, 1914
http://flinthillsfibers.wixsite.com/
www.flinthillsfibers.com

Free State Oils
Booth #2101
www.freestateoils.com

Front Door Catering
Food Court
www.frontdoorcatering.com

Game Plan Experts
Booth #1417
www.gameplanexperts.com

Gardening Revolution
Booth #1300
www.gardeningrevolution.com

Gladhour Farm
Booth #4200, 4300
www.gladhourfarm.com

GMO Free USA
Booth #1612
www.gmofreeusa.org

Go Kart Giveaway Drawing
Booth #1309

Gopal's Healthfoods
Booth #2308
www.gopalshealthfoods.com

Greenwave Electric
Booth #1103
www.greenwaveelectric.com

Hague Quality Water
Booth #2106

Hair Necessaries / Lilla Rose Stylist
Booth #1112
www.lillarose.biz/arunareeves

Halo Dips
Booth #1509
www.halodips.com

Happy Hollow Wood Goods
Booth #1915, 1916
www.happyhollowwoodgoods.com

Hasselbring's Harmony Ranch
Booth #4101, 4102
www.hasselbringsharmonyranch.com

Hawaiian Moon
Booth #2107
www.alocream.biz

Heritage Tractor
Booth #5311, 5211, 5312, 5312, 5212, 5112

Homestead Lane Alpacas
Booth #1312, 1313
www.homesteadlanealpacas.com

Honey Dew Naturals
Booth #1111
www.honeydewnaturals.com

Horizontal Hive
Booth #1607
www.horizontalhive.com

Ironwood Tool
Booth #1517
www.ironwoodtools.com

Johnson County Community College
Booth #1412
www.jccc.edu/academics/agriculture

Kai Organic Tea
Booth #1311
www.kaitea.com

Kansas AgrAbility Project
Booth #1202
www.bae.ksu.edu/extension/agrability

Kansas Capital Quilters Guild
Booth #1302
www.kscapitalquilters.com

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 1002 Kansas Rural Center
 1003 Kansas Magazine
 1100 Central Boiler
 1102 Sierra Club Kansas Chapter
 1103 Greenwave Electric
 1105 Diamond Pet
 1106 Kansas Dept. of Wildlife, Parks, and Tourism
 1108 Brushy Mountain Bee Farm
 1111 Honey Dew Naturals
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 1113 River Hills Harvest
 1114 Prepper Bee Supply / Harvest Right
 1115 Millner-Haufen Tool Company
 1117 Coconut Bliss
 1202 Kansas AgrAbility Project
 1203 Red Dragon Herbs
 1205 Wild Bill's Soda
 1207 Magnaporium
 1209 Ball Fresh Preserving Products
 1211 Norm's Farms
 1212 Purefire Tactical
 1213 Northwest Naturals
 1214 Clyde's Garden Planner
 1215 Natural Grocers
 1217 Byte Em Snax
 1300 Gardening Revolution
 1301 Edward Jones
 1302 Kansas Capital Quilters Guild
 1303 Wild Alive Ferments
 1306 Revive Hemp
 1308 Save a Life
 1309 Go Kart Giveaway Drawing
 1311 Kai Organic Tea
 1312 Homestead Lane Alpacas
 1314 Alimtox Full Body Detox
 1317 Fairview Service Center
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 1400 Relax Sauna
 1401 Blue Wave Tech
 1403 Lifebrook
 1405 Mann Lake
 1407 The Fertrell Company
 1408 Potato Bags & More
 1411 Southern Natural Feeds
 1412 Johnson County Community College
 1413 Parsons' Prairie Farm
 1414 Amare, the Mental Wellness Company

1415 Yummylicious Cookie Company
 1417 Game Plan Experts
 1418 Lee Unlimited Power Bench
 1502 Another Look
 1505 Massaging Insoles
 1506 Tower Garden / Juice Plus
 1507 Nature's Earthly Way / Nature's Head
 1508 Kansas Farmers Union
 1509 Halo Dips
 1511 Real Time Pain Relief
 1512 Visit Greensburg, Kansas
 1513 White Harvest Seed Company
 1515 Organic Hemp Botanicals / CBD Naturals RX
 1517 Ironwood Tool
 1518 Norwex
 1519 Love at First Sit
 1600 Un-Included Club
 1601 Shawnee County 4-H
 1602 Fire Me Up Ceramics
 1605 Rising Sun Originals
 1607 Horizontal Hive
 1608 Morning Light Kombucha
 1609 Champion Window of KC & Topeka
 1611 LeafFilter Gutter Protection
 1612 GMO Free USA
 1613 Douglas County Conservation District
 1614 Continental Siding
 1615 Air Head Composting Toilet
 1617 Detroit Torch
 1618 Softub
 1702 Washburn Process Coalition
 1717 Rosies Workwear
 1718 The Dirty Dog Pet Services
 1817 Red Bud Farm
 1818 Cutco Cutlery
 1913 Flinthills Fiber
 1916 Happy Hollow Wood Goods

