

# 2023 National Heirloom Expo Featured Local Speakers and Panels

Callahan Center, Ventura County Fairgrounds

## Tuesday, September 12

### 10 a.m. – **Plants That Eat Insects: What You Need to Know | Elena Read**

Elena Read of Pan's Garden Nursery offers an overview of carnivorous plant types, their growing and care, environmental concerns, and convergent evolution.

### 11 a.m. – **Managing Ants in Your Garden | Kyra Rude**

Kyra Rude offers practical advice for dealing with ants as garden pests.

### 11:30 a.m. – **Solar Cooking | Pat Browne**

Pat Browne introduces concepts for energy savings when the sun is shining!

### 12 noon – **Design Your Own Food Forest | Ron Whitehurst**

Ron Whitehurst takes you through the design process for planting once and enjoying a lifetime of harvest.

### 12:30 p.m. – **Gardening with Gophers | Kerry Beane**

Kerry Beane shares how to practice co-creative stewardship through best practices for creating beauty, bounty, and balance in every garden.

### 1:00 p.m. – **BioComplete Compost | Leighton Morrison**

Leighton Morrison explains how not all composts are created equal.

### 1:30 p.m. – **Gut Health and Your Second Brain | Jay Ziebart**

Jay Ziebart discusses the emerging science of gut health and how people can improve their microbiomes in just a few weeks.

**2:00 p.m. – Conserving Wild Bees | Hamutahl Cohen**

California is home to over 1,600 species of wild bees. Hamutahl Cohen discusses these bees, why they're in danger, and what people can do at home to help them.

**2:30 p.m. – Josh Levine | Breathing Life into the Workplace**

More and more employers are establishing workplace gardens. Josh Levine discusses the myriad benefits of gardens at work.

**3:00 p.m. – Creating Living Soil | Michael Wittman**

Learn about using Biochar as a component of living soil, along with organic materials, minerals, and mycorrhizae to yield greater nutrient density and plant immunity against disease and pests.

**3:30 – Saving the World: Innovations for Composting Food Waste at Schools and Organizations | Steven Wyndbrandt**

For the first time, a group of pioneering schools in Los Angeles are composting thousands of pounds of food waste (including meat and dairy products!) next to their classrooms – without turning it, and without odors, flies, or pests. Learn about these exciting innovations from Steven Wyndbrandt, Biodynamic Farmer, Master Composter, and creator of the LifeCycler Compost Program.

**4:00 p.m. – The Compost Cup | Eric Werbalowsky**

The Compost Cup aims to recognize excellence in the craft of composting and increase public understanding of compost quality and value. The competition encourages homeowners and professional gardeners to buy the increasing amount of compost expected to be produced in response to legislative mandates.

**4:30 p.m. – Living Systems: Healthy Soil, Healthy People | Kesh Amo**

Kesh Amo leads a conversation about how to improve health in the soil, in food, and in people – and how all these systems are connected.

**5:00 p.m. – Compost 101 | Eric Werbalowsky**

Compost evangelist Eric Werbalowsky lays out the basics of how you can get started composting today.

**6:00 p.m. – Spaceship OneWhol Earth | Lance Alanson Charles**

Learn about Whole Earth Design from Lance Alanson Charles.

**7:00 p.m. – Step Up Your Garden Game with Effective Microbes | Ron Whitehurst**

Learn how to improve the health of your plants to resist disease and pests by making and using foliar sprays to feed through the leaves and colonize with protective microbes.

**Wednesday, September 13**

**10:00 a.m. – Growing Healthy Citrus | Ron Whitehurst**

Invading pests and diseases are not the problem for citrus – the problem is that we are not growing healthy citrus. Ron Whitehurst discusses biological control of ACP and HLB (Asian citrus psyllid and Huanglongbing, a disease spread by these pests).

**10:30 – Composting on a Home Scale | Eric Wyndbrandt**

Learn the secrets of creating high-quality compost from Steven Wyndbrandt, Biodynamic Farmer, Master Composter, and creator of the LifeCycler Compost Program.

**11:00 a.m. – Controlling Caterpillars in Your Garden – the Natural Way | Kyra Rude**

Kyra Rude shares techniques and best practices for controlling caterpillars and moths in the garden.