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2000 Udderly Naked
 2001 Roberts Seed
 2002 Watkins Products
 2003 Shaman Botanicals
 2004 Riverwood Treenware
 2007 Kitchen Craft Cookware
 2050 National Ladies Homestead Gathering
 2052 Farm-to-Consumer Legal Defense Fund
 2053 New Society
 2054 Chelsea Green

2055 Southern Exposure Seed Exchange
 2060 Evergreen Institute
 2061 Evergreen Natural Works
 2062 Kansas Permaculture Institute
 2063 The Resilient Activist
 2064 Weston A. Price Foundation
 2065 Thayer Feed
 2100 Farm Girl Fresh
 2101 Free State Oils
 2102 Whoa Nelli
 2103 Organic Crop Improvement Assn. Kansas Chapter #2
 2104 Rustic Sunflower Apparel
 2105 Feral Gardens
 2106 Hague Quality Water
 2107 Hawaiian Moon
 2108 The Tasteful Olive Topeka
 2111 Self-Sufficient Living
 2200 Bauman Farm Feeds/ANCO
 2201 Northern Sun Merchandising
 2208 Another Look
 2300 The Bee Store
 2308 Gopal's Healthfoods
 2309 Tea-Biotics Kombucha
 2400 Tarwater Farm & Home
 2401 Loaded Goat Homestead
 2408 Blue Wave Tech
 2501 Dave's Enterprises
 2508 Bison Pumps
 2509 Cromwell Solar
 2600 Wise Women Botanicals
 2602 Milo's Tea
 2603 WBWC - Personal Infrared Saunas
 2605 Turmeric Store
 2606 Reinke Shakes
 2607 A-Line Energy Solutions
 2608 Quiet Trees

OUTSIDE

3000 Urban Kettle
 3065 Sawyer's Choice
 3066 Bailey's
 3067 Wood-mizer
 3068 Oak Grove Fabrication
 3070 Missouri School of Blacksmithing
 3071 MyAquaponicsStore.com
 3072 Ultimate Outdoor Furnace
 3075 S.A.V.E. Farm/Golden Prairie Honey
 3076 Tie Dye Mama

DOMER LIVESTOCK ARENA

4101 Hasselbring's Harmony Ranch
 4106 Piney Creek Farm Kunekunes
 4115 Backyard Green Films
 4116 The Livestock Conservancy
 4300 Gladhour Farm
 4400 Pygora Breeders Association
 4501 Packgoats Paradise Ranch
 4502 Farm2Fork Ranch
 4600 American Guinea Hog Association
 5000 Nebraska Freedom Farms
 5014 Premier 1 Supplies
 5308 Central Iowa Organic Fertilizer
 5309 Keep America Beautiful
 5311 Heritage Tractor
 5502 MI Greenhouse
 5505 Skinner Garden Store
 5506 Evolution Protective Coatings
 5508 Omlet
 5602 Texas Worm Ranch
 5705 Vermicorp Organics Worm Castings & Soil Builders
 5708 Kansas Wheat Weavers
 5750 Shawnee County Master Gardeners
 5802 Northeastern Kansas Beekeepers
 5803 Tomato Towers
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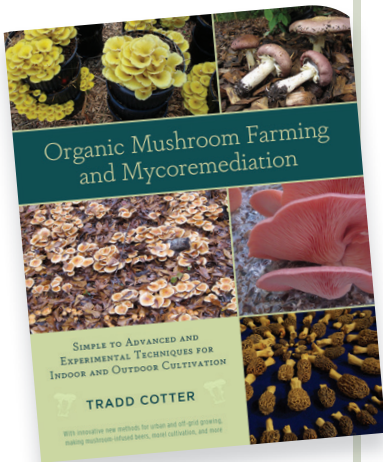
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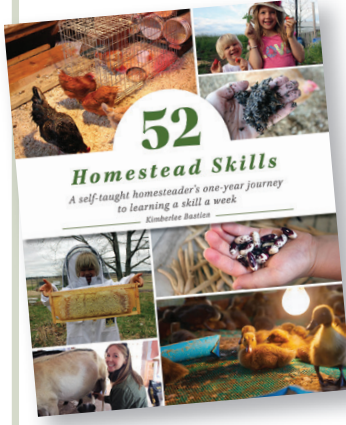
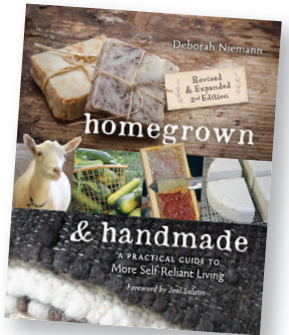


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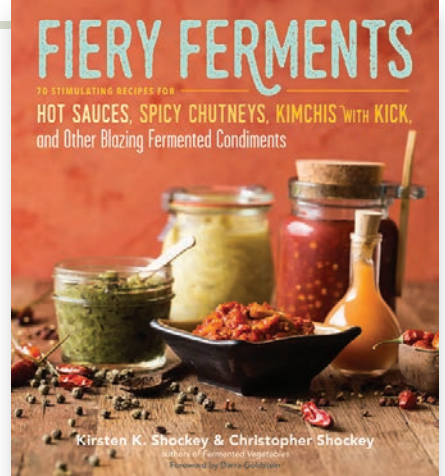
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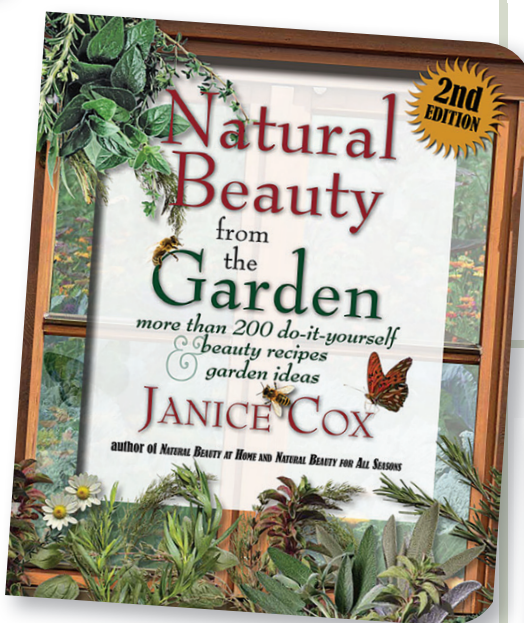
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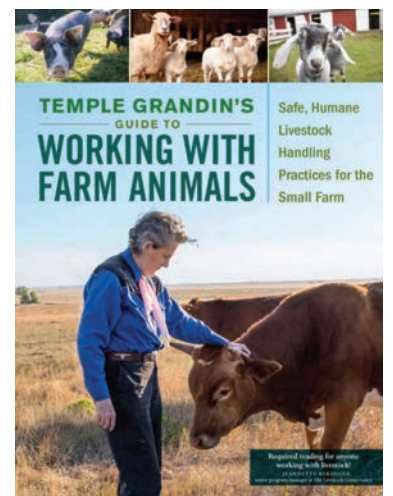
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11:00-11:30	Gianaclis Caldwell, Dan Chiras, Joanne Olszewski
12:30-1:00	Janice Cox, Kathy Harrison, Victoria Redhed Miller, John Moody, Karen Solomon
3:00-3:30	Howard Garrett, Callene and Eric Rapp, Crystal Stevens, Ira Wallace
4:30-5:00	Jessi Bloom, Deborah Niemann, Marie Rayma, Dale Strickler
6:00-6:30	Howard Garrett, Temple Grandin

11:00-11:30	Kirsten Shockey, Victoria Redhed Miller
12:30-1:00	Pat Foreman, Meredith Leigh, Crystal Stevens
1:30-2:00	Gianaclis Caldwell
3:00-3:30	Dale Strickler
4:30-5:00	Tradd Cotter, Deborah Nieman

LOCATED IN THE LONDON ARENA. SEE MAP ON PAGE 16.