### **11:30 a.m. – Solar Cooking | Pat Browne**

Pat Browne introduces concepts for energy savings when the sun is shining!

### **12 noon – The Buzz on Bees | David Comden**

Explore the what, where, why, and when of honeybees, and their importance in our natural world with David Comden. Beekeeping is fun, but it also serves an important role.

### **12:30 p.m. – Liz Campos | My Home Garden Seed Bank**

Liz Campos shares how to start your home garden with vegetable and fruit seeds from the kitchen.

### **1:00 p.m. – Creating Living Soil | Michael Wittman**

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### **1:30 p.m. -- Saving the World: Innovations for Composting Food Waste at Schools and Organizations | Steven Wyndbrandt**

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### **2:00 p.m. – So You Want to Start Your Own Food Business at Home | Peter Ruddock, Christine Dzujna, Lani Clough Fox (One hour)**

Home-based food businesses are a hot topic in California and beyond. Lani Clough Fox, the owner of Rosemallow Artisanal, Christine Dzujna of Farm-to-Consumer Legal Defense Fund, and Peter Ruddock of Resilient Foodsheds will introduce the concepts of Cottage Food, MEHKO (Microenterprise Home Kitchen Operations), and Food Freedom; talk about challenges like getting counties to opt in the MEHKO, businesses such as LLCs, home-restaurant closures in Maine, and organic

ingredient labeling, as well as successes such as the fast start for MEHKO in Santa Clara County this spring and summer.

**3:00 p.m. – Preservation Through Fermentation | Michelle Lopez**

Michelle Lopez discusses the legal and regulatory challenges that face small home-based food producers and legal solutions that can help these small businesses grow and thrive.

**3:30 – Biodiversity Islands: Pathways to Plenty | Brett Levin**

“Biodiversity Islands” are ecological refuges where plants and animals can thrive without degradation from human activity, thereby providing ecological, economic, and social benefits at the ecosystem, landscape, and global levels. Brett Levin will present the many aspects and benefits of this conceptual framework.

**4:00 p.m. – Eating California: Welcoming Old and New Ways of California Native Plants | Antonio Sanchez**

Antonio Sanchez introduces us to the 10 easiest-to-grow / easiest-to-eat California native plants such as Miner’s Lettuce, Golden Currents, Hummingbird Sage, and more!

**4:30 p.m. – Living Systems: Healthy Soil, Healthy People | Kesh Amo**

Kesh Amo leads a conversation about how to improve health in the soil, in food, and in people – and how all these systems are connected.

Break

**6:30 p.m. – When the Designer Becomes the Recliner | Eric Werbalowsky**

Principles of permaculture with Eric Werbalowsky

7:00 p.m. – **Policy and Regulation Tools for Small Food Producers | Christine Dzujna**

Farm-to-Consumer Legal Defense Fund protects the rights of farmers and consumers to engage in direct commerce through legal representation and policy work. Christine Dzujna is Manager of Legal Services and Policy for the organization.

**Thursday, September 14**

10:00 a.m. – **Ways to Manage Cucumber Beetle | Ron Whitehurst**

There are many ways to manage cucumber beetles. Ron Whitehurst shares strategies for controlling these pests.

11:00 a.m. – **Managing Aphids in Your Garden | Kyra Rude**

Biological pest control specialist Kyra Rude shares methods for controlling aphids naturally.

11:30 a.m. -- **Composting on a Home Scale | Eric Wyndbrandt**

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12:00 noon -- **Creating Living Soil | Michael Wittman**

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Break

**2:00 p.m. – Livestock on a Small Scale: Raising Livestock in Suburbia | Laine MacTague & Susan Cousineau**

Laine and Susan will share how they are raising most of their own meat on a quarter acre in suburbia.

**2:30 p.m. – Food Recovery and Organizations | David Goldstein**

David Goldstein leads a discussion of barriers, successes, and opportunities in California's mandated food scrap collection programs. How are public agencies cutting food waste, feeding hungry people and complying with the mandates?

**3:00 p.m. -- Cross-Continental Collaboration to offer Certificate Courses in Global Food Systems and Global Citizenship | MESA (Multinational Exchange for Sustainable Agriculture)**

A roundtable discussion with representatives from MESA from Sri Lanka, Kenya, Peru, and the U.S.

